

# CRT Week in Review

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April 21, 2025

## In this week's newsletter you can expect:

- Upcoming Student-Led Event
- Policy Updates
- Poetry for Resistance
- What's Happening
- Resources
- Somatic Practice of the Week

## Welcome to our weekly informational newsletter!

We are living in what is often described as "interesting" times. In general, the world is moving at warp speed. News reports coming out of the new administration have the potential to impact our community in broad terms. From those we serve, to our own personal and professional experiences, and the field of social work.

Because of the fast pace of news and our belief that this pace is an intentional tactic to keep us dysregulated, confused, and in fear. Our intention is to resist this temptation by becoming a hub for information sharing that highlights weekly happenings, connects them to the multitude of spaces we occupy, and clarify where our energies are needed.

Each week you will find updates regarding what's happening in politics both locally and nationally, what policy implications these have, and what we understand to be possible. In addition, you will find multiple resources, ways in which you can get involved and take action, care practices, and encouragements to continually seek moments of joy and peace.



*Critical Response*  
Team x



Department of Social Work  
College of Health and Human Sciences

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# Social Work Student-Led Event

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**April 26, 10AM - 2PM**

**Tivoli 444**

**Lunch included!**

Join social work students and faculty for a student-led event with session topics on student advocacy in response to turbulent policies from the current administration, better understand the rights of protestors, and learn some somatic techniques during this time.



*Above: Stock photo of a person holding up a handmade sign that reads, "TOGETHER WE RISE!"*

## Parking

Please note that this event takes place on a **Saturday** and most parking lots on campus will try to charge \$25! **To avoid paying \$25**, we recommend doing the following:

- **Carpool** with friends/family! Make sure that the vehicle you use is registered with Auraria Campus:  
**[aurariacampus.edu/services-departments/parking/register-your-vehicle/](https://aurariacampus.edu/services-departments/parking/register-your-vehicle/)**



Scan above to  
register your vehicle

- **Bike or walk** if you're able to.
- **Shuttle** - Erin Boyce was kind enough to offer to shuttle students who select a cheaper off-campus parking site before the event start.

## BYOS (Bring Your Own Supplies) for Sign Making

Some supplies will be available at the event, however, we recommend bringing your own supplies if you're able to and aren't sure what we will have!

## Viewing Online

Student leads will work to stream sessions on Zoom online. However, due to limited technology available and the interactive nature of some sessions, there may be some hiccups. Please be patient as we work on making it as accessible as possible!!

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# What's New

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## What's Happening?

In keeping with recent trends, a LOT is happening at the national level – tariffs and trade wars, deportations and immigration policy changes, cuts to research funding streams impacting a wide range of institutes and issues, restrictions on the right to free speech and revoking of student visas, to name just a few.

As things go, many of these changes are in flux or facing legal challenges. While the full impact of these shifts is yet to be known, many are proving consequential for local communities across the nation and right here in Colorado. We can't pretend to know how things will play out. Instead, we offer a short synopsis of a few key issues arising in this moment and links to news resources where you can find more information.

We hope you will continue to keep an eye on these issues as they are likely to impact the services we provide, and the very mission of our profession.



## First Amendment

The First Amendment grants our rights to free speech, peaceful protest, and independent press. Recent actions by the Trump Administration – including the restriction of media access to presidential events by outlets considered unfavorable to the President and the efforts to arrest and deport international student protestors with political views that oppose the President – appear to violate these guarantees. Just a few of the stories:

- [Undaunted: The Associated Press](#) - Details President Trump's efforts to exclude the Associated Press from White House events and the recent court ruling in favor of the AP's right to equal access.
- ['Citizenship won't save you': Free speech advocates say student arrests should worry all](#) - Discusses the arrests of student activists' and raises questions about whether immigration status is being used to censor political dissent
- [US: End Campaign of Draconian Campus Arrests](#) - Details how the administration is pressuring universities to silence political protests

## Economy

Students plan to stream sessions on Zoom online. However, due to limited technology available and the interactive nature of some sessions, there may be some hiccups. Please be patient as we work on making it as accessible as possible!

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# What's New (Continued)

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On everyone's minds: **tariffs and trade wars**. Broad, sweeping tariffs were announced last week. While some of these tariffs are currently underway, others are being leveraged to negotiate with foreign countries. We cannot – with any accuracy – provide a well-informed assessment of the tariffs currently imposed or the likely outcome of these negotiations. We do know that markets are volatile at the moment, and economists are predicting prices and inflation to continue to rise.



A few resources for you to peruse:

- [Tariffs will hit US economy and raise prices, Fed boss warns](#)
- [US tariffs: What's the impact on global trade and the economy?](#) - This source provides an analysis from the standpoint of a major financial institute
- [WashU Expert: How tariff uncertainty will impact economy, businesses](#)

**Note:** there are so many perspectives on how tariffs might impact economies and labor markets, here and abroad. These are just a few. A quick search will provide you with a wide range of takes from a variety of institutions.

## Immigration

Last week's CRT newsletter provided details about the deportation of **Kilmar Armando Abrego Garcia** which Judge Paula Xinis has

called "wholly lawless." Judge Xinis has granted an order for a [two-week expedited discovery](#) in which federal officials will need to answer questions from Abrego Garcia's lawyers about steps taken to facilitate his return as ordered by the Supreme Court. In addition, Maryland Senator Chris Van Hollen has traveled to El Salvador and met with Abrego Garcia though at this time it is unclear whether there is a path for his return to the United States.



Above: Maryland Senator Chris Van Hollen meets with Kilmar Armando Abrego Garcia. *Courtesy of CNN.*

In a related court case, [Judge James Boesberg has issued a ruling](#) stating that there is probable cause that the administration was in contempt of court when it refused to recall planes deporting Venezuelan migrants to El Salvador. In a ruling issued at 12:55 a.m. on April 19, the [United States Supreme Court](#) blocked the federal government from deporting Venezuelan migrants held at the Blue Bonnet Detention Facility in Anson, TX.

The US State Department continues to revoke visas of international students. In Colorado, the visas of [10 international students](#) at Colorado State University have been revoked and another 12 students across four campuses of the University of Colorado have had their visas revoked. Three international students in Colorado have [filed suit challenging the revocation of their visas](#). A recent episode of [This American Life](#) provides a glimpse into the life of a student from Columbia University who had her visa revoked suddenly.



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# Policy Updates

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The Chronicle of Higher Education is tracking cancellation of visas or legal status for international students and recent graduates through media reports and campus announcements though the total number of these reported cancellations is almost certainly an undercount. The tracking page will be updated twice weekly:

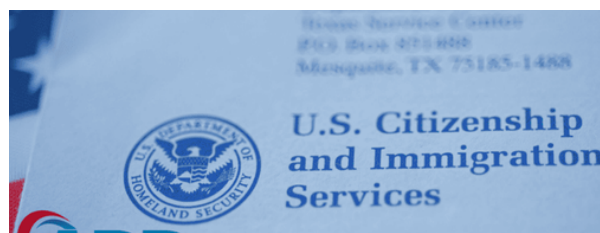
- [Tracking Trump's Actions on Student Visas](#)

MSU Denver continues to provide regular updates on policies relevant to the University:

- Last April 11, the [Department of Energy announced](#) a new policy to set a standardized indirect cost rate of 15% for all of its research grants to universities and colleges, and a coalition of higher ed associations and universities filed a lawsuit against the Department, challenging the policy as violation of federal regulations and legal authority



[The Department of Homeland Security \(DHS\) has enacted a new rule](#) outlining a process for **non-US citizens present in the United States for more than 30 days to be registered with DHS and a requirement to carry proof of registration at all times.**



## MSU Denver Impacts

- We are currently assessing our Department of Energy grants to determine the financial impact of this policy change
- The American Council on Education (ACE) is one of the plaintiffs in the lawsuit against the Department of Energy. MSU Denver has been a member of ACE along with 1,600+ colleges and universities.
- Human Resources and Student Affairs, in collaboration with our General Counsel, are in the process of contacting employees and students who may be subject to the DHS rule with more information and guidance.
- [View President Davidson's latest video message](#) to our students, addressing the federal policy changes and their impacts.
- If you are affected by the new Alien Registration Requirement, you can find more information on the rule and how to register at [Alien Registration Requirement | USCIS.](#)
- Continue to stay informed by visiting our [MSU Denver Government Affairs Updates page.](#)

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# Resources

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Above: Students and faculty hold signs. Photo by Seth Hoeksema.. Courtesy of Calvin Chimes.

## Social Work Students Take Action (YEAH YOU DO)!

Social work students are amazing – leading the charge for community change, fair and just social policy, and health and healing for all people! For some inspiration from your peers across the nation check out this story on [student-led, pro-DEI protest at Calvin University](#)



## Restorative Justice Coalition

This interdisciplinary group regularly facilitates talking circles (also known as community-building circles) for students, staff, and faculty. These practices are increasingly used across campus to support dialogue, reflection, and relational healing.

To learn more or explore how these circles might serve your department, student group, or team, I encourage you to contact program Director, Elise Krumholz, directly at [ekrumhol@msudenver.edu](mailto:ekrumhol@msudenver.edu). You can also explore these helpful links for more ways to connect with our MSU Denver community through dialogue:

- [Restorative Justice Coalition](#)
- [Student Conflict Resolution Services](#)
- [Dialogues Program](#)

## What is “Functional Freeze”?

**“Functional Freeze”** - while not a psychological diagnosis is a way of describing the type of stress or burnout that makes it hard to find the motivation to carry out tasks or connect with others in your life. We are more likely to experience functional freeze when our brains are overloaded or we’re questioning our purpose. We may experience the freeze physically, emotionally, or mentally.

When in a state of functional freeze, it often appears that we are outwardly functioning well, completing tasks and meeting deadlines at work for example. Inwardly, we may be feeling a low-level of anxiety and exhaustion, disconnection from loved ones, or a lack of motivation in our personal lives. Functional freeze is particularly detrimental to activities that require creativity, innovation or self-direction.

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# Resources (Cont.) & Somatic Practices

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If you're experiencing functional freeze at this moment, know that there's hope for you. Neuroscientist, Anne-Laure Le Cunff suggests that we can move through the stagnation that we're feeling by recognizing our patterns, honoring our current capacity, and taking small steps to change things up. Licensed Clinical Social Worker, Niro Feliciano, adds that exercise, breath work, laughter, working in short bursts, embracing self-compassion, and getting out in nature are helpful strategies. And, of course, please remember these suggestions are not a replacement for professional mental health services.

**For more information, check out these resources on Functional Freeze:**

- [What is a functional freeze? A therapist breaks down the viral mental health term](#) by Niro Feliciano, LCSW
- [Productive at Work, Paralyzed at Home: What to Do When You're in a Functional Freeze](#) by Anne-Laure Le Cunff

## Somatic Practices

Perhaps you've been reading through our somatic practice suggestions the past few months and are wondering how to more fully incorporate these practices into your day-to-day life. If so, check out [Elephant in the Room](#) for advice on making your practice a daily habit. **Here are just a few of their tips:**

- Set aside dedicated time to practice by making an appointment with yourself.
- Start small. Just a few minutes each day can help build a habit and you can gradually increase as you become more acquainted with the techniques
- Explore a variety of practices and then choose those activities that resonate with you most.
- Designate a space in your home to practice. Aim for a space that is calming and free from distractions.
- Stay motivated by finding accountability and support by working with a partner, group, class or therapist.
- Incorporate somatic practices into your everyday activities like walking, eating, or doing chores. Be present in the moment by fully engaging your senses.
- Keep a journal of your experiences, insights, and observations during your somatic practice. Doing so can help you identify patterns and reflect on positive changes over time.

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# Somatic Practices

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## The Butterfly Hug

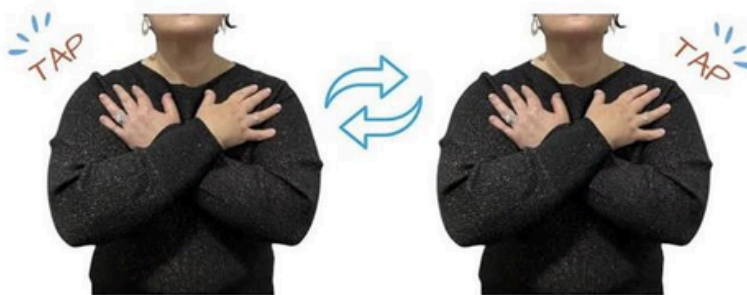
For this week's practice, try the Butterfly Hug. This is a self-soothing technique that can help shift your anxiety through relaxing self-touch. Here's the process as described by [Brooklyn Somatic Therapy](#):

- Sit or lay in a comfortable position with your eyes closed or gaze softened.
- Cross your arms in front of your body and bring each hand to touch the opposite arm or chest.
- Begin to alternate tapping your right hand and then your left, where your hands are making contact with your body.
- Notice your breath as you continue to alternate tapping right and left.
- Notice whether a firmer tap or lighter tap makes you feel more at ease. Notice the pace of your tapping.
- Continue tapping until you start to feel calmer, at ease, or a sense of relief.

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**Give yourself a butterfly hug  
using alternate hand taps**

(left, right, left, right)



**Imagine that your hands are a butterfly  
flapping one wing, then the other.**





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# Let's Wrap Things Up

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**In honor of National Poetry Month, we offer a poem on resistance to close this newsletter: *The Low Road* by Marge Piercy**

What can they do  
to you? Whatever they want.  
They can set you up, they can  
bust you, they can break  
your fingers, they can  
burn your brain with electricity,  
blur you with drugs till you  
can't walk, can't remember, they can  
take your child, wall up  
your lover. They can do anything  
you can't stop them  
from doing. How can you stop  
them? Alone, you can fight,  
you can refuse, you can  
take what revenge you can  
but they roll over you.

But two people fighting  
back to back can cut through  
a mob, a snake-dancing file  
can break a cordon, an army  
can meet an army.

Two people can keep each other  
sane, can give support, conviction,  
love, massage, hope, sex.  
Three people are a delegation,  
a committee, a wedge. With four  
you can play bridge and start  
an organization. With six  
you can rent a whole house,  
eat pie for dinner with no  
seconds, and hold a fund raising party.

A dozen make a demonstration.  
A hundred fill a hall.  
A thousand have solidarity and your own  
newsletter;  
ten thousand, power and your own paper;  
a hundred thousand, your own media;  
ten million, your own country.

It goes on one at a time,  
it starts when you care  
to act, it starts when you do  
it again and they said no,  
it starts when you say *We*  
and know who you mean,  
and each day you mean one more.