

FUTURE OF HEALTHCARE ZOOM CONFERENCE 2020

DIGITAL LIVING – PROMISES & PERILS

Exploring the Impact of Communication Technology & Social Media on Health & Society

APRIL 25, 2020

9:30 am - 4:45 pm

An educational event - registration is required, yet no cost for participants.

Conference Registration (required to attend) + Zoom Access: <https://tinyurl.com/digitalivingconf>

Host: HH Learning Center, Institute for Holistic Health Studies, with the HH Network (SFSU Campus Organization), www.sfsu.edu/~ihhs
Recreation, Parks, and Tourism - Holistic Health Dept, (415)-338-2030 • rpt@sfsu.edu

The internet, once thought to open the world up to all the information possible and bring people together, has instead drawn people into their own corners.

Melissa Bell



Our enthusiasm for digital technology about which we have little understanding and over which we have little control leads us not toward greater agency, but toward less...

Douglas Rushkoff



Imagination is... a battleground, an input and output of technology and social order. We should acknowledge that most people are forced to live inside someone else's imagination.... forced to endure the underside of elite fantasies about efficiency, profit, and social control.

Ruha Benjamin



Our fear of technology is really a fear of empowerment. We now have the ability to design the reality we live in, and we have to step up to the occasion.

Douglas Rushkoff



DIGITAL LIVING CONFERENCE SCHEDULE

Quick 1-2 minute stretch breaks will be encouraged every half hour.

Welcome and Settle into Zoom 9:15 - 9:30

9:30 - 10:30 am

Technology, The New Media, and Inequality



Ruha Benjamin, PhD



Russell Newman, PhD



Mickey Huff

BREAK 10:30 - 10:45 am

10:45 - 12 pm

Panel Moderator:
Kenn Burrows

Health Risks of Wireless Technology and 5G Concerns



Theodora Scarato, MSW



Ellie Marks



Cindy Russell, MD



Catherine Dodd, PhD, RN

LUNCH 12 - 1 pm

1 - 2 pm

Screen Addiction and Mass Media Effects



Victoria Dunckley, MD (virtual)



Nicholas Kardaras, PhD, LCSW-R (virtual)

BREAK 2 - 2:15 pm

2:15 - 3:15 pm

Unplugging and Other Practices for Tech-Life Balance



Tiffany Shlain (virtual)



Cece Doucette, MA

BREAK 3:15 - 3:30 pm

3:30 - 4:45 pm

Panel Moderator:
Amber Yang

The Changing Internet and The Future of News and Media



Fatima Zahrae Chrifi Alaoui, PhD



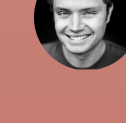
Mickey Huff



Russell Newman, PhD



Rob Williams, PhD



Eliot Peper

CLOSING RITUAL 4:45

SPEAKER BIOS (INCLUDING HYPERLINKS)

LIVE AND VIRTUAL



Fatima Zahrae Chrifi Alaoui, PhD

Assistant Professor, Communication Studies, SFSU

Alaoui's **research** and teaching engage international and intercultural communication, critical rhetoric, media studies, political communication, gender studies and social change in a variety of contexts, including social movements, political discourse and pop culture. Her scholarship considers how vernacular voices of resistance work to change their communities, with a focus on the Middle East and North Africa. She also investigates issues of Arab and Muslim representation, performance and identity.



Ruha Benjamin, PhD

Associate Prof., African American Studies, Princeton University

Ruha Benjamin's work investigates the social dimensions of science, technology, and medicine, with a focus on the tension between innovation and inequity. She founded the **Just Data Lab**, which aims to bring together activists, technologists and artists to reassess how data can be used for justice. Her latest book, **Race After Technology**, looks at machine bias, discriminatory design, and liberatory approaches to technoscience. Ruha is the author of **People's Science: Bodies and Rights on the Stem Cell Frontier**, and is editor of **Captivating Technology**, which examines how carceral logics shape social life well beyond prisons and police.



Catherine Dodd, PhD, RN

Health Consultant, Activist, and Educator

Catherine has worked in the areas of health policy and politics for 25+ years. She served as director of the City and County of San Francisco Health Service System. She also worked for SF Mayor Gavin Newsom as deputy chief of staff for Health and Human Services, responsible for overseeing key initiatives such as "Shape Up SF", working to eliminate sex trafficking, reduce alcohol use in the Tenderloin, improve access to fresh food, and prevent domestic violence. She has worked for SF Supervisors Kevin Shelley and Nancy Walker, and served as district chief of staff for Nancy Pelosi. She taught the "Policy and Politics for Nurses" in the SFSU graduate nursing program. Currently, she is involved in organizations concerned with wireless communication and the implementation of 5G tech.



Cece Doucette, MA

Founder and Communications Director, Wireless Education

When Cece discovered wireless tech brings biological risks, she shifted her career to study the issue, educate the public and affect policy change. She helped Ashland Public Schools in Massachusetts become the first in the nation to implement **Best Practices for Mobile Devices**. Her non-profit, **Wireless Education** has distilled independent scientific literature and medical advisories into 40-minute online courses for **Schools & Families** and **Corporate Safety Induction**. She has been featured in films **Generation Zapped** and **Wi-Fi Refugees**. She also collaborated with the Massachusetts Dept. of Public Health to address wireless radiation and public health. Mass. now leads the U.S. with **eight bills**.



Victoria Dunckley, MD (Virtual)

Board-Certified Integrative Child Psychiatrist and Author

Dr. Victoria L. Dunckley is a psychiatrist in Los Angeles, California with a special focus on the physiological impact of screen-time on the developing nervous system, mood, focus, sleep, and behavior. She has found that screen-time can overstimulate and stress the developing nervous system, particularly in children with vulnerabilities. She is author of **Reset Your Child's Brain: A Four Week Plan to End Meltdowns, Raise Grades and Boost Social Skills by Reversing the Effects of Electronic Screen-Time**. She is currently involved in research looking at the impact of screen-time on the development and severity of autism.



Mickey Huff

Director, Professor, Author

Mickey Huff is Director of **Project Censored**, president of the Media Freedom Foundation, professor of social science and history, co-chair of history and journalism depts. at Diablo Valley College and lecturer in communications at California State University, East Bay. He has also taught sociology of media at Sonoma State University. Huff is co-author of the recently published **United States of Distraction: Media Manipulation in Post-Truth America (And What You Can Do About It)** and co-editor of eleven volumes of the annual media literacy handbook **Censored**. Additionally, he has coauthored chapters on media and propaganda for many scholarly publications. He hosts the weekly **Project Censored Radio Show**, from the historic studios of KPFA Pacifica Radio which airs on over 40 stations across the country.



Nicholas Kardaras, PhD, LCSW-R (Virtual)

Licensed Psychotherapist, Author, International Speaker and Consultant

Dr. Kardaras is an Ivy-League educated psychologist, an internationally renowned speaker, and one of the country's foremost addiction experts who has clinically worked with over 2,000 clients over the past 20 years. A former Clinical Professor at Stony Brook Medicine where he specialized in teaching the neurophysiology and treatment of addiction, he is currently the Founder and Chief Clinical Officer of **Maui Recovery in Hawaii**, Omega Recovery in Austin, and the Launch House in NY.



Ellie Marks

Executive Director, California Brain Tumor Association

Ellie became active after her husband was diagnosed with a malignant brain cancer which has been attributed to his cell phone use. Ellie has testified to Congress and has appeared on the Dr. Oz Show, Larry King Live, and many other national newscasts. Ellie is an outspoken advocate for educating, advocating, and legislating nationwide. Ellie is one of the lead authors of a legislative Briefing Book, which has been translated into 8 languages worldwide. Her work focuses on prevention of primary brain tumors which are caused by electromagnetic radiation.

SPEAKER BIOS CONTINUED



Russell Newman, PhD

Assistant Professor, in Digital Media and Culture, Emerson College, and Faculty Associate at the Berkman Klein Center for Internet and Society, Harvard University, Boston, Mass

Dr. Newman's work explores the intersections of the political economies of media and surveillance, neoliberalism, the epistemological foundations of media policymaking, and activism surrounding communications policy. He is author of **The Paradoxes of Network Neutralities** (MIT Press, 2019) which explores the deep connections of open access and net neutrality debates with neoliberalism and draws lessons for activism in the US. His work addresses what has become known as 'surveillance capitalism' and the connections with the neoliberal project, and the challenges for future reform. Dr. Newman earned his Ph.D. at the Annenberg School for Journalism and Communication at the University of Southern California. He previously served as Research and Campaign Director for the national nonprofit advocacy group **Free Press**, and co-edited *The Future of Media: Resistance and Reform in the 21st Century* (Seven Stories Press, 2005).



Eliot Peper

Science Fiction Novelist

Eliot Peper is a novelist based in Oakland, CA. He **writes speculative thrillers** that explore the intersection of technology and culture. He is author of *Veil*, *Breach*, *Borderless*, *Bandwidth*, *Cumulus*, *Neon Fever Dream*, and the *Uncommon Series*. His books have been praised by The New York Times Book Review, Popular Science, Businessweek, San Francisco Magazine, io9, Boing Boing, and Ars Technica. As an independent consultant, Eliot helps leaders think differently about the future and how to create change. He's created award-winning websites, survived dengue fever, translated Virgil's Aeneid from the original Latin, wandered the ancient Himalayan kingdom of Mustang, and spoken at Google, Comic Con, and SXSW.



Cindy Russell, MD

Executive Director of Physicians for Safe Technology

Cindy Russell, M.D. is a plastic surgeon in Mountain View, California. She completed her residency training at Stanford University Medical Center. Treating breast cancer patients and witnessing the epidemic of breast cancer over the last 30 years, she became interested in public health and the root causes of chronic illness along with prevention strategies. Dr. Russell has been Chair of the Santa Clara County Medical Association (SCCMA/MCMS) Environmental Health Committee since 1995 and has been VP of Community Health for the SCCMA/MCMS since 2010. During that time she has authored policy resolutions related to reducing environmental toxins at the California Medical Association House of Delegates. In 2001 she led the effort to pass the Santa Clara County Integrated Pest Management ordinance to reduce pesticide exposure on County property.



Theodora Scarato, MSW

Executive Director of the Environmental Health Trust (EHT)

Theodora Scarato is a lead policy analyst and researcher who maintains the comprehensive **EHT database on international policy** that documents the 20+ nations that have protective policies in place to reduce public exposure to cell phone and wireless radiation. She also coordinates scientific programs in the US and internationally with EHT's Senior Science Advisors. She co-founded several organizations that address environmental health and safety concerns, after two decades of working with children and adolescents as a clinical psychotherapist in intensive special education therapy. Her research interests include not only the effects from radiation exposures but also the social emotional effects of technology overuse.



Tiffany Shlain

Filmmaker and Speaker

Emmy-nominated filmmaker, speaker, and Webby Awards Founder Tiffany Shlain has received over 80 awards and distinctions for her films and work, being acknowledged by Newsweek as "one of the women shaping the 21st Century." She has also premiered four films at Sundance, including her acclaimed feature documentary *Connected: An Autobiography about Love, Death & Technology*. The US State Department has selected four of Shlain's films including *Connected* to represent the U.S. at embassies around the world for their American Film Showcase. Tiffany's film **50/50: Rethinking the Past, Present, and Future of Women + Power**, premiered live at TEDWomen, at 275 TEDx's globally. Her whole list of films can be seen [here](#). Tiffany is also a renowned speaker and has given keynotes at Google, Harvard and NASA. In 2019 she published a practical and popular book: **24/6: The Power of Unplugging One Day a Week**.



Rob Williams, PhD

Media Educator, Musician, Historian, Consultant, Journalist

Dr. Rob Williams teaches global studies, media and communications courses at Champlain College and the University of Vermont. He is the founding president of the **Action Coalition for Media Education (ACME)**. In his classes, he focuses on media education tools—employing hands-on learning, with an emphasis on "blogocentric pedagogy" and use of social media platforms like Blogger, Twitter and YouTube to create class conversations and produce collaborative work, and to encourage students to find their individual voices in the emerging world of digital media convergence. He recently published *The Post (Truth) World: Fighting Fake News with 21st Center "Propaganda Model"* for our Digital Age. Rob serves as publisher of **Vermont Commons: Voices of Independence newspaper**. He is also a leader of student travel trips to China, the Middle East and other distant lands.

HOST WELCOME AND INFORMATION

As your online host, the **Institute for Holistic Health Studies** and the Holistic Health Network (student org) welcome you to **The Future of Healthcare Conference 2020**. We are glad you have joined us to explore the impacts, promises, and perils of communication technology and social media.. We hope this Zoom conference program helps you navigate and enjoy the day.

A SPECIAL THANKS TO..

Outreach Team: Samantha Tersigni and Jenesis Walls

Conference Consultation Team: Anne Sullivan, Zara Zimbardo, and Erik Peper

HH Interns who will be integrating info from this conference into the Digital Library of the Holistic Health Learning Center:

Isis Fields, Jennifer Irving, Noemi Aguiniga, Olivea Flickenger-Renzi, Alhom Carrenca, Jiovani Valdivia, and Wes Pollock

If you want to follow-up on any of the conference topics, contact us with the information on the first page, and find us on **Instagram!**

CONFERENCE ORGANIZERS



Amber Yang (she/her/hers) is an educator and advocate. After getting her Bachelor's Degree in Psychology with a certificate and minor in Holistic Health Studies, she worked in the San Francisco Unified School District teaching yoga and mindfulness in an afterschool program, and then in "special" education at a Spanish-immersion, community-based school for at-risk youth with trauma and intensive emotional needs. Amber is now the Restorative Justice Specialist and Wellness Coordinator for the Novato Unified School District, where she works to disrupt the school to prison pipeline through restorative harm circles, community building circles, and youth-led community projects (as an alternative to punitive discipline). She is an advocate for trauma-informed schools practicing courageous conversations in the classroom and **designing systems** based on inclusion and belonging. She regularly teaches youth mental health education, mindfulness, compassion, meditation, nonviolent communication and conflict resolution. She is involved in **Project Censored**, a grassroots media group where she has **written numerous stories** and co-created a journalism model, **Constructive News and The Mindful Media Movement*** with Kenn Burrows and **Bethany Surface** - highlighting solutions, community empowerment, positive storytelling, possibility, and the common good. She is currently pursuing a Master's Degree at Sonoma State in Organizational Change and Development.

Study and Teaching Interests: positive and humanistic psychology, nonviolent communication and conflict resolution skills, enneagram studies, criminal justice system reform and restorative justice, public ownership of services and industries, documentary filmmaking, systems thinking and appreciative inquiry, compassionate activism, stress and self-care skills, trauma and somatic intelligence, inner transformation and spiritual awakening,

*PDF takes a few moments to load.

Kenn Burrows (he/him/his) has been an educator and consultant for 40+ years, teaching **Holistic Health Studies** at San Francisco State University since 1991. He is founder and Director of The Holistic Health Learning Center, a unique interdisciplinary library and community action center integrating personal, social, and environmental aspects of health. Since 2001, he hosts the Gandhi-King Season for Nonviolence – a 64-day educational campaign demonstrating that nonviolence can empower our personal and collective lives. He is also a member of the Executive Board of Media Freedom Foundation which oversees **Project Censored**, a national effort educating the public about media literacy and the importance of independent news. He serves as faculty adviser to the student org, Project Censored—SF State (2009-now), where students research and write independent news stories and submit these stories as part of a national voting process to select the top stories of the year. He is a regular contributor to Censored, writing about the importance of positive story-telling and constructive (solution-based) news—stories that empower individuals and communities by highlighting human goodness, creativity and collaborative power. This year, he wrote a chapter along with Amber Yang and **Bethany Surface** for Censored 2020 entitled: *Our Collective Crisis and Constructive Journalism—Growing the Good and Possible*. Prior to coming to SF State, he taught at Foothill Community College for twelve years and operated Stress-Care, a corporate training and consulting company.

Study and Teaching Interests: holistic philosophy (inquiry into complexity, vitality and beauty inherent in nature/whole systems), stress and self-care skills, narrative analysis, new forms of activism, the evolution of consciousness and culture: fostering nonviolence, creativity and a sustainable, humane future.



CONFERENCE CO-SPONSORS

