



GOOD NEWS UPDATE!

December 2016

**This is an overview of recent achievements of the
Human Dignity and Humiliation Studies (HumanDHS) network:**

➤ Celebrating 13 Years of HumanDHS!

➤ Dignity Press



Upcoming Publication

- ❖ *Honor, Humiliation, and Terror* — Evelin Lindner
(in process)

26 Books Published

- ❖ *A Journey to the East* — Michael H. Prosser
- ❖ *No Greater Love: Testimonies on the Life and Death of Felicitas Niyitegeka* — Fr. Jean d'Amour
Dusengumuremyi
- ❖ *Unbounded Organizing in Community* — Gavin Andersson & Howard Richards
- ❖ *A Mighty Case Against War* — Kathy Beckwith
- ❖ *Systems in Transition* — Susan Scharwiess (Ed., in press)
- ❖ *Dignity Economy* — Evelin Lindner
- ❖ *The Pearl* — Ragnhild Nilsen
- ❖ *The Nurturing of Time Future* — Howard Richards
- ❖ *Rare Flower* — Ada Aharoni
- ❖ *Decolonizing Peace* — Victoria Fontan
- ❖ *Afghanistan* — Pierre Amal Kana (in French)
- ❖ *Gandhi and the Future of Economics* — Howard Richards
- ❖ *A Journey Through Turbulence* — Deepak Tripathi
- ❖ *Finding Cross-Cultural Common Ground* — Michael H. Prosser, Mansoureh Sharifzadeh, &
Zhang Shengyong
- ❖ *Dignity: A Multidimensional View* — Francisco Gomes de Matos
- ❖ *Online Collaborative Learning* — Keday S. Kamara
- ❖ *Ein liebendes und ruheloses Herz* — Helmut E. W. Starrach
- ❖ *Conversations of Taoist Master Fu Hsiang* — Mark Tarver
- ❖ *Enlightened or Mad? A Psychologist Glimpses into Mystical Magnanimity* — David Y. F. Ho
- ❖ *The Magic of the Everyday* — Arctic Queen
- ❖ *Meditations on Mystery* — George Wolfe

- ❖ *Mehr als du denkst. 77 Namensgeschichten* — Petrus Ceelen ("More Than You Think: 77 Name Stories," in German)
- ❖ *Çekirdekten Yetistirme* — Hayal Köksal ("Catch Them Young," in Turkish)
- ❖ *Chinese Communicating Interculturally* — Li Mengyu & Michale H. Prosser
- ❖ *Generating Forgiveness and Constructing Peace Through Truthful Dialogue* — Hilarie Roseman
- ❖ *Halt die Ohren Steif 99 Friedhofsgeschichten* — Petrus Ceelen

We are deeply grateful to Uli Spalthoff, DP Executive Director of Operations, for creating this wonderful, user-friendly feature that allows everyone to explore all of the remarkable books in the DP collection.

➤ **The 2016 Nobel Peace Prize Recipient and Nominee**

Founding President Evelin Lindner, as representative of our HumanDHS network, was again included among the 2016 Nobel Peace Prize nominees. Her second nomination is another affirmation of our global dignity work and Evelin's forty years of service and action to bring peace and dignity into the lives of all people.



We warmly congratulate Colombian President Juan Manuel Santos as the 2016 recipient of the Nobel Peace Prize for his "resolute efforts to bring the country's more than 50-year-long civil war to an end, a war that has cost the lives of at least 220,000 Colombians and displaced close to six million people. The award should also be seen as a tribute to the Colombian people who, despite great hardships and abuses, have not given up hope of a just peace, and to all the parties who have contributed to the peace process. This tribute is paid, not least, to the representatives of the countless victims of the civil war." (Please see more at: https://www.nobelprize.org/nobel_prizes/peace/laureates/2016/press.html).

➤ **Celebrating the 27th Annual Human Dignity Conference in Dubrovnik, Croatia**

It was the greatest honor to host our [27th Human Dignity Conference](#) in Dubrovnik, September 19 – 23, 2016! We are profoundly grateful to our esteemed inspirer and convener of this conference, [Kjell Skyllstad](#), and our gracious host, the [Inter-University Centre Dubrovnik \(IUC\)](#), with Nada Bruer Ljubišić as Executive Secretary. The two Public Days of the conference, with its Town Hall Meeting and the Researcher Meeting, were wonderfully shaped by Kjell and deeply enriching for all. We were especially proud to use this conference to honor Kjell with the *HumanDHS Lifetime Achievement Award*!



We were immensely grateful to [Deeyah Khan](#) for bringing her film *Jihad* to this conference and for sharing her thoughts and reflections on how to address social polarization and radicalization of urban and suburban youth. Deeyah is the Founder and Director of [Fuuse](#) – Art and Activism and Sister-hood.

During the first three days of the conference, we engaged in various *Dignilogues*, each of which culminated in a video message for the [World Dignity University](#) initiative. The remarkable range of topics that emerged from among the participants included:

- Writing systems and dignity
- Global business and fair trade
- World issues and aesthetics
- Dignity and humiliation in relation to conflict
- Music, migration, and minorities
- Altruism is not self-negation
- Advancing human dignity in urban populations
- Indigenous knowledge and adaptive systems
- Cultural and community planning
- The idea of a Dignity Star

We encourage you to visit the [conference webpage](#) to see the links to the videos of these Dignilogues. Congratulations to all the contributors!

➤ **World Dignity University (WDU) Initiative Continuing Partnership with the Western Institute of Social Research (WISR) to Offer Dignity Studies — Developing Project**

The [World Dignity University \(WDU\) Initiative](#) and the [Western Institute for Social Research \(WISR\)](#) is continuing to develop a partnership that will provide adult learners the opportunity to pursue the multidisciplinary study of topics related to human dignity and social change. The WISR is a small, nontraditional, nonprofit university in Berkeley, California, founded in 1975 to offer innovative degree programs emphasizing social change, community involvement, and multiculturalism. WISR's interdisciplinary and personalized degree programs include Master's programs in Education, in Community Leadership and Justice, and a Doctor of Education (Ed.D.) program.



The WDU-WISR collaboration will allow students to pursue a WISR graduate degree, based largely on multidisciplinary readings, learning projects, and a thesis or dissertation on topics related to human dignity. Students will be working with faculty drawn from WISR's core faculty and from the WDU and HumanDHS communities to serve as adjunct WISR faculty for this purpose. Three current WISR graduate degree programs are eligible for this "Dignity Studies" specialization: M.S. in Community Leadership and Justice, M.S. in Education, Ed.D. in Higher Education and Social Change

All students pursuing a Dignity Studies specialization would take a 5-credit course, "Dignity Studies," as part of their required courses. For more information, please contact John Bilorusky, Ph.D., at: johnb@wizr.edu

- **Upcoming book on systemic humiliation and power**, edited by Daniel Rothbart, working title, *Power, Humiliation and Suffering in America*. From the abstract: "The subject matter of this volume centers on a powerful emotion that on the surface seems to be localized to one or a few people but in fact constitutes a powerful force in the stability of large-scale social systems. I'm referring to humiliation—the emotion of feeling disgraced, mortified, self-abased, and degraded and shamed. The primary theme of this volume is that certain systems in America exert controls over targeted population groups through mechanisms of humiliation that are designed to invade their mind, warp their thoughts, annul their self-esteem and render them docile to the more powerful social forces. With this volume we introduce the term "systemic humiliation" to refer to a social system's routine norms, the "taken for granted" rules, the "common sense" administrative decisions, and the seemingly innocent procedures, all of which are strategically deployed to diminish the self-esteem of a certain population groups."

Abridged Outline of Chapters:

- Chapter 1: “Humiliation, Dignity and Power” Daniel Rothbart [editor]
Chapter 2: “Can Systemic Humiliation be Transformed into Systemic Dignity?” by Linda Hartling, and Evelin Lindner.
Chapter 3: “Transforming the Systemic Humiliation of Crime and Justice: Healing and Awakening Black Consciousness” by Tony Gaskew.
Chapter 4: “The Civil War at 150 Years: Keep Wounds Yet to Heal,” by Joseph Montville.
Chapter 5: “Prisons in the United States: System Maintenance & Historical Trajectories of Dehumanization,” Patricia Maulden.
Chapter 6: “Insults as tools of systemic humiliation,” Karina V. Korostelina.
Chapter 7: “Madness, Violence, and Human Dignity: Transforming Madness for Dignified Existence,” by David Y.F. Ho.
Chapter 8: “‘To Wander Off in Shame’: Deconstructing the Shaming and Shameful Arrest Policies of Urban Police Departments in Their Treatment of Persons with Mental Disabilities” by Michael L. Perlin, and Alison J. Lynch.
Chapter 9: “Systematic Humiliation in Family Dynamics” by Connie Dawson, Ph.D., Clinical Social Worker.
Chapter 10: “Black Lives Matter and the Role of Education in Addressing Systemic Humiliation,” by Arthur Romano.
Chapter 11: “Structural Change: Empathy and Hope” by Michael Britton.

Evelin’s Global Presentations

- **September 25 – October 1, 2016:** [*From Systemic Humiliation to Systemic Dignity*](#) (see the [Powerpoint presentation](#)). Presentation shared on September 26, 2016, at the 5th Biennial Meeting of the Knowledge Federation, titled “[Tools and Practices for the Collective Mind Revolution](#),” conference held at the Inter-University Centre Dubrovnik.
- **September 22, 2016:** *Cities at Risk: From Humiliation to Dignity* (see the Powerpoint presentation of 26th September). [The 27th Annual Conference of Human Dignity and Humiliation Studies](#) took place in Dubrovnik, Croatia, from 19th September - 23rd September 2016.
- **September 19, 2016:** *A World at Risk: From Humiliation to Dignity* (see the Powerpoint presentation of 26th September). [The 27th Annual Conference of Human Dignity and Humiliation Studies](#) took place in Dubrovnik, Croatia, from 19th September - 23rd September 2016.
- **March 11, 2016:** [*Deep Dao Dialogue: Dignilogue with Evelin Lindner in the Arne Næss Chair*](#) (see the invitation as [Pdf](#), and on [Facebook](#)). [Norsk Taiji Senter / Norwegian Taiji Centre](#), Oslo, Norway, kindly invited by the centre’s director [Pamela Hiley](#).
- **March 7, 2016:** [*From Humiliation, Vengeance, and Genocide to Reconciliation: Experiences from Rwanda*](#). Monday lunch / Mandagslunsj with Evelin Lindner, introduction / åpningsinnlegg [Inga Bostad](#), University of Oslo, [Norwegian Centre for Human Rights / Norsk senter for menneskerettigheter](#), Oslo, Norway, see [announcement](#).
- **March 3, 2016:** [*From Humiliation, Vengeance, and Genocide to Reconciliation: Experiences from Rwanda*](#). Lecture at the [Department of Psychology, Harald Schjelderups hus, Forskningsveien 3, Oslo, Norway](#), auditorium 3, as part of [PSY4506 - Human Rights, Democracy and Reconstruction after](#)



[Conflict: A community based approach](#), with Nora Sveaass and Inger Skjelsbæk. This lecture is also part of an annual series hosted by the Department of Psychology at the University of Oslo, Norway (until 2014 in the context of [PSYC3203 - Anvendt sosialpsykologi](#), in 2015 as guest lecture; see the [video site of the Faculty of Social Science](#) at the University of Oslo).

More Good News

- The American Counseling Association featured the article *“Healing Humiliation: From Reaction to Creative Action,”* by Linda Hartling and Evelin Lindner, in its October 2016 edition of the *Journal of Counseling and Development* (see cover below).

ACA Past President Thelma Duffey sent us feedback about the article: “We are receiving so many amazing comments, and it is terrific to have your meaningful work highlighted in that way. I saw that ACA sent your article out again this morning as a resource for people struggling with the aftermath of the election.” Evelin and Linda were asked to contribute a chapter for Thelma Duffey and Shane Haberstroh’s upcoming edited book entitled *Crisis and Trauma Counseling: Strategies for Effective Practice*, to be published by the ACA.



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“All the cruel and brutal things, even genocide, starts with the humiliation of one individual.”

—Kofi Annan, Nobel Peace Prize Laureate and former Secretary-General of the United Nations

Feelings of humiliation are intensified during turbulent times, and counselors are often on the front lines of the suffering. The most devastating outcome of humiliation is violent aggression—including incidents of mass shootings and suicide bombings. In the October 2016 issue of the *Journal of Counseling & Development* (JCD), Linda Hartling and Evelin Lindner discuss the dynamics of humiliation and present specific ways counselors can help victims of humiliation to heal, leading them out of destructive reactions into creative action.

This article is one of eight in a special section in this issue of JCD focused on relational-cultural theory—the premise that human growth develops in connection with others rather than through separation and individuation.

FEATURED ARTICLE Volume 94 ■ Number 4 ■ October 2016:

Note: Full text of the following featured article is accessible to all for 30 days. We encourage you to share these articles with colleagues, on social media, and elsewhere to spark continued discussion on this important counseling topic.

Healing Humiliation: From Reaction to Creative Action
Linda M. Hartling & Evelin G. Lindner

- **The Humiliation Inventory by Linda Hartling has now been translated into Italian, French, and, most recently, Japanese.** Please see below Mami Numata's poster presentation of her research describing the development of the Japanese version of the scale.

Development of the Japanese Version of the Humiliation Inventory (HI-J)

Mami Numata¹, Matsui Yutaka¹, & Hartling, Linda, M.²

(¹University of Tsukuba, ² Human Dignity and Humiliation Studies)

Introduction

- The internal experience of humiliation is a deep dysphoric feeling associated with being, or perceiving oneself as being, unjustly degraded, ridiculed, or put down – in particular, one's identity has been demeaned or devalued (Hartling & Luchetta, 1999).
- Currently, only one scale is available in Japan to measure the state of humiliation- the State Humiliation, Shame and Guilt scale by Azami (2009). **Therefore, there is a cumulative shortage of knowledge about humiliation in Japan.**
- Humiliation is a narrower concept of shame (Azami, 2009); it is an emotion that relates to failure of interpersonal relationship (Hartling & Luchetta, 1999).
- We believe that if we develop a Japanese version of Humiliation Inventory, we can conduct an experiment on humiliation that is distinct from shame.
- **The purpose of this research was to develop the Japanese Version of Humiliation Inventory and to examine its reliability and validity.**

Methods

- **Participants:**
356 Japanese undergraduate students (178 women and 168 men). The mean age of the sample was 20.11 years ($SD = 2.76$).
- **Measurement:**
We translated the original version of Humiliation Inventory (HI; Hartling & Luchetta, 1999) using a back-translation method. We developed the Japanese version of Humiliation Inventory (HI-J). HI-J has Cumulative Humiliation (12 items) and Fear of Humiliation (19 items).
- **Examination of validity:**
 - The State Humiliation, Shame and Guilt scale (Azami, 2009)
The State Humiliation (6 items)/ The State Shame (6 items)/ The State Guilt (6 items)
 - The Japanese version of Balanced Inventory of Desirable Responding (BIDR-J; Tani, 2008)
The self-deception (12 items)/ The impression management (12 items).
 - The Buss-Perry Aggression Questionnaire (BAQ; Ando et al., 1999)
Hostility 7 items/ linguistic Aggression 5 items.
 - The Scale Measuring a Sense of Generalized Self-Efficacy (Miyoshi, 2003).
Self-efficacy 7 items.

Results & Conclusion

- The Japanese version of Humiliation Inventory (HI-J) was developed and validated. **HI-J has the same 2 factors like the original structure: Cumulative Humiliation (12 items) and Fear of Humiliation (19 items).**
- Based on Survey results, confirmatory factor analysis on the HI-J data revealed high coefficient value which indicated its internal consistency (factor 1: $\alpha = .87$, factor 2: $\alpha = .86$). **It further showed to have a two-factor structure as well as a good internal consistency, similar to the original.**
- **The results demonstrated that HI-J was positively associated with the humiliation factor in the state humiliation, shame and guilt scale, and the hostility factor in the BAQ.** However, it was negatively associated with the self-deception factor in the BIDR-J.
- **These results indicate that HI-J is a valid tool to measure the level of humiliation.**

Table 1

Japanese Items and Factor Loading for the Japanese Version of the HI ($n=356$)

	Factor loading	
	F1	F2
F1: Cumulative Humiliation (累積屈辱感; $M=2.94$, $SD=1.01$, $\alpha = .87$)		
Throughout your life how seriously have you felt harmed by being... (人生の中で、以下に関してどのくらい深刻に傷つけられたと感じてきましたか?)		
7 ridiculed (意地悪くからかわれた)	.83	-.06
8 harassed (嫌がらせをされた)	.83	-.10
2 bullied (いじめられた)	.78	-.07
3 scorned (軽蔑された)	.77	-.01
6 put down (こきおろされた)	.76	-.03
4 excluded (のけ者にされた)	.75	-.01
12 called names or referred to in derogatory terms (馬鹿にされた、または蔑称で呼ばれた)	.70	.04
9 discounted (軽んじられた)	.68	.04
5 laughed at (笑いにされた)	.65	.05
11 cruelly criticized (ひどく批判された)	.55	.18
10 embarrassed (当惑させられた)	.55	.13
1 teased (からかわれた)	.52	.09
F2: Fear of Humiliation (屈辱感の懸念; $M=3.05$, $SD=1.06$, $\alpha = .86$)		
At this point in your life, how much do you fear being... (13-23; 現在、以下に関してどのくらい懸念していますか?) At this point in your life, how concerned are you about being... (23-30; 現在、以下に関してどのくらい心配していますか?) How worried are you about being... (31-32; 以下に関して、どのくらい心配でしょうか?)		
17 harassed (嫌がらせをされること)	-.08	.86
14 bullied (いじめられること)	-.01	.80
15 ridiculed (意地悪くからかわれること)	-.04	.78
18 put down (こきおろされること)	-.01	.78
21 cruelly criticized (ひどく批判されること)	.05	.77
19 excluded (無視されること)	-.03	.77
20 laughed at (笑いにされること)	-.02	.77
22 cruelly disciplined (ひどく懲らしめられること)	.06	.71
13 scorned (軽蔑されること)	.08	.71
23 made to feel like an outsider (よそ者のように感じさせられること)	-.02	.71
27 discounted as a person (個人として無視されること)	.02	.68
29 called names or referred to in derogatory terms (馬鹿にされる、または蔑称で呼ばれること)	.10	.67
31 viewed by others as inadequate (至らぬ人物であるとみなされること)	-.05	.65
26 treated as invisible (見えないかのように扱われること)	.04	.65
28 made to feel small or insignificant (大したことがない/取るに足らないと感じさせられること)	-.03	.65
30 unfairly denied access to some activity, opportunity, or service (不公平に何らかの活動への参加を拒否されること)	.03	.63
24 teased (からかわれること)	.11	.63
25 embarrassed (当惑させられること)	.09	.61
32 viewed by others as incompetent (無能であるとみなされること)	-.06	.56
16 powerless (無力であること)	.04	.47
factor correlation		.57

Table 2

Correlations for scores on the HI-J and other scales ($n=356$)

	2	3	4	5	6	7	8	9
1 Cumulative Humiliation	.57**	.20**	.23**	-.22**	-.06	-.13*	.38**	-.08
2 Fear of Humiliation	—	.29**	.35**	-.34**	-.09	-.09	.32**	-.17**
3 The State Humiliation	—	.63**	-.06	-.16**	.10	.21**	.05	
4 The State Shame	—	-.20**	-.06	.03	.11*	.04		
5 The self-deception	—	.15**	.43**	-.28**	.37**			
6 The impression management	—	-.02	-.33**	-.06				
7 Self-efficacy	—	-.24**	.23**					
8 Hostility	—		.09					
9 Intrinsic Aggression	—							

** $p < .01$, * $p < .05$

Upcoming Events and Other News

- **We have more than 200 videos on YouTube!** Many of our videos are dialogues with scholars, practitioners, and activists who are contributing their knowledge, expertise, and ideas in support of our *World Dignity University* initiative.
- **We have over 1,000 personally invited members and more than 6,500 names on our email list.** Our Constant Contact communications continue to have some of the highest “open rates” compared to the rates of other similar organizations.
- **We have over 300 distinguished scholars and other professionals on our Global Advisory Board.**
- **We are looking forward to:**
 - **The 29th Annual HumanDHS Conference in Indore, India, August 2017.**
 - **The 2017 Workshop on Transforming Humiliation and Violent Conflict in New York City.**
 - **Announcing our 31st Annual HumanDHS Conference in Cairo, Egypt, 2018.**

Global Map of HumanDHS Conferences!

