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20/7/23

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deinstitutionalisation now

what this is

Institutions are collapsing and we are feeling it. This list of resources is my (first) gathering of objects that might help us to be with and navigate this knowledge and its feelings. And even if we don't feel like this, these objects might help us to understand the institutions that we are in differently and, hopefully, generatively.

The list is divided into sections, so that you can go for the things you want/need at any given point, but it also has somewhat of an overall design in that it starts with pleasure and rest and ends with thoughts for better worlds [actually, strictly put, it ends with a grouping of things I wasn't sure how to place but maybe this is its own better world: a place beyond any lists that we might be called on to navigate].

We open with 'resourcing through pleasure and rest': a selection of joyous, tender, somatically-informed, loving things to treat ourselves with. This section takes its impetus from Adrienne Maree Brown's *Pleasure Activism*: "the work we do to reclaim our whole, happy, and satisfiable selves from the impacts, delusions, and limitations of oppression and/or supremacy." Brown's reader would be as pleasurable a place to start as any in this section, if you haven't already checked it out.

From there, hopefully at least somewhat resourced for the trouble to come, we move into 'what we're in' which collects material critiquing modernity's institutions and ideologies. This section is inspired by Vanessa Machado de Oliveira's *Hospicing Modernity: Facing Humanity's Wrongs and the Implication for Social Action* which extends "stories, tools, and exercises [...] to invite you to witness and offer palliative care to modernity dying within and around you."

The next section – 'the institution does not (and will not) love you back' – zooms in on one institution: the university, and its various moves. Sara Ahmed's *Complaint!* came up **a lot** as a suggested key text for this section.

Following that, we have a short list of resources for people who are thinking about leaving academia. Speaking personally, I wasn't *great* at seeking out things to support myself with when I was on the out [full disclosure: I was also heavily pregnant and it was just before the start of Covid so I think I can be excused in this] and would welcome, as with all this list, suggestions of great resources, specifically those that attend to but also think beyond the nuts-and-bolts careers advice material – necessary though this is. In this spirit, part of my work now is to hold space for people who are thinking about leaving and/who have left; you can find more about this in the '**who i am/what i do**' section below.

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From there, it's definitely time to take our labour and love back from the institution and think about reorienting. 'kinmaking with the land (not the institution)' provides some ways into how we might affiliate differently: with the land, with the other-than-human, and within queer ecologies. *Braiding Sweetgrass* by Robin Wall Kimmerer was the first on the page here but, really, I would gladly sink my entire body into any of the objects in this section.

'better worlds' is a series of offerings from those dreaming and yearning beyond the institution. José Esteban Muñoz's *Cruising Utopia: The Then and There of Queer Futurity* is the origin text for this section, for its joy throughout and because it comes with a playlist in my head [which has found its way into the latter part of what is now *your* playlist; give it a listen [here](#)].

Finally, the last section – 'unlisting, or, great things I didn't know where to place' – is a miscellany of rogue objects that I couldn't or didn't want to categorise. It takes its non-shape from a speech which lives rent-free in my head and which might well be the manifesto for this work as a whole: Lloyd Dobler's speech to Diane's father in *Say Anything*.

A quick note on the selection here: this list is made up of texts that I know and love well* and texts that were recommended and that I was able to check out for their suitability for the list. Thanks so much to everyone who helped with the latter – so much of this is your work as much as mine. If you made a suggestion and you don't see it here it's likely because I either couldn't access it sufficiently to determine its suitability [as someone who now operates outside of the institution, certain objects are now inaccessible that would have been accessible though, thankfully, my joy is not one such object] or because it didn't feel quite right. If you'd like to petition for your excluded object, please do!

Please share this list and playlist widely! I would appreciate it if you credit me when you do, also so that I can see how it's moving in the world. This is only its first iteration; it is my intention that it grows and takes different shapes, hopefully, with your help. To that end, if there are any glaring omissions here – be they books/memes/songs/films/clips/art pieces/poems/sites/other things – please send them to me at thewandering754@gmail.com .

*and is queer stewarded throughout by Prince and Joni.

who i am/what i do

I am a writer, researcher, creative and academic mentor, workshop facilitator and tarot reader who used to work within universities and now works at their edges and away from them. In my work 'the wandering: imagining beyond academia', I provide one-to-one support for women, trans and non-binary people who feel uncomfortably placed within the academy. I also run workshops for all academics around the following:

- making and working with stories about academia
- making and working with stuckness, grief and anger
- deinstitutionalising and its possibilities

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- taking back your writing/work
- joy-finding and creativity
- embodied and energetic practices for the uncomfortable academic

Please get in touch if you'd like to discuss my running a tailored workshop in your institution or within a group of colleagues/friends.

My next public workshop is coming up in August. 'Deinstitutionalise your writing' is for anyone who feels that their writing and their relationship with it has been disciplined/harmed/cowed/constricted by institutional encounters: be these via early school experiences, professional mores, parental judgement or any other kind of structural bad vibes.

You don't have to write as part of your job to join this workshop, though those in institutional writing jobs &/or those who want to write & want to enjoy writing but who feel stymied by inner critics & institutional experiences might particularly resonate with it.

You can find out more about and book your place [here](#).

work with me

You can find me on email, Instagram and Facebook mostly.

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Facebook: <https://www.facebook.com/ruth.charnock.52> and
<https://www.facebook.com/drruthcharnock/>

Twitter: <https://twitter.com/DRRUTHCHARNOCK>

My website: <https://www.ruthcharnock.com/>

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**** start of list ****

resourcing through pleasure and rest

Gabi Abrão, *Notes on Shapeshifting* [2022]
<https://notacult.media/books/p/sighswoon>

Kathy Acker, 'Against Ordinary Language: the Language of the Body' [1993]
https://www.yvonnebuchheim.com/uploads/1/7/0/8/17088324/acker-kathy_the_language_of_the_body.pdf

Meg-John Barker, <https://www.rewriting-the-rules.com/>

Adrienne Maree Brown, *Pleasure Activism* [2019]
<https://adriennemareebrown.net/book/pleasure-activism/>

the deinstitutionalisation now playlist:
<https://open.spotify.com/playlist/2aE7rn8dKLIKcAy5aM0rdc?si=292ed4fca7fa46c7>

Silvia Federici, 'In Praise of the Dancing Body' [2016]
<https://abeautifulresistance.org/2016/08/22/in-praise-of-the-dancing-body/>

Ana T. Forrest, *Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit* [2011]
<https://www.yogamatters.com/products/fierce-medicine-breakthrough-practices-to-heal-the-body-and-ignite-the-spirit>

Audre Lorde, 'The Uses of the Erotic: the Erotic as Power' [1978]
https://uk.sagepub.com/sites/default/files/upm-binaries/11881_Chapter_5.pdf

Audre Lorde reads 'The Uses of the Erotic':
<https://www.youtube.com/watch?v=aWmq9gw4Rq0>

Staci Haines, *The Politics of Trauma: Somatics, Healing and Social Justice* [2019]
<https://www.stacihaines.com/books>

Tricia Hersey, *Rest is Resistance: A Manifesto* [2022]
<https://thenapministry.com/#:~:text=A%20Manifesto,womanism%2C%20somatics%2C%20and%20Afrofuturism.>

The Nap Ministry: <https://thenapministry.com/>

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Joni Mitchell, 'All I Want' [1971]

https://www.youtube.com/results?search_query=all+i+want+joni+mitchell

Holistic Life Navigation: <https://www.holisticlifefnavigation.com/>

bell hooks, *All About Love: New Visions* [1999]

<https://wtf.tw/ref/hooks.pdf>

Janelle Monáe, *The Age of Pleasure* [2023]

<https://open.spotify.com/album/3440hCSfwYXxJcbQ0j3jAJ?si=A6TFRYoyR5esOP46mWUakQ>

Mary Oliver, 'Don't Hesitate' [2007]

<http://www.wordslikethis.com.au/dont-hesitate/>

Prince, 'Gett Off' [1991]

<https://open.spotify.com/track/0cfn5OBGaf132fEsc3z4GE?si=33fbc61a420d4e08>

Minna Salami, *Sensuous Knowledge: A Black Feminist Approach for Everyone* [2020]

<https://msafropolitan.com/sensuousknowledge>

Octavia Raheem, *Pause, Rest, Be: Stillness Practices for Courage in Times of Change* [2022]

<https://www.pauserestbe.com/>

Tracee Stanley-Newell, *Radiant Rest: Yoga Nidra for Deep Relaxation and Awakened Clarity* [2021]

<https://www.radiantrest.com/>

Sonya Renee Taylor, *The Body Is Not An Apology: The Power of Radical Self Love* [2018]

<https://thebodyisnotanapology.com/>

Toko-Pa Turner, *Belonging: Remembering Ourselves Home* [2017]

<https://toko-pa.com/belonging-the-book-by-toko-pa/>

understanding what we're in

Advaya: <https://advaya.co/>

Sara Ahmed, *The Feminist Killjoy Handbook* [2023]

<https://www.sarahmed.com/thefeministkilljoyhandbookandacomplainershandbook>

Sara Ahmed, *Living A Feminist Life* [2017]

<https://www.dukeupress.edu/living-a-feminist-life>

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<https://www.dukeupress.edu/the-promise-of-happiness>

Sara Ahmed's blog: <https://feministkilljoys.com/>

Vanessa Andreotti, 'What Could Possibly Go Right?' [2020]

<https://www.resilience.org/stories/2020-11-17/what-could-possibly-go-right-episode-23-vanessa-andreotti/>

Lauren Berlant, *Cruel Optimism* [2011]

<https://www.dukeupress.edu/cruel-optimism>

Gargi Bhattacharyya, *We, the Heartbroken* [2023]

<https://www.hajarpublishing.com/books/we-the-heartbroken>

We, the Heartbroken playlist:

<https://open.spotify.com/playlist/3Epe7ZbhQNhJ7PxxH27Krs?si=e6b1ea0b75054751>

Dark Mountain manifesto [2013]: <https://dark-mountain.net/about/manifesto/>

Silvia Federici, *Caliban and the Witch* [2004]

https://monoskop.org/images/d/d8/Federici_Silvia_Caliban_and_the_Witch_Women_the_Body_and_Primitive_Accumulation_2004.pdf

Elizabeth Freeman and Ellen Samuels [eds], *Crip Temporalities* (special issue of *SAQ*) [2021]

<https://www.dukeupress.edu/crip-temporalities>

Jessica Gaitán Johannesson, *The Nerves and Their Endings* [2022]

<https://scribepublications.co.uk/books-authors/books/the-nerves-and-their-endings-9781913348656>

Gesturing Towards Decolonial Futures Collective: <https://decolonialfutures.net/>

Melissa Gregg, *Work's Intimacy* [2011]

<https://download.e-bookshelf.de/download/0003/7693/55/L-G-0003769355-0007909809.pdf>

GTDF's anti-asshole memo: <https://decolonialfutures.net/portfolio/anti-assholism-memo/>

GTDF compass questions: <https://decolonialfutures.net/compass-questions/>

GTDF, 'Preparing for the end of the world as we know it'

<https://www.opendemocracy.net/en/oureconomy/preparing-end-world-we-know-it/>

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Alva Gotby, *They Call it Love: The Politics of Emotional Life* [2023]

<https://www.versobooks.com/en-gb/products/2897-they-call-it-love>

Dougald Hine, 'The Vital Compass: A Conversation with Vanessa Andreotti' [2019]

<https://dougald.nu/the-vital-compass-a-conversation-with-vanessa-andreotti/>

Dougald Hine, *At Work In The Ruins: Finding Our Place In the Time of Science, Climate Change, Pandemics and All the Other Emergencies* [2023]

<https://dougald.nu/>

Ayesha Khan, <https://www.instagram.com/wokescientist/>

L7, *Bricks Are Heavy* [1992]

<https://open.spotify.com/album/0z7Dc7FRsDH7E4kj32mKyM?si=A3ChTJ1qRvWUozQ0t-3bFw>

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<https://www.olivialaing.com/everybody>

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https://collectiveliberation.org/wp-content/uploads/2013/01/Lorde_The_Masters_Tools.pdf

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<https://www.penguin.co.uk/books/321259/inflamed-by-patel-rupa-marya-and-raj/9780141995236>

Joni Mitchell, 'Sex Kills' [1994]

https://www.youtube.com/watch?v=MzGvJ_sssJg

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<https://open.spotify.com/track/4Yenz5jZZOUiZSeyKY8bDz?si=5e4f1674b68a4d51>

<https://www.resilience.org/>

Lama Rod Owens, *Love and Rage: The Path of Liberation Through Anger* [2020]

<https://www.lamarod.com/books>

Richard Sennett, *The Corrosion of Character: The Personal Consequences of Work in the New Capitalism* [1998]

<https://archive.nytimes.com/www.nytimes.com/books/first/s/sennett-character.html>

Kim Tallbear, <http://www.criticalpolyamorist.com/>

Kim Tallbear, <https://kimtallbear.substack.com/>

Françoise Vergès, 'Capitalocene, Waste, Race, and Gender' [2019]

<https://www.e-flux.com/journal/100/269165/capitalocene-waste-race-and-gender/#subscribe>

Jane Ward, *The Tragedy of Heterosexuality* [2020]

<https://nyupress.org/9781479851553/the-tragedy-of-heterosexuality/>

Sylvia Wynter, 'Unsettling the Coloniality of Being/Power/Truth/Freedom: Towards the Human, After Man, Its Overrepresentation – An Argument' [2003]

https://law.unimelb.edu.au/_data/assets/pdf_file/0010/2432989/Wynter-2003-Unsettling-the-Coloniality-of-Being.pdf

the institution does not (and will not) love you back

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<https://www.dukeupress.edu/complaint>

Sara Ahmed, *On Being Included: Racism and Diversity in Institutional Life* [2012]

<https://www.dukeupress.edu/on-being-included>

Sarah Amsler, 'The Fearless University' [2013]:

<https://amsler.blogs.lincoln.ac.uk/2013/05/16/the-fearless-university/>

Maggie Berg and Barbara Seeber, *The Slow Professor: Challenging the Culture of Speed in the Academy* [2016]

<https://utorontopress.com/9781487521851/the-slow-professor/>

Matt Brim, *Poor Queer Studies* [2020]

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<https://www.dukeupress.edu/poor-queer-studies>

Ruth Charnock, 'Bad Teacher: w.i.p' [2019]

https://www.academia.edu/43005510/Bad_Teacher_w_i_p

Ruth Charnock, 'on dizziness, queerness, and academia' [2023]

<https://drruthcharnock.substack.com/p/labyrinth-pt-1>

Ruth Charnock and Karen Schaller, 'Witching the Institution'. [Forthcoming in the *Witch Studies Reader*, Duke University Press, eds Jane Ward & Soma Chaudhuri]. To talk to us about this work, which also has film, talk, making and workshop components, get in touch with Ruth – email address at start of document. Follow us at: <https://www.instagram.com/witchingtheinstitution/>

Kandice Chuh, 'on (not) mentoring' [2013]

https://socialtextjournal.org/periscope_article/on-not-mentoring/#:~:text=It%20absents%20the%20self%3B%20there,consciousness%20of%20the%20combover%20subject.

Ann Deslandes, 'Against Brilliance' [2018]

https://overland.org.au/2018/09/against-brilliance/?fbclid=IwAR1uHVnv_jLBcup_MEQIEd1LX6Y5xcCFKiV56kU6G525Hius6hyY96uX34

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<https://punctumbooks.com/titles/out-of-place-artists-pedagogy-and-purpose/>

Roderick A. Ferguson, *We Demand: The University and Student Protests* [2017]

<https://www.ucpress.edu/book/9780520293007/we-demand>

Lorna Finlayson, 'Doors close, backs turn: why complain?' [2022]

<https://www.lrb.co.uk/the-paper/v44/n09/lorna-finlayson/doors-close-backs-turn#:~:text=The%20complainant%20can%20find%20herself,closing%2C%20backs%20turning%20on%20her.>

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Peter Fleming, *Dark Academia: How Universities Die* [2021]

<https://www.plutobooks.com/9780745341064/dark-academia/>

Richard Hall, *The Alienated Academic: The Struggle for Autonomy Inside the University* [2019]

<https://link.springer.com/book/10.1007/978-3-319-94304-6>

Richard Hall, *The Hopeless University: Intellectual Work at the End of History* [2021]

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<https://mayflybooks.org/the-hopeless-university-intellectual-work-at-the-end-of-the-end-of-history/>

Stefano Harney and Fred Moten, 'The university (last words)' [2020]

https://www.academia.edu/43580248/The_university_last_words_by_stefano_harney_and_fred_moten

Sara Jaffe, *Work Won't Love You Back* [2021]

<https://workwontloveyouback.org/>

Joni Mitchell, 'Free Man In Paris' [1973]

https://www.youtube.com/watch?v=xW_IS-DPZ1E

Fred Moten and Stefano Harney FUC talk: 'The university (last words)':

https://www.youtube.com/watch?v=zqWMejD_XU8

Alison Mountz et al. 'For Slow Scholarship: A Feminist Politics of Resistance through Collective Action in the Neoliberal University' [2015]

<https://acme-journal.org/index.php/acme/article/view/1058/1141?fbclid=IwAR2p0j1T6OIrcjk2WzflJ5qbcEQb6lsJrhdDUfav4OHAea2gNP2W3iEta2Q>

Meaghan Morris, 'Institutional kung-fu: on the art of making things happen' [2020]

<https://www.tandfonline.com/doi/abs/10.1080/14649373.2020.1720388?journalCode=riac20>

Prince, 'When Doves Cry' [1987]

<https://open.spotify.com/track/51H2y6YrNXXcy3dfc3qSbA?si=c7a58d74f4514775>

Daniel Reenders, 'Disability and the Queer Politics of Disclosure' [2019]

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Clelia O. Rodríguez, *Decolonizing Academia: Poverty, Oppression and Pain* [2018]

<https://fernwoodpublishing.ca/book/decolonizing-academia>

Karen Schaller, 'Not in the Mood: Reading love in the contemporary university' in *Love and the Politics of Care: Methods, Pedagogies, Institutions* [eds. Stanislava Dikova, Wendy McMahon and Jordan Savage] [2022]

<https://www.bloomsburycollections.com/book/love-and-the-politics-of-care-methods-pedagogies-institutions/ch7-not-in-the-mood-reading-love-in-the-contemporary-university>

Julietta Singh, *Unthinking Mastery: Dehumanism and Decolonial Entanglements* [2018]

<https://www.dukeupress.edu/unthinking-mastery>

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Third University, 'Simple guiding principles for an #unappraisal' [2011]

<https://thirduniversity.wordpress.com/2017/12/22/simple-guiding-principles-for-an-unappraisal/>

Andrew Whelan, Ruth Walker and Christopher Moore (eds), *Zombies in the Academy: Living Death in Higher Education* [2013]

<https://press.uchicago.edu/ucp/books/book/distributed/Z/bo15566853.html>

leaving stories/resources

Academics Say Goodbye: <https://www.facebook.com/groups/ByeAcademia>

Grace Linden, 'The Adjunct Gaze' [2021]

<https://lareviewofbooks.org/article/the-adjunct-gaze/>

Joni Mitchell, 'Hejira' [1976]

<https://www.youtube.com/watch?v=3V6Qq1QHtI>

My work!: <https://www.ruthcharnock.com/support-for-academics>

PhD Mamas Leaving Academia:

<https://www.facebook.com/groups/phdmamasleavingacademia>

Prince, 'Take Me With U' [1984]

<https://open.spotify.com/track/765k9tDIFOnoOfkO2cgitB?si=d3a561d6f74b4acb>

The Professor is Out: <https://www.facebook.com/groups/professorisout>

Women in Academia Support Network: <https://www.facebook.com/groups/905644729576673>

kinmaking with the land (not the institution)

Cash Ahenakew, *Towards Scarring Our Collective Soul Wound* [2019]

https://decolonialfuturesnet.files.wordpress.com/2019/11/scarring_web1.pdf

David Abram, *The Spell of the Sensuous* [1997]

<https://www.penguinrandomhouse.com/books/319/the-spell-of-the-sensuous-by-david-abram/>

Bayo Akomolafe, 'The times are urgent – let's slow down' [2018]

<https://www.bayoakomolafe.net/post/the-times-are-urgent-lets-slow-down>

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Sarah Amsler, 'From a Modern/Colonial Sensorium to Relational Response-ability: Listening Into What Separation Has To Say' [2023]

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Vanessa Chakour, *Awakening Artemis: Deepening Intimacy with the Living Earth and Reclaiming Our Wild Nature* [2022]

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CA Conrad on Instagram: <https://www.instagram.com/caconrad88/?hl=en>

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<https://bookshop.org/p/books/in-the-hands-of-the-river-lucien-darjeun-meadows/18008761?ean=9781938235993>

Lucien Darjeun Meadows, 'Ten Writers Finding Queer Kin in the Natural World' [2022]

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Monica Gagliano, *Thus Spoke the Plant: A Remarkable Journey of Groundbreaking Scientific Discoveries and Personal Encounters With Plants* [2018]

Alexis Pauline Gumbs, *Undrowned: Black Feminist Lessons from Marine Mammals* [2020]

Jack Halberstam, *Wild Things: the Disorder of Desire* [2020]

Donna J. Haraway, *Staying with the Trouble: Making Kin in the Cthulucene* [2016]

Dr Ayesha Khan, <https://www.ayesha-khan.com/>

Joni Mitchell, 'Big Yellow Taxi' [1970]

<https://www.youtube.com/watch?v=2595abcvh2M>

Queer Nature: <https://www.queernature.org/>

Prince, 'Planet Earth' [2007]

<https://open.spotify.com/track/5u7PcvEc4HZ33nGllhwIQ?si=29d132000d4e4104>

Susan Raffo, *Liberated to the Bone: Histories, Bodies, Futures*

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Merlin Sheldrake, *Entangled Life: How Fungi Make Our Worlds, Change Our Minds and Shape Our Future* [2021]

Suzanne Simard, *Finding the Mother Tree: Uncovering the Wisdom and Intelligence of the Forest* [2022]

https://suzannesimard.com/finding-the-mother-tree-book/?doing_wp_cron=1689864513.0996000766754150390625

Sophie Strand, *The Flowering Wand: Rewilding the Sacred Masculine, Lunar Kings, Trans-Species Magicians, and Rhizomatic Harpists* [2022]

<https://heartleafbooks.com/book/9781644115961>

Sophie Strand: <https://sophiestrand.com/>

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