

## The Wright Institute Presents:



# Mental Health Implications of Prison Solitary Confinement

**Course Level:** *Introductory*

*Friday, September 22, 2017  
12:30pm-2:30pm*

**Fees:** Free for Wright Institute  
Faculty/Staff/  
Collaborative and Other  
Supervisors Supervising WI  
Students/Training Directors  
/Students (space permitting)  
**WI Alums:** \$30  
**Non WI Students:** \$20  
**General:** \$50

**Instructor:** Terry A. Kupers, M.D.

**Location:** Rooms 109/110  
The Wright Institute  
2728 Durant Ave  
Berkeley, CA 94704

**Contact:** Wright Institute Continuing Education  
Email: [Julie@wi.edu](mailto:Julie@wi.edu) Phone: 510.841.9230 x115

**Credits:** 2 CE hours. The Wright Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Wright Institute maintains responsibility for this program and its content.

### Workshop Description:

In the U.S.A., there are approximately 100,000 inmates held in supermax prisons and isolation units in other prisons and jails, confined to 8' x 10' windowless cells for 23-24 hours a day, sometimes for decades. Dr. Kupers takes us inside the cells and minds of some of the thousand inmates he's interviewed while investigating prison conditions over the last 40 years. From prisoners ignored by staff for urgent medical and psychiatric needs to ones who "crack" under the strain to "cell extractions" where officers in riot gear spray a prisoner with immobilizing gas to subdue him, Kupers explores and explains the damage caused by solitary confinement, especially for individuals suffering from serious mental illness.

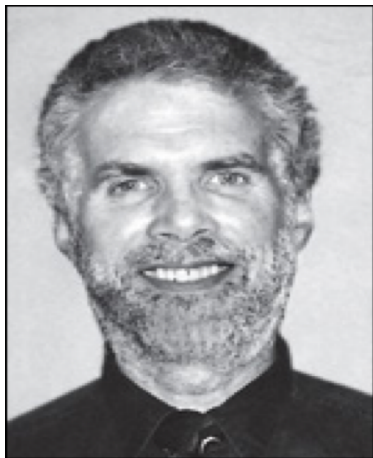
Since a disproportionate number of people with serious mental illness spend time behind bars, and since they are selectively relegated to solitary confinement, it is crucial that psychologists understand the deleterious effects of solitary and how to form trusting therapeutic relationships with patients in the community who have been subjected to it.

In this CE Activity we also explore the social purposes for disappearing disadvantaged people and discuss constructive therapeutic and rehabilitative alternatives to solitary confinement.

*Please contact us in advance if you require special accommodations on the day of the event.*

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### Instructor Bio:



#### **Terry A. Kupers, M.D., M.S.P.**

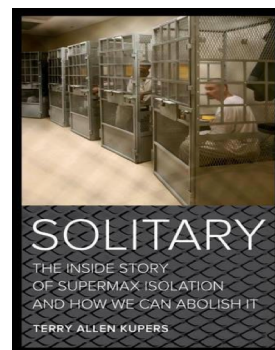
Dr. Kupers is a Distinguished Life Fellow of The American Psychiatric Association and Professor Emeritus at The Wright Institute.

A community psychiatrist since the 1970s, Dr. Kupers has served on multiple occasions as an expert witness in litigation regarding crowding, unsatisfactory conditions and inadequate mental health care in jails and prisons.

He is a recipient of the Exemplary Psychiatrist Award from the National Alliance on Mental Illness (NAMI, 2005), and the

author of *Public Therapy: The Practice of Psychotherapy in the Public Mental Health Clinic*; *Prison Madness: The Mental Health Crisis Behind Bars and What we Must do About It*; and *Solitary: The Inside Story of Supermax Isolation and How We Can Abolish It*.

Dr. Kupers' book, *Solitary: The Inside Story of Supermax Isolation and How We Can Abolish It* (University of California Press, 2017) can be purchased at University of California Press, Amazon, or Barnes and Nobles



### After attending this workshop participants will be able to:

1. Enumerate the harmful effects of solitary confinement
2. Assess the ethics and efficacy of clinical interventions with prisoners suffering from serious mental illness who have spent time in solitary confinement
3. Deliberate profoundly about alternative management strategies for prisoners who are typically consigned to solitary confinement
4. Analyze the social purposes of mass incarceration and the over-utilization of solitary confinement

### Cancellation Policy:

If you have paid for a workshop and are unable to attend, please email us at [julie@wi.edu](mailto:julie@wi.edu) with your mailing address and we will mail you a refund check for the full amount paid. Checks will be mailed within 30 days of notification.

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