

To Members of the Human Dignity and Humiliation Studies Global Network,

My name is Brian Gerrard, and although I live in Florida, I am a core faculty member and Chief Academic Officer at the distance learning academic institution, Western Institute for Social Research with offices in Berkeley, CA. Linda Hartling is also a member of the faculty at WISR, and she and Evelin Lindner have created an option of study in Human Dignity and Humiliation Studies in WISR's BS, MS and EdD programs. At this time of international crisis, I'm hoping that some of you may have about 10 hours per week to help with the online distribution of a much-needed resource for individuals, families and communities in need. It is [*Disastershock: How to Cope with the Emotional Stress of a Major Disaster*](#).

Disastershock is a free book that can be helpful to parents and guardians to lower their pandemic-related stress, and the stress experienced by their children. This book contains 24 different practical stress-reduction exercises for parents, adults, and children. The exercises are described in a clear, step by step fashion that makes implementing them easy. The majority of the exercises are based on extensive research demonstrating their effectiveness in reducing strong stress.

Disastershock has been distributed worldwide for over 30 years in supporting communities dealing with a wide range of disasters including the 1989 Loma Prieta Earthquake in San Francisco, terrorist attacks (9/11, Brussels, Paris, Lahore, San Bernardino, Parkland school shooting, Manchester bombing, Egypt mosque attack, flooding (Houston), hurricane (Puerto Rico, Florida Panhandle), fire (Camp, Woolsey, Santa Rosa and Paradise fires in California, Australia), tsunami (Sumatra, Indonesia), volcanic eruption (Guatemala). It has been recently updated to include the Covid-19 Pandemic.

Some of the comments by mental health experts who have reviewed Disastershock are:

“This book (manual) is brilliant in its clarity and simplicity, with easy to follow evidence-based procedures on how parents can immediately help their child/children facing a major disaster.” Teresita A. Jose, Ph.D., R. Psych., Psychologist, Calgary, Alberta

“This is an excellent book and a much needed one as it provides a simple and practical guide to handling emotional shock from disaster. Children are voiceless in time of disaster and the impact can be lifelong. I congratulate the authors for making a difference by sharing their skills and techniques in empowering children and youth.” Professor Cecilia L.W. Chan, Ph.D., Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong (SAR).

Together with co-author Dr. Sue Linville Shaffer we have assembled a Disastershock Team of 40 persons who are currently translating Disastershock into 15 languages. As each language version is completed, the team then distributes it to cities and countries that are most affected by Covid-19. The [Mandarin](#) translation was completed today. The Chinese Disastershock team lead by Dr. Ning Tang, St. Joseph University, Macau, is distributing it to Wuhan city and to 5000 social workers throughout China. We are hoping that by the end of April we will have all translations complete and available on our website disastercopingresources.com.

This is a huge task and we need additional help to distribute *Disastershock* globally.

If you volunteer you will be assigned a city, state, or country to distribute Disastershock to via the internet (primarily email). This important task involves determining the right person within an organization (governmental, educational, health, etc.) to send an email to requesting assistance in distributing Disastershock to families and persons who work with families. Those volunteering meet by zoom once per week at Noon Pacific Time.

If you are interested in volunteering, please email me or phone me (1-760-413-1580). I'd be happy to answer any questions you might have, and I believe that this is yet another way in which HDHS and WISR can collaborate.

Thank you for considering this request.
Brian

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