

INTERNATIONAL CHRISTIAN COLLEGE and SEMINARY

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COURSE GRADE COVER SHEET

(Complete student information portion, make copies, and submit one form with each course. In the event you are not able to make copies, please hand-write this page with each course.)

I have read the frequently asked question at the back of this page: ☒ Yes ☐ No

Student Number (Same as Inmate Number) 180161
Student Name: Eric St. George
Student Address: PO Box 2017
City: Buena Vista State: CO Zip Code: 81211
Unit Number: 180161 Name of Prison: Buena Vista Corr.
Degree you are working toward: Masters of Ministry and Christian Counseling
My records indicate this is my 2nd course.
Course Number & Title: or Name of Book From the Bible: C00601 Crisis Response and Intervention
Book Title: COVID -19: The Great Reset
Author: Schwab and Malleret
Begin/End Date of Enclosed Course: 1 May 2023 / 30 June 2023

***Please note that if you are turning in a course that involves textbooks you need to turn in a complete course that normally has three books. ***

To Be Completed By Student:

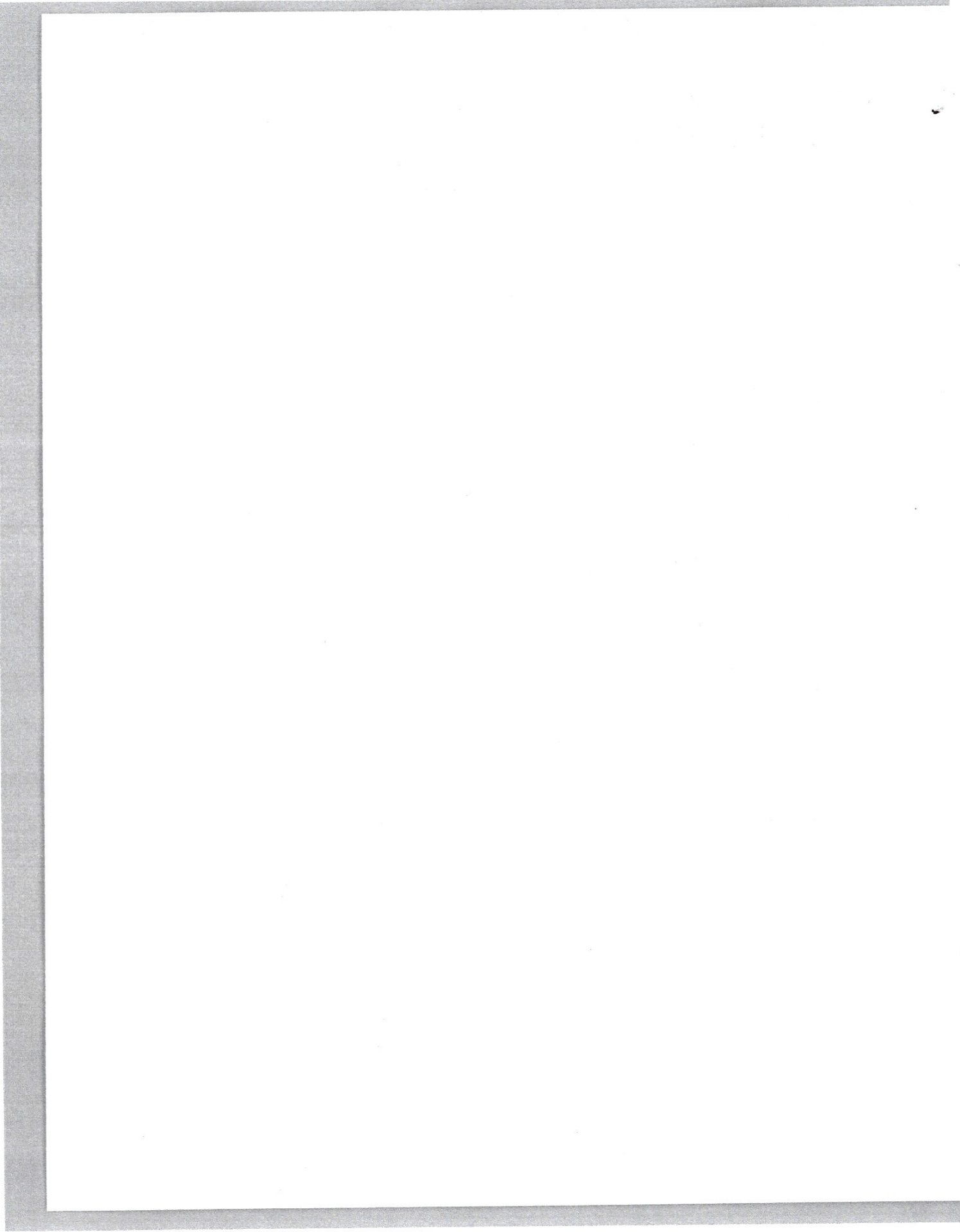
Do you need us to send you your next course? ☐ YES ☐ NO

(This question applies only to those working on books of the Bible)

If no, what books will you use for this course? _____

Please give us the name and ID number of a few people that are interested in receiving information on attending our college. Thanks and God Bless You!

1. _____
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Text Read: COVID-19: The Great Reset by Klaus Schwab and Thierry Malleret

ISBN: 978-2-940631-12-4. 280 pages in 3 sections and 11 subsections

COVID-19: The Great Reset; Section 1. Macro Reset (1.1) Conceptual Framework--
Three defining characteristics of today's world. (1.1.1) Interdependence (1.1.2)
Velocity (1.1.3) Complexity (1.2) Economic Reset (1.2.1) The economics of COVID-
19 (1.2.1.1) Uncertainty (1.2.1.2) The economic fallacy of sacrificing a few lives
to save growth (1.2.2) Growth and Employment (1.2.2.1) Economic Growth (1.2.2.2)
Employment (1.2.2.3) What future growth could look like (1.2.3) Fiscal and monetary
policies (1.2.3.1) Deflation or Inflation (1.2.3.2) The fate of the US Dollar
(1.3) Societal reset (1.3.1) Inequalities (1.3.2) Social unrest (1.3.3) The return
of "big" government (1.3.4) The social contract (1.4) Geopolitical reset (1.4.1)
Globalization and nationalism (1.4.2) Global governance (1.4.3) The growing rivalry
between China and the US (1.4.4) Fragile and failing states (1.5) Environmental
reset (1.5.1) Coronavirus and the environment (1.5.1.1) Nature and zoonotic diseases
(1.5.1.2) Air pollution and pandemic risk (1.5.1.3) Lockdown and carbon emissions
(1.5.2) Impact of the pandemic on climate change and other environmental policies
(1.6) Technological reset (1.6.1) Accelerating the digital transformation (1.6.1.1)
The consumer (1.6.1.2) The regulation (1.6.1.3) The firm (1.6.2) Contact tracing
contact tracing and surveillance (1.6.3) The risk of dystopia; Section 2. Micro
Reset (Industry and Business) (2.1) Micro trends (2.1.1) Acceleration of digiti-
zation (2.1.2) Resilient supply chains (2.1.3) Government and business (2.1.4)
Stakeholder capitalism and ESG (2.2) Industry reset (2.2.1) Social interactions
and de-densification (2.2.2) Behavioral changes -- permanent vs. transient
(2.2.3) Resilience; Section 3. Individual Reset (3.1) Redefining our humanness
(3.1.1) The better angels in our nature... or not (3.1.2) Moral choices (3.2)
Mental Health and Well-being (3.3) Changing priorities (3.3.1) Creativity (3.3.2)
Time (3.3.3) Consumption (3.3.4) Nature and well-being

Supplementary Resources used: University of Washington School of Medicine, "New
global burden of disease analyses show depression and anxiety among the top causes
of health loss worldwide, and a significant increase due to the COVID-19 pandemic,"
(8 OCT 2021); LaMotte, Sandee, "The pandemic may have created a nation of problem
drinkers--and many are women," CNN Health (25 JAN 2022); Ryan, Erika, "Why one
expert says America's fentanyl crisis has geopolitical roots," Heard on All Things
Considered (29 MAY 2023)

Why this text?

This book was read before I ever enrolled in the ICCS Master's program. Twice. My interest in the book came from many and repeated references to the Great Reset in news magazines and the media. I sought out this text and had a friend mail it to me.

The MOST fascinating thing about this text is when it was written, June 2020. COVID was declared a world-wide pandemic on 11 March 2020 by the World Health Organization and the Centers for Disease Control. The authors write in their Introduction "At the time of writing (June 2020), the pandemic continues to worsen globally." This alone is uninteresting, it is reasonable that lots of people found time to write while sequestered within their homes. Here, the content of the text seems impossible to have been written June 2020, with all insights of seemingly perfect foresight that reads like hindsight. The authors write about the -- at the time, future -- changes resultant from COVID-19 and lockdowns, with terrifying prescience. Terrifying because while society was clueless, the authors write as though they knew exactly what would come to pass.

Having already read the text, and even re-read it (Winter 2021 & Summer 2022, respectively), the book was an obvious fit for discussion about Crisis Response and Intervention. What bigger crisis from the recent few years could there be? (Police brutality, war in Ukraine potentially setting off WWII, The US' \$32 T debt and the economic ruin on the horizon, surges of crime...) Admittedly, there are many, many crises. The pandemic took a massive personal toll on the individual, and for that reason it felt like an appropriate subject for a study on ministry and Christian counseling. There are further good reasons: the authors devote a large portion of the text to the mental health and well-being of Society and the Individual. There have been after-shocks in mental health considerations since the pandemic. The dramatic increase of mental health issues that come from increased use of Social Media is one. The mental health considerations that stem from people having not returned to work, continuing to remote work. Humans are social animals, and the lack of socialization looks to be having ripple effects. There is the issue of governments choosing to shutter churches while permitting liquor stores to remain open; an issue that has spiritual ramifications that are appropriate for this study. Ultimately, there are the parallels that can and were drawn between the COVID-19 pandemic and the Revelation of John of Patmos. While true, for one who is in crisis, a crisis always looks like "the end of the world"... but in the instance of COVID-19 it truly looked like the

probable end of this world. John's Revelation talks of the Seven Bowls of God's Wrath (REV 16) and COVID-19 sure looked like a plague upon the Earth to all of us who were living through it.

Our book's Introduction puts COVID into its historical context. It is hardly the first plague. The authors explain that viruses have existed for "at least 300 million years." There have been viruses for as long as there have been humans. Being of an "inherently disruptive nature" epidemics caused by viruses have changed the course of humanity. The Plague of Justinian struck the Byzantine Empire in 541-542. The Aztecs and Incas were overwhelmingly killed by European germs in contrast to swords and guns. The meso-american empires disappeared from the face of the earth as a result of the mass death caused by European germs.

The use of confinement and lockdown has been a commonplace for centuries of plague. The quarantines instituted during the Black Death were a means to control its spread. (Ships were kept at anchor for 40 days before being permitted to port. "Quaranta" is the Italian word for 40. Significance of 40 is Biblical rather than having any medical significance. There are 40 days in Lent, 40 days of flood in Genesis (GEN 7:17), Moses was on Mount Sinai for 40 days and 40 nights (EX 24:18) and 40 years in the desert. (EX 16:35)(NUM 14:33) The Black Death killed one-third of Europe between 1347 and 1351. This makes what we suffered during COVID petty by contrast. Imagine watching 1 in 3 of your loved-ones die! Not to suggest that COVID didn't bring its tragedies. In 2020, we were simply too many generations removed from anything that makes this COVID crisis feel like a familiar or survivable event.

100 years ago the Spanish Flu struck in the midst of the Great War. 50 million died world wide owing to that pandemic. Nobody living today was of an age of maturity during Spanish Flu to console us now as to what happened then and we'll get through it now. Society has an extremely short memory. During the Spanish Flu, there were riots over government-mandated lockdowns and mask-wearing. (I personally found this fact fascinating!)

The authors suggest that the institution of public health measures may have been one of the forces that has legitimized the modern state and permitted the "accretion of power" thereto. [Snowden, Frank, "Epidemics and Society: From the Black Death to the Present, Yale University Press, (2019)]

The authors make (what this reader found to be frighteningly prescient) predictions as to economic expectations to include a decoupling of US and China

acceleration of automation, heightened surveillance, growing nationalism and fear of immigrants, growing power of technology, monetary policy like "helicopter money," radical taxation measures and drastic geopolitical realignments. (This book was written in June 2020...)

Today, June 2023, these have all come to pass. The US was nearly crushed by "supply-chain failures" when Chinese goods that US consumers rely upon fell into limited availability. The US and China have extremely strained relations that are leading to trade agreement friction and calls to ON-SHORE manufacturing. Today the move to automating jobs that can be performed by robotics is more like a steady march than it is an enterprising action on the fringes. (eg, development of the "Flippy" device that is a robot that controls french-fry baskets. [Dunn, E. "Rise of the Salad Machines" Bloomberg 4784:38 (22 May 2023)] Miso Robotics, the manufacturer of the device has placed a few dozen in White Castles in the US, and the "Flippy" was prominently marketed in TV ads.) The rise of AI means that even more jobs will be automated, and in an ironic twist it appears that white-collar jobs will be replaced by AI. (AI, today it can replace writers, artists, researchers, and soon lawyers and surgeons) Indeed, when I personally told a friend who had been in prison along with me back in 2019 and now is out on parole, "Hey Austin, I began a correspondence program, I'm earning my Masters and then Doctorate," replied, "Well, you'll be the only student who actually learns anything, out here (where internet is available) everyone just cheats and ChatGPT writes their homework."

Populist politician have been elected in countries all over the world. As migrant are moving from places of poverty to places of relative wealth, nationalism and anti-immigration is on the rise. In the US this best exemplified by resurgence of Donald Trump in Joe Biden's presidency post January 6, 2021 and calls for border walls to stem the tide of South and Central American migrant movement into North America. Internationally this can be seen in Brazilian leader Bolsonaro or Turkish leader Erdogan. The monetary policy issues have come to pass since this book was written. Modern Monetary theory is the prevailing mindset of the day. As this paper is being being written the United States Congress has passed a Bill to raise the debt ceiling above \$32 T in national debt. Pre COVID, this figure was below \$26 T. Inflation has taken hold and the value of currency has fallen. So-called "helicopter money" was indeed distributed in the form of \$600, \$1200 and \$1400 government payments directly to the populous under the auspices of "stimulus." The geopolitical seismic shift has come to pass, where

the locus of power that has been Western and American hegemony is moving to a more Eastern locus of power. Russia has been so emboldened as to invade Ukraine, that Asian nations will support such an action being a foregone conclusion. This is being seen in some political circles as a Russia--China--North Korea axis.

The prevalence of surveillance concerns has also come to pass as a close adjunct to the decoupling from, and fear of rising geopolitical power and influence of, China. During the COVID lockdowns youth turned to social media to feel connected to other people. The world leader being Chinese-owned Tik-tok. (Owned by Byte Dance) This technology is accused of being a subversive means to "spy" on young people, and to indoctrinate them with self-destructive behaviors. Regardless of whether Tik-tok is Chinese spyware, we now see surveillance everywhere. The media tell us that the Russians are watching social media and feeding our easily persuaded citizenry disinformation to manipulate them. The "deep state" is performing meta-analyses of Twitter and employing "bots" to manipulate the beliefs of the people. (A fear powerful enough for the world's richest man to pay \$44 B to purchase Twitter, an act that the politically opposed believe to be counter-surveillance, or more surveillance from the opposing side!) Balloons fly over the United States attributed to Chinese spying, stoking more fear of surveillance. Conspiracy theories abound, the very origins of COVID itself are concealed in a shroud of cloak-and-dagger mystery. The approved narrative was that this plague was a zoonotic coronavirus found in bats that made an evolutionary leap to humans, but objective investigation points to origins in a Wuhan lab that was performing gain-of-function research on... coronavirus!

The surge of migration around the planet from poor nations to wealthy nations has led to backlash against immigrants. Migrants from the Middle East, Asia, and Africa have surged into Europe. From South and Central America migrants are moving into the United States and Canada. From Oceania and South East Asia migrants move into Australia. These mass population movements are opposed by populist leaders in the wealthy nations; and supported by the globalists. During the COVID pandemic anti-immigrant rhetoric took on a xenophobic tone with undertones of "dirty foreigner" as vectors for disease. The globalists used this to brand their opponents as racists and further sow seeds of social unrest. The best American examples of this are Trump's rhetoric and border wall battle with the concomitant push-back from the Left and the use of Title 42 (42 USC Sec. 265 of the Public Health Service Act: Suspension of entries and imports from designated places to prevent spread of communicable diseases... whenever the Surgeon General [deems it proper]) by Border Agents in border states to stem the flow of migrants on COVID-spread grounds.

The use of "helicopter money" took the most visible form in direct stimulus payments during the pandemic. Called the CARES Act (Coronavirus Aid, Relief, and Economic Security Act) (yet another overly "cute" big-government "backronym") see [P.L. 116-136, 134 Stat. 281 (27 MAR 2020)], this distributed payments of \$600, \$1200, and then \$1400 to every American. This "money" did not exist. It was printed. The Federal Reserve Bank merely purchased a bond from the U.S. Government in exchange for currency that diluted the value of the currency in your back pocket prior. Then, the money is distributed to the public, like "cash dropped from a helicopter." These direct payments were a tip of an iceberg, where businesses were paid directly from Uncle Sam to pay employees that didn't work. Unemployment benefits were expanded to those who lost jobs. A tsunami of debt was mounded up into a wave that has not yet crashed... but it can be seen offshore coming this direction.

MENTAL HEALTH REVERBERATIONS

The foregoing laundry lists of societal ails are the contextual background for the point of this course, and as this reader has taken it to be the point of the text that was read. COVID-19 was the greatest crisis of our time, and the enormous effects on mental health were the result which will persist for a generation.

"Psychologists point out that the pandemic, like most transformative events, has the ability to bring out the best and worst in us. Angels or devils: What is the evidence so far?" [p. 212]

This is how the authors chose to open the "Individual Reset" Section of the book. Here the implication being that some "unexpected upsides" or "better angels in our nature" may have resulted from the pandemic. Where this may be true, and some examples of positive effects of the pandemic (eg. people coming together in a "war-effort" manner to fight COVID certainly exist) the COVID pandemic was overwhelmingly a negative.

"Psychologists tell us that cognitive closure often calls for black-and-white thinking and simplistic solutions." [Kruglanski, Arie, "3 ways the coronavirus pandemic is changing who we are," *The Conversation*, (20 MAR 2020)] "[P]eople have always responded to epidemics by spreading rumours and false information and portraying the disease as foreign and brought in with malicious intent." [Pamuk, Orhan, Nights of Plague (2020)] We have seen the artifacts of these truths pervasive in our culture today. The White House attempted to create a "czar" of "disinformation" in Nina Jankowicz, in one truly cynical and embarrassing gesture. Misinformation and disinformation have become the buzzwords of the day. Every media outlet calls

the narrative of their opponents "misinformation." This is true globally, and in the United States is seen in the political backbiting. One political party accuses another's leader of colluding with an enemy nation, holding congressional hearings. The result is that the accusation is unfounded. The opposite side censures the leader of the hunt. The other side accused the other of stealing an election. The accusation is determined to be unfounded and the event is monikered the "Big Lie." The sides continue to retaliate, spiralling upward in scope. Each have now solicited loyal law enforcement actors to bring indictments against opposing leaders and even going after their families. These massive social divisions are manifestations of mass anxiety exacerbated by the pandemic. The author quotes Pamuk, who tied the outbreaks of plagues in history to these social anxieties: "unexpected and uncontrollable outbursts of violence, hearsay, panic and rebellion are common in accounts of plague epidemics from the Renaissance on." [Pamuk, Orhan, "What the Great Pandemic Novels Teach Us," New York Times (27 APR 2020)] This level and extent of societal mistrust in the government, the media, and one another (ultimately) necessarily will trigger mental health crisis in individuals.

TYING THE PANDEMIC TO MENTAL ILLNESS

Our modern world, pre-pandemic, was already in a state of rising mental health incidence. The isolation of lockdowns and detachment from routines has poured so much fuel onto the open flame. Psychologists are in agreeance that, "the pandemic has had a devastating effect on mental health." [Twenge, Jean, "New Study shows staggering effect of coronavirus pandemic on America's mental health," The Conversation (7 MAY 2020)] Mental health specialists report that for the past decade (Since 2010) we have experienced a spike in mental health problems. These issues range from depression (often called the "common-cold of mental health") to suicide, psychosis, and substance abuse disorder. As of 2017, it was estimated that 250 MM people internationally were dealing with depression. The WHO predicted that depression would become the second main cause of disease burden by 2020. The WHO further predicted that depression would surpass heart disease as the number one cause of disease burden by 2030. The CDC estimated in 2017 that depression affected 26% of adults. 1 in 20 report "moderate to severe symptoms." The CDC also predicted 25% of American adults would deal with a mental illness during that year and near 50% would develop at least one within their lifetime. [Tucci, et al., "We are the hollow men: The worldwide epidemic of mental illness, psychiatric and behavioral emergencies, and its impact on patients and providers," Journal of Emergencies,

Trauma, and Shock, 10(1):4-6 (2017)] In the UK, in 2017-2018, 57% of lost work days were attributed to ill health caused by stress, depression and anxiety. [Health and Safety Executive, "Work related stress, depression or anxiety statistics in Great Britain, 2018," Annual Statistics (31 OCT 2018)]

The crisis of the pandemic was truly a result of the lockdowns and the shut-down of the economy. COVID-19 the disease positively took many lives, 6,945,714 according to the WHO website on 21 JUN 2023. But the effects of lockdowns outstripped the loss of life in terms of crisis and suffering it created. The author says:

Humans are inherently social beings. Companionship and social interactions are a vital component of our humanness. If deprived of them, we feel our lives turned upside down. Social relations are, to a significant extent, obliterated by confinement measures and physical or social distancing, and in the case of the COVID-19 lockdowns, this occurred at a time of heightened anxiety when we needed them most. Rituals that are inherent to our human condition -- handshakes, hugs, kisses and many others -- were suppressed. Loneliness and isolation resulted. [p. 226]

The author pre-sages that the mental health crisis would expand post-COVID. The confinement created trauma, confusion and anger, according to researchers. [Brooks, Samantha, et al., "The psychological impact of quarantine and how to reduce it: rapid review of the evidence." The Lancet 395(10227):912-920 (14-20 MAR 2020)] Because of the stress, the loss of jobs, the fear of contracting the disease, the depression, the surreal-ness of a seeming apocalypse; many psychotic episodes were triggered during the lockdowns. The need for more mental health-care resources was forecast for the post-pandemic period even while the pandemic raged. People will need treatment for years to come. [Campbell, Denis, "UK lockdown causing 'serious mental illness in first-time patients,'" The Guardian (15 MAY 2020)]

Indeed, these portentous milestones have come to pass. Depression has risen from the pre-pandemic levels. The disease burden owing to depression is greater than nearly any other cause. [Institute for Health Metrics and Evaluation (IHME), "New Global burden of disease analyses show depression and anxiety among the top causes of health loss worldwide, and a significant increase due to the COVID-19 pandemic," University of Washington School of Medicine, (8 OCT 2021)]

Substance abuse has increased as a result of the pandemic. Cited earlier the instances where the churches were mandated to be closed but the liquor stores were deemed "essential businesses," the reasoned inference is that America buried

its spiritual needs in the bottom of a bottle. According to one news outlet, the number of "heavy drinking days per month is on the rise" since the pandemic. Up 14% in men and more dramatically a whopping 41% in women. [LaMotte, Sandee, "The pandemic may have created a nation of problem drinkers -- and many are women." CNN Health (25 JAN 2022)] At least in this context, CNN knows the difference between a man and a woman! In another example of substance use disorder run rampant is the opioid epidemic; specifically Fentanyl. This medicine was historically a prescription pain-killer used, for instance, in post-operative hospital patients. The drug is extremely addictive, immensely concentrated and unbelievably potent. It is also deadly. In 2022 almost 110,000 Americans died of an overdose. Plus, it's escalating. The drug is being manufactured in Mexico from Chinese precursors, and shuttled into our country on the backs of migrants used as mules. The broadened availability surged and met the COVID pandemic fueled demand in a seamless escalation of death. [Ryan, Erika, "Why one expert says America's fentanyl crisis has geopolitical roots," Heard on All Things Considered (29 MAY 2023)]

In yet another example of mental health degradation that occurred during the pandemic was the escalation in domestic violence. The text refers to projections of a 20% increase in domestic violence during the lockdowns made by the United Nations Population Fund. They estimated that if the lockdowns were to persist for a year (which they did in many places) these would result in 61 MM additional cases of domestic violence. These estimates were inclusive of 193 UN Member States. [United Nations Population Fund (UNFPA), "Impact of the COVID-19 Pandemic on Family Planning and Ending Gender-based Violence, Female Genital Mutilation, and Child Marriage," Interim Technical Note (27 APR 2020)]

The COVID-19 crisis is one that has spurred growth in mental health dysfunction. Mental health is the number one most important factor when people rate their levels of life satisfaction according to many. The COVID-19 pandemic, the lockdowns, the economic repercussions and the inextricable intertwining of these factors into people's life satisfaction has made the COVID-19 medical health crisis into a mental health crisis. [Layard, Richard, "A New Priority for Mental Health," Paper EA035, Centre for Economic Performance, London School of Economics and Political Science (May 2015)]

CRISIS INTERVENTION

This particular text talks of "Reset" throughout, and comes to a limited

discussion of coping only in the conclusion, as that was not the scope of the book. Our authors do not close with any mention of the mental health aspects of the COVID-19 crisis. They do mention perceived necessary societal changes. They speak of coming together to achieve common goals; to cooperate -- "a supremely human cognitive ability that put our species on its unique and extraordinary trajectory --." [McGowan, Kat, "Cooperation Is What Makes Us Human," Nautilus (29 APR 2013)] The authors make reference to a Jared Diamond book entitled "Upheaval: How Nations Cope with Crisis and Change." (Jared Diamond is the famous author of Guns, Germs and Steel, a book that uses historical vignettes to weave a tapestry of historical narrative in the same vein as Steven Hawking's "A Brief History of Time," or Howard Zinn's "A People's History." Diamond and our authors are said to be in agreement that "hope[fully]... the coronavirus will compel us to address four existential risks that we collectively face: 1) nuclear threats; 2) climate change; 3) the unsustainable use of essential resources like forests, seafood, topsoil and fresh water; and 4) the consequences of the enormous differences in standards of living between the world's peoples..." Here the authors belie their left-leanings and globalist agenda, as to tie COVID-19 to the spoiling of the planet and unequal distribution of wealth is a bit contrived. The authors' concerns are not without merit, even in a mental health context, despite the tenuous connection to COVID-19. Avoiding crises of global (planetary) health dimension is one means to reducing mental health dysfunction amongst the Earth's residents. Spoiling the planet and lacking for resources by way of unsustainability leads to stress, and we've explored the effects of stress on mental health -- and by extension to physical health. (see this class' summary paper on Deadly Emotions) Poverty is also a top stressor, if not the number one stressor for people. Mental health crises and poverty are correlated, and likely causative in both directions. (called a positive feedback loop)