

Connections

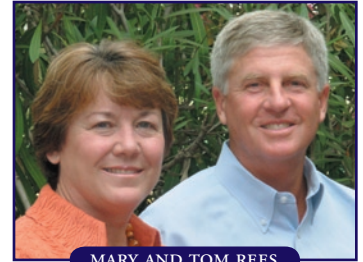
an ITP community newsletter Fall 2008

GENEROUS GIFT BRINGS COMMUNITY CENTER TO LIFE

When Masters' student Mary Rees attended one of ITP's Town Hall meetings she heard Tom Potterfield talk about the Institute giving back to the community. ITP's President was sharing his passion for community engagement, for taking our transpersonal education out into the world and making it a better place. "I just said YES!" explained Mary. "When I heard Tom talking that way, I thought, 'I can help make that happen!' The thought just wouldn't leave me alone."

This thought evolved into a substantial leadership gift to launch ITP's new Community Center for Health & Wellness. Mary's husband, Tom Rees, saw how impassioned she was. "It was really clear," said Tom, "she had a vision and was being called to do this, that this was the intersection of passion and opportunity."

Synchronicity has played a big part in Mary's presence and involvement with ITP. Originally Mary came to ITP and found it a place to heal and grow and learn about herself. She says she was able to focus on what she needed at the time, resulting in her now completing her MACP. "Spirit was and is present here," says Mary. "I see ITP as a container to hold the values of community, service, and giving back, all values I share."



MARY AND TOM REES

The foundation for Mary's strong core values was laid as the child of physicians who were both service-oriented and believed in the value of community. She lived these values as an adult, raising three children and working as a volunteer in a variety of nonprofit environments. Once her children were grown, her long-held dream of becoming a therapist led her to ITP.

continued page 3



FROM PRESIDENT TOM POTTERFIELD TO YOU

Dear Friends:

We greet the new academic year with gratitude and excitement. Thanks to openhearted donors like you, and a lot of hard work by ITP faculty, staff, and trustees, our school is on the move! In my last Connections letter, I mentioned a number of initiatives that were underway. I am delighted to tell you about the significant progress since then.

With your support, we are now welcoming our first six **Ph.D. Diversity Scholarship** winners. Also, the new ITP **Community Center for Health and Wellness**, which includes a specialization in Trauma, Forgiveness, and Reconciliation, opened its doors on September 2, and the new ITP **Neurophenomenology Lab** is forming. Our new MA program in **Women's Spirituality** is off and running, with a class of students that is strong in number and quality.

In addition, your support has enabled important research projects in many areas, including grief and bereavement, psycho-spiritual aspects of cancer recovery, preservation of indigenous cultures and traditions, feminist studies, and transpersonal psychotherapy. Our plans for a cutting-edge **Integrative Health** program, and programs centered on **Transpersonal Organizational Leadership** continue to ripen.

None of this progress and impact on the world would be possible without your generous support. Some of you have included ITP in your estate planning. (Read about ITP's new **Robert Frager Founder Circle** on page 2.) Others support the institute by referring people to our counseling center or referring students to our programs. Some of you volunteer your time or introduce us to potential donors. All of your acts of generosity make a difference by enabling ITP to fulfill its mission to foster the development of wisdom, health, and wholeness throughout the world.

With warm wishes,

Tom Potterfield, Ph.D.
President

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Dear ITP Community:

Once again, it is my pleasure to offer you another edition of *Connections* – a newsletter designed to keep you informed, connected and up-to-date on the world of ITP. We hope you will share our joys, our sorrows and our successes through this simple vehicle. Please feel free to contact me at tbyars@itp.edu with any corrections, suggestions, or submissions, and please stay connected!

Warmly,



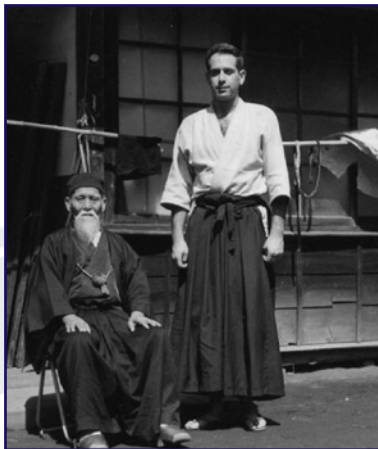
Tracy Byars (MATP '05)



TRACY BYARS

NEW ROBERT FRAGER FOUNDER CIRCLE ACKNOWLEDGES PLANNED GIFTS

Marilyn and Seth Manning had made provisions for ITP in their will years ago. So had **French and Margo Harris, Bill Keuppers, Marie May, Jeff and Marcia Keimer, Dave Kirkpatrick and others.** But until recently, ITP staff was unaware of these planned gifts. When Marilyn and Seth Manning came forward with their planned gift, it became clear to staff that the time was right to start a planned giving program.



Dr. Robert Frager with Moribei Ueshiba, Founder of Aikido

At last June’s commencement ceremony, Tom Potterfield announced the formation of the Robert Frager Founder Circle, designed to recognize and honor individuals who have made a provision for ITP in their estate plan or through a life income gift.

The rights of membership in this very special circle will include an annual gathering, which will bring together members of the circle to be honored for their continued support of ITP. The first gathering is set for December 7, at the home of Mary and Tom Rees.

When ITP approached him about naming the circle after him, Dr. Frager explained, “I was at first both honored and embarrassed. After thinking about it though, I realized it was the best thing for ITP. We need to be planning for the long-term viability of the school. My wife and I are planning to include ITP in our estate plans, so we’ll be members of the circle too.

“One of the greatest gifts ITP offers to the world is the education of those who are dedicated to healing the minds, hearts and souls of others. In this ITP graduates are fulfilling their deepest calling, actualizing their truest nature, as our hands are made to lift up those who have fallen, to wipe the tears of those who are suffering. The generosity and compassion of the Founder’s Circle members will further ITP’s mission and also serve to open all our hearts and nourish our souls.”

Tom Potterfield adds, “The Robert Frager Founder Circle will allow us to create the type of endowment that will sustain the institute over time and allow us to flourish and bring our gifts out into the world like never before. The long-term financial sustainability of ITP depends on an endowment, and the best way to build an endowment is through Planned Gifts.”

Since announcing the program in June, eighteen families have committed to joining the circle. Some of these had already named ITP in their wills, but there was no structure in place to acknowledge them. For the rest, this is a new step in supporting ITP.

If you’ve already made a provision for ITP in your estate plans, please tell us so we can properly thank you. ITP wants to be sure to acknowledge generosity at every opportunity and to ensure our donors know how we value your contributions.

If you would like to join the Robert Frager Founder Circle, or just want to learn more about leaving a legacy through a planned gift, contact Tracy Byars at 650-493-4430 x 267 or tbyars@itp.edu.

“The generosity and compassion of the Founder’s Circle members will further ITP’s mission and also serve to open all our hearts and nourish our souls.”

GENEROUS GIFT BRINGS COMMUNITY CENTER TO LIFE

continued from page 1.

Family systems therapy is especially important to Mary. She knows the value of this approach and that ITP has some of the best family systems therapist/teachers. "If you're doing quality family systems work and invite spirit to be present, I truly believe magic can happen," explains Mary. Mary has a vision for family therapy at the Community Center for Health and Wellness. "But this isn't *my* thing," she explains. "The center has to be what ITP makes of it. If it happens to dovetail with my vision, then that's great. It's about trust. I trust that ITP will discern and then choose the most appropriate path for the center."

On September 2, ITP opened its new Community Center for Health and Wellness at a familiar location: 744 San Antonio Road in Palo Alto, the site of ITP's campus from 1992 to 2003. The center will be multi-dimensional, offering professional training, research opportunities, and services in Clinical Psychology; Marriage and Family Systems Therapy; Trauma, Forgiveness, and Reconciliation; Spiritual Guidance for Seniors; and Integrated Health Psychologies. Services will be offered on a sliding scale, and no one will be turned away because of an inability to pay.

In addition to providing services to the community, ITP will conduct ongoing research to validate the effectiveness of its treatments and interventions and will share its learning with practitioners worldwide.

The center will not only provide outstanding training for students, it will also house a practice incubator to teach students how to build a practice in their area of expertise, giving them the knowledge and skills they need to continue this life-affirming work after they complete their studies.

ITP President Tom Potterfield explains, "Our new Community Center for Health and Wellness represents a major expansion for the school and a breakthrough in our mission to bring ITP's full range of whole person, life-affirming, healing services out into the local community. Rarely has a single project pulled together so many elements and aspects of an organization into a unified whole and offered it up to a community in the spirit of service and transformation."

Says Tom Rees, "I'm a person who likes to help people realize their dreams. To the extent that I can do that, I'm happy. In this case, all I need to do now is sit back, watch, and see what happens."

"The center has to be what ITP makes of it. [...] It's about trust. I trust that ITP will discern and then choose the most appropriate path for the center."



Community Center for Health & Wellness Interns. Top, L-R: Meghan Fraley, Miranda Pinkert, Carly Kaplan, Dana Alshirawi, Anna Robbert, Yosi Amram, Beatriz Avila Mileham. Bottom, L-R: Greg Nuckols, John Reitger, Cheryl Parker, Laurie Margaritonda

WORLD WIDE LEARNING EXCHANGE EXPANDS ITP'S HORIZONS

BY OLGA LOUCHAKOVA, MD, PhD

In the summer of 2007, when I shared my vision of the international exchange program at ITP with Tracy Byars, Director of Gift Planning & Advancement, she immediately recognized the potential in broad international outreach for the future of ITP. We took the idea to Tom Potterfield, at that time new to the school, and I received the go-ahead to build the new initiative.

The program emerged on fertile ground. I had already invited visiting professors from Lithuania, Russia, and the United Kingdom to visit ITP. Having come to ITP from Russian academia and having broad international contacts, this type of exchange seemed a natural step. However, Tom's addition to the original vision included not only Europe, but also establishing both East-West, and North-South connections.

In September 2008, the program (www.itp.edu/about/wwle/index.php) celebrated its first year at ITP. In that time, the World Wide Learning Exchange (WWLE) has developed a stable connection with the European Association of Transpersonal Psychology (EUROTAS), thus uniting 26 countries.

Current projects of the WWLE include a transpersonal psychological summer school in Kyrgyzstan, conducted by core faculty professor David Lukoff. Together with ITP alumna, Emma Bragdon, the WWLE is developing connections in Brazil which will lead to student internships in indigenous and energy medicines. WWLE recently received an invitation from Paraguay to import the transpersonal summer school to their country.

WWLE's focus on sustaining cultural and biological diversity by means of transpersonal psychology has led us to explore connections with Google Earth to counteract global warming. We believe the future of the world and the image of the United States in the eyes of the global community is positively affected by our efforts.

For more information about the projects of the World Wide Learning Exchange program at ITP, and the difference we are making throughout the world, please contact Olga Louchakova at olouchakova@itp.edu. We welcome your support.

AUDITED FINANCIAL REPORT FOR FISCAL YEAR JULY 1, 2007 – JUNE 30, 2008:

ENROLLMENT SNAPSHOT (by head count)

	9/1/08	9/1/07	9/1/06
Residential PhD	189	207	203
Residential MA	119	100	86
Global PhD	86	83	82
Global Cert/MA	112	90	88
Total	506	480	459

Over the last six years ITP graduates of both the MA in Counseling Psychology and Ph.D. in Clinical Psychology have passed their respective clinical state licensure exams at a rate higher than the state-wide average:

MFT Standard Written Examination: 2001-2007

ITP: 68%

State-Wide Average: 62%

Board of Psychology Examination for the Professional Practice of Psychology: 2001-2007

ITP: 72%

State-Wide Average: 62%

Board of Psychology California Psychology Supplemental Examination: 2001-2007

ITP: 95%

State-Wide Average: 87%

FUNDRAISING SNAPSHOT

Grand Total Gifts and Pledges
(including both unrestricted and restricted gifts)

FY08	FY07	FY06
\$578,241	305,496	\$193,400

Total number of donors: 149
(75 Alumni donors – 4% of alumni)

Percent Board who give: 100%

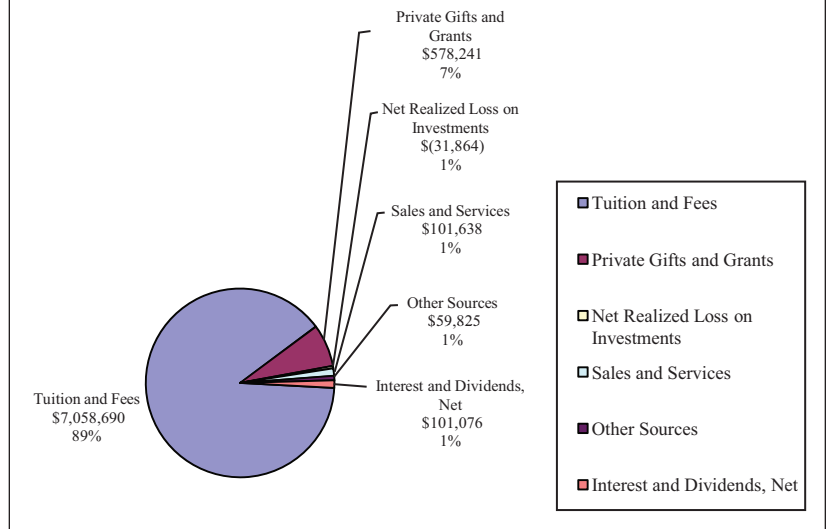
Average Board Gift: \$682

Total Scholarship Funds Raised: \$63,735
Total Scholarship Funds Allocated: \$95,132

Center for the Divine Feminine Scholarships: \$25,000 (included in above total).

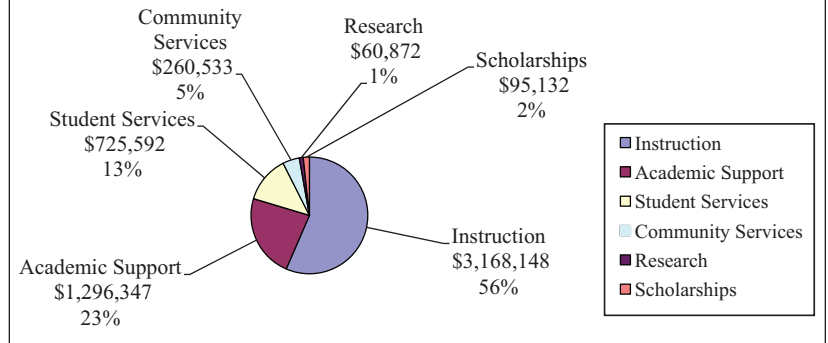
Scholarships of \$3,500 to \$5,000 were awarded to five ITP students to support their work in the area of the Divine Feminine.

ITP Income by Source Year Ending 6/30/2008



This year, private gifts and grants amounted to \$578,241 or 7% of ITP income. Last year, private gifts and grants amounted to \$305,496 or 4% of ITP income.

ITP Program Services Expenses Year Ending 6/30/2008



This year, 75.9% of ITP's income went to expenses for Instruction and Academic Support. The nonprofit benchmark is 70% of income should go to program expenses rather than overhead.

Institute of Transpersonal Psychology
STATEMENT OF ACTIVITIES

Year Ended June 30, 2008 with Comparative Totals for the Year Ended June 30, 2007

	2008			2007	
	UNRESTRICTED	TEMPORARILY RESTRICTED	PERMANENTLY RESTRICTED	TOTAL	TOTAL
REVENUE AND SUPPORT:					
Tuition and Fees	\$ 7,058,690	\$ 0		\$ 7,058,690	\$ 6,667,879
Private Gifts and Grants	43,660	532,981	1,600	578,241	305,496
Net Unrealized Gain on Investments	(30,658)	(1,206)		(31,864)	245,269
Sales and Services	101,632	6		101,638	87,422
Other Sources	22,949	36,876		59,825	90,062
Interest and Dividends, Net	<u>86,659</u>	<u>14,417</u>	<u>0</u>	<u>101,076</u>	<u>89,249</u>
 Total Revenue and Support	 7,282,932	 583,074	 1,600	 7,867,606	 7,485,377
 Net Assets Released from Restrictions	 <u>275,776</u>	 <u>(275,776)</u>	 <u>0</u>	 <u>0</u>	 <u>0</u>
 Total Revenue, Support and Net Assets released from Restrictions	 <u>7,558,708</u>	 <u>307,298</u>	 <u>1,600</u>	 <u>7,867,606</u>	 <u>7,485,377</u>
EXPENSES:					
Program Services:					
Instruction	3,168,148	0		3,168,148	2,996,273
Academic Support	1,296,347	0		1,296,347	1,095,597
Student Services	725,592	0		725,592	760,766
Community Services	260,533			260,533	0
Research	60,872			60,872	0
Scholarships	95,132	0		95,132	116,801
 Total Program Services	 5,606,624	 0	 0	 5,606,624	 4,969,437
Supporting Services:					
Management and General	1,053,670	0		1,053,670	942,045
Fundraising	348,517	0		348,517	252,792
Marketing	<u>376,254</u>	<u>0</u>	<u>0</u>	<u>376,254</u>	<u>365,553</u>
 Total Supporting Services	 <u>1,778,441</u>	 <u>0</u>	 <u>0</u>	 <u>1,778,441</u>	 <u>1,560,390</u>
 Total Expenses	 <u>7,385,065</u>	 <u>0</u>	 <u>0</u>	 <u>7,385,065</u>	 <u>6,529,827</u>
CHANGE IN NET ASSETS BEFORE NON-RECURRING ITEM					
	173,643	307,298	1,600	482,541	955,550
Non-Recurring Expenses Related to Relocation to New Building					
	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
 CHANGE IN NET ASSETS	 173,643	 307,298	 1,600	 482,541	 955,550
NET ASSETS, Beginning of Year	<u>3,208,987</u>	<u>535,864</u>	<u>20,570</u>	<u>3,765,421</u>	<u>2,809,871</u>
NET ASSETS, End of Year	<u>\$ 3,382,630</u>	<u>\$ 843,162</u>	<u>\$ 22,170</u>	<u>\$ 4,247,962</u>	<u>\$ 3,765,421</u>

BOARD OF TRUSTEES:

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Ann Gila, M.A.
John Mabry, Ph.D.

HONOR ROLL OF DONORS JULY 1, 2007 - JUNE 30, 2008

THANK YOU FOR YOUR SUPPORT

Each year, ITP receives many generous gifts from alumni, board members, staff, faculty, and friends of the institution. We are grateful to all our donors for gifts of any size and for continued support of the institute's mission to foster the development of individuals, families, organizations, and societies toward their fuller potential for wisdom, health and wholeness.

The following list, which is published annually each Fall, includes only donors who have made gifts in the previous fiscal year ending June 30, 2008.

Note to donors: Despite our efforts to avoid errors, occasionally mistakes occur in producing the Honor Roll of Donors. If your name has been omitted or reported incorrectly, please accept our sincere apologies and notify the Office of Gift Planning and Advancement at 650-493-4430 x 219 or development@itp.edu.

If you have questions about the Honor Roll of Donors, or you wish to inquire about planned giving (trusts and bequests), naming opportunities, or ways to support ITP, please contact Tracy Byars, Director of Gift Planning and Advancement. She can be reached at 650-493-4430 x 267 or tbyars@itp.edu.

The following individuals and organizations made gifts to ITP between July 1, 2007 and June 30, 2008:

SUN CIRCLE

PHILANTHROPIST

\$100,000 and up
Bill & Joan Porter
Mary & Tom Rees
Spitzer Family Foundation

Thomas & Donna Potterfield
Paul & Sheri Robbins
Lloyd Symington Foundation

Guerrieri Family Foundation
French & Margo Harris
Reynolds-Anthony Harris
Frank J. Jernigan Charitable
Foundation

Ben & Nancy Mancini
Marilyn & Seth Manning
Merchant Support Network
Ursula S. Moore
Charles & Devon Randall
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AMBASSADOR

\$25,000 - \$49,999
Peter Judge Memorial Fund

SPONSOR

\$1,000 - \$4,999
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Knowledge=Freedom
Foundation
Clifford Maas

Jerre & Joyce Sears
Fred Segal
Kimberly Wiefeling
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CREATOR

\$10,000 - \$24,999

John L. Dodson
Marybeth Guerrieri

GUARDIAN

\$500 - \$999
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David Bishop
Barbara Butts-Williams
Aneel Chima
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Sean O'Laoire
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Foundation
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Wendy Justus
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Kathleen Murray
Lynn Myhal
Dorit Netzer
Sydney Reuben
Paul & Denise Roy

Conchita Serri
Christian von Bogdandy
Nisha Zenoff

SCHOLAR

up to \$119
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Sharon Allen
Sarah Babin
Bonnie Barnidge
Kathy Baron
William Bento
Arthur Bodin
Estela Bourque
Elizabeth Bowden-Smith
Tracy Boynton
Michael Buchele
Chin Chang
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Helena Sturnick
Marilyn Veltrop
Jutta Von Buchholtz
Leslie Warner
Howard Wayne
Linda Wayne
Meredith Rudof Weiss

MATCHING GIFT COMPANIES

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GE Foundation
IBM International
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Homesite Group, Inc.

ITP HONORS SUN CIRCLE DONORS

(See Sun Circle Donors listed on Page 6)

“It seems to me,” said ITP President Tom Potterfield to major donors at the annual Sun Circle Dinner on September 12, “that we owe you two kinds of thanks. The first is the big, sweet, emotional embrace that conveys our love and deep appreciation for your commitment and generosity. I call that the ‘thanks of the heart.’ There is also the ‘thanks of the head,’ the sharing back with you some of the very tangible and concrete things that your gifts have enabled us to do.

“You have helped to change lives. I am personally committed to making certain that we use your gifts wisely—that we stretch and leverage your gifts to touch as many lives as possible in the most powerful and effective ways imaginable.”

Tom thanked **Mary and Tom Rees** for their leadership gift, which enabled the launch of ITP’s **Community Center for Health and Wellness**. (details in Generous Gifts article, page 1). “This center will bring ITP’s full range of whole person, life-affirming, healing services to the local community.” The center began seeing clients on September 2, with services offered on a sliding scale, so that no one will be turned away because of an inability to pay.

Tom explained that thanks to the commitment and generosity of **Violet Spitzer and the Spitzer Family Foundation**, ITP’s new **Neurophenomenology Lab** will help bridge the gap between spirituality and science, proving what many of us have known all along, that spiritual experience is real. “By studying the brain during prayer, meditation, various spiritual practices, and mystical experiences, ITP scientist-scholars will open new pathways of understanding into one of the most vital yet often neglected aspects of human experience, our spirituality.”

Alumnus **Dick Bogard** and alumna **Joan Porter** were both credited with helping to bring inspirational new scholars into our community through ITP’s **PhD Diversity Scholarship** fund. These scholarships are for students from diverse economic or cultural backgrounds who possess a clear, compelling vision of how they will use their ITP education to change lives and make a difference in underserved communities.

ITP’s generous donors were also credited with enabling support of a variety of additional projects that enrich our scholarship, change lives, and bring us into more intimate connection with the world. Here are just a few samples:

- **Connecting Navajo adolescents with tribal elders:** A project involving adolescents being taught film-making skills as they interview elders to capture tribal mythologies and stories and learn about their own culture through the process of preserving it.
- Numerous research projects, including one focused on **psycho-spiritual integration and transformation work with Cancer patients** and another using creative, yet scientifically-grounded, techniques for helping people deal with **grief and the bereavement process**.
- ITP’s new **World Wide Learning Exchange** with organizations and individuals abroad that are interested in using transpersonal psychology to support spiritual, biological, and cultural diversity.
- The **Center for the Divine Feminine**, supported by **Joan and Bill Porter**, to further feminist scholarship and nurture a healthier balance between masculine and feminine principles in our culture and society.
- A set of **library archive projects** to digitize and preserve priceless resources unique to ITP, making them readily accessible to scholars and cementing ITP’s culture of scholarship.

“So much wonderful work is happening at our school,” Tom stated. “These are but a few small samples. None of these initiatives are possible without creating a culture of giving throughout our community, which fosters a deep partnership between the school and the community. Thanks to your openhearted giving, ITP is indeed a place where spirit changes lives, both within our beloved community and out in the world.”

“I am personally committed to making certain that we use your gifts wisely—that we stretch and leverage your gifts to touch as many lives as possible in the most powerful and effective ways imaginable.”



Dick Bogard, Iris Fraser, Oren Zeev



John Dodson, consultant and major donor to ITP speaks about the importance of giving.



Robin Pinckard, Art Johnson with Julie Judge of the Peter Judge Memorial Fund



Tom Potterfield expresses his thanks to Sun Circle Donors



Violet Spitzer of the Spitzer Family Foundation speaks about why she’s inspired to support ITP.

“There is an almost sensual longing for communion with others who have a larger vision. The immense fulfillment of the friendships between those engaged in furthering the evolution of consciousness has a quality almost impossible to describe.”

— PIERRE TEILHARD DE CHARDIN



HUH JUNG-HOON

The Alumni Association is pleased to announce the newest addition to the Alumni Relations staff: Huh Jung-Hoon, better known as Jung (pronounced “Chung”). Jung is a first year, residential Ph.D. student and joins us as an Alumni Relations Assistant through ITP’s new International Work Study program. Growing up in both the U.S. and Korea, Jung is fluent in both languages and familiar with both cultures. Please join us in welcoming him!

DON'T MISS OUT! KEEP IN TOUCH VIA AN EMAIL TO ALUMNI@ITP.EDU

If we don't have your email address, you're missing events, Alumni news, and ways to promote yourself and your practice throughout the ITP Community. Plus, email is the most efficient, cost-effective, and environmentally conscious way to stay in touch. Your email address will not be shared with any other organization.

LETTER FROM THE ITP ALUMNI ASSOCIATION CO-PRESIDENTS

Dear Fellow ITP Alumni,

We think you'll be pleased to know that the positive momentum continues at ITP. With the greater focus brought by the strategic planning process, and with Tom Potterfield's steady leadership, the prevailing attitude around here is, “Yes, we can!”

As we welcome this year's new group of students, we are struck by how much more support will soon be available to these “future alumni.” From our perspective, the planned “Practice Incubator” is one of the most exciting pieces of the new Community Center for Health & Wellness. (For more details, see article on page 1).

The Practice Incubator will offer students a wide range of workshops, coaching and other support in building a practice. The plan is to provide the knowledge and skills students need to continue this life-affirming work after graduating. The incubator is in development now, so watch for future announcements about its progress in this and other publications.

We hope you enjoy this issue of Connections and particularly this section for Alumni. If you don't receive the alumni e-newsletter, this may be one of the only ways you are staying connected to ITP. Don't miss out on opportunities to promote yourself or your practice within the expanding ITP community. Send an email to alumni@itp.edu to let us know what you're doing. If you have a new publication (book, article, CD, DVD, blog, or website) we'll promote it in our e-newsletter.

We're here to serve you, so please keep in touch!

With warm best wishes,

Valentine McKay-Riddell, Ph.D., M.A.C.P.
Alumni Association Co-President

Lisa J Ferguson Arthur
Alumni Association Co-President



LISA J FERGUSON ARTHUR & VALENTINE MCKAY-RIDDELL

ALUMNI ASSOCIATION SPONSORS PRESENTATION DAY RECEPTION

The Alumni Association sponsored a reception during the Presentation Day intermission for the second year in a row on June 13, this year. Alumni Association co-leaders Valentine McKay-Riddell and Lisa J Ferguson Arthur hosted the group of more than fifty who had gathered to hear presentations about the scholarly research done by our residential and global PhD graduates.

New and seasoned Alumni signed up for membership in the Alumni Association during the reception. Although membership is free, you must join and state your preferences, such as, contact media and permission to post your profile online. To join, simply email the association at alumni@itp.edu.



FEATURED PROFILE: ELISHA GOLDSTEIN, PH.D.



ELISHA GOLDSTEIN

As a Clinical Psychologist in private practice in Los Angeles and a trained teacher of the increasingly popular Mindfulness-Based Stress Reduction (MBSR), Elisha Goldstein, (Ph.D. 2006) stands at the progressive end of integrating mindfulness into the therapeutic setting. A personal practitioner of the concepts and behaviors of mindfulness, Dr. Goldstein has helped his clients apply these concepts in clinical settings and in their daily lives.

His article, "Sacred Moments: Implications on Well-Being and Stress," was published in the *Journal of Clinical Psychology*. He has also given workshops, radio interviews, and lectures on therapeutic approaches to stress, anxiety, depression, and addiction at Kaiser Permanente, UCLA's Neuropsychiatric Institute, and the Mindfulness and Psychotherapy Conference at UCLA in October, 2007, which headlined Thich Nhat Hanh, Jack Kornfield, and Daniel Siegel.

We asked Elisha how his experience and education at ITP shaped his practice and where he is headed with his career:

"ITP was integral in paving the road to where I am today in my career. At ITP I unearthed my passion for understanding the benefits of integrating Mindfulness and Psychology. Through the educational, experiential courses at ITP, I personally understood

that being present to life was of the utmost importance and has profound implications on a number of conditions that people suffer from (e.g. stress, anxiety, depression, grief, trauma). I followed that passion, and it is now woven into the fabric of my therapeutic approach.

"For ITP students, I would say your personal practice is of utmost importance, because then you will feel comfortable weaving it into your professional practice. The great news is that transpersonal work is becoming more mainstream in many ways. Kaiser loved my mindfulness background and UCLA wanted me to speak because of it. I think the time is ripe for transpersonal work, and for me, it helps when I ground it with mainstream terminology. Understand the DSM or Cognitive Behavioral Therapy; there is much to learn from all of this."

Today Dr. Goldstein and his wife, Stefanie (also ITP PhD, 2006), live in Los Angeles, where he's established his Clinical Psychologist practice, in which he offers individual and group psychotherapy in the West Los Angeles area. In addition, he is a freelance writer, group leader, and consultant to the human development company Aliveworld. He has authored the Audio CDs "Mindful Solutions for Stress, Anxiety, and Depression" and "Mindful Solutions for Addiction and Relapse Prevention," co-authored the multimedia guide "Mindfulness, Anxiety, and Stress" and the upcoming "Mindfulness-based Stress Reduction Handbook," set for publication in September 2009.

ALUMNI IN THE NEWS

ALUMNA DIANNE JENETT, PH.D. RECEIVES 2008 COMMUNITY ENGAGEMENT AWARD



DIANNE JENETT

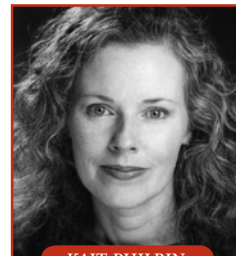
Kate Wolf-Pizor presented the 2nd Annual ITP Community Engagement Award to Dianne Jenett (MATP, 1995) at commencement in June. Here are excerpts from Kate's speech:

"With the Community Engagement Award last year, ITP began to honor the application of Transpersonal principles in the world by our students and former students. We hope not to simply teach. We audaciously aspire to transform. We invite, cajole, and entice our students to listen in silence and to believe. Beyond their own transformation, we earnestly expect them to be transformers in and of the web of life.

"The recipient of this year's award, Dr. Dianne Jenett, is truly a hero in providing change, service, and consciousness-raising in the world. We all hope to change the world in some positive way. Dr. Jenett already has.

"Dianne received her M.A. in Transpersonal Psychology at ITP. In creating a curriculum for what was formerly the New College and is now the ITP Women's Spirituality M.A. she used ITP principles and the six areas of teaching and learning. She and Judy Grahn also founded a series called "Goddess Is Alive!" which brought new ideas about women's spirituality into the larger community of the Bay Area. She joined her students in creating programs, performances, curricula, dances, transformative art and new spiritual communities – each of which was a radiation from the central hub of teaching, learning, and researching that has constituted the Women's Spirituality program. Dianne exemplifies the essence of creation, celebration, and transmission, which are the core of Transpersonal teaching at its finest."

ITP GRADUATE AWARDED \$18,000 GRANT FOR POST-DOCTORAL STUDIES



KAIT PHILBIN

With PhD in hand and the intention of incorporating Buddhist and Women's psychology into individual and group psychotherapy, Kait Philbin (PhD, 2008) began investigating opportunities for post-doctoral studies. Building upon her doctoral research on bereavement, what she terms Transpersonal Integrative Therapy, she envisioned expanding her research and teaching her methods to local and international agencies. However, funding became an issue.

Kait spoke with passion and intention about her dissertation research, the multi-modal program she developed, and the need she sees for bringing women's psychology and Buddhist psychology into clinical work. "My multi-modal program engenders mutual empathy, authenticity and empowerment to offset anger and disconnection and to facilitate kindness and forgiveness."

Potential donors were inspired by her message, and a few weeks later, a check to ITP arrived from a donor-advised fund of the Silicon Valley Community Foundation. "I was both surprised and deeply grateful to receive such a generous grant," said Kait. "I think when we believe in the value of what we do and we begin to see our work transform lives, the passion follows naturally and that is what inspires others to want to contribute to our efforts." To ITP's credit, the same fund gave ITP \$5,000 to be used at the discretion of ITP's President. This gift is testimony to the donor's belief in the value of what ITP offers.

REASONS TO JOIN ITP'S ALUMNI ASSOCIATION:

- 1) **IT'S FREE!** Join online at <http://www.itp.edu/alumni.aMembershipApp.php> or send an email to alumni@itp.edu
- 2) **IT COMES WITH THESE GREAT BENEFITS:**
 - Promote yourself and your practice in your profile on the ITP website and in the e-Newsletter.
 - Be listed in the ITP Clinical Therapist or Transpersonal Practitioners Directory.
 - Directly access alumni and professional directories.
 - Stay connected through the Community Web.
 - Check out books, audio tapes, CDs, videos, and DVDs from the ITP Library.
 - Access library subscription databases from the library's Computer Lab (off campus access is contractually prohibited).
 - Receive discounts for ITP events (e.g. CE classes, lectures, Circles of Inquiry, Center for Divine Feminine events, etc.).
 - Receive a reduced rate for ATP journal and database (within the first year of graduation).
 - Receive outside service discounts, such as coaching and body work.
 - Receive a 50% discount for auditing residential classes and 35% for global classes.*

** Applies to single courses, non-matriculation; is not applicable to any degree program; depends on space available; more space available in electives.*

IN MEMORY OF JOHN FIRMAN

BY TRACY BYARS



John and Ann at his 60th Birthday.

Members of the ITP Community were deeply saddened by the passing of John Firman on Monday, June 23, after a three-month battle with pancreatic cancer. He was survived by his wife, Ann Gila, and his daughter, brother, and sister.

John and Ann were a powerful team, teaching together at ITP for 19 years. Their classes, Psychosynthesis and Psychotherapeutic Skills, were favorites among ITP students. John lived what he taught, which made his teaching that much more powerful.

John and Ann had known each other for 34 years and had been married for almost 18 years. Some of us who attended his memorial service at Unity Church on July 11, were surprised to discover that John rode a Harley Davidson and had been in a motorcycle club. He was also an accomplished musician and a member of a band. I asked Ann what else we might not have known about John.

"There were a lot of things that people didn't know about him," she said. "For example, John drove an 18-wheeler across the U.S. as a long distance hauler for two years. He was a conscientious objector during the Vietnam War and after the war was licensed as a psychiatric technician to do conscientious objector work."

Those of us fortunate enough to have known John knew he was one of the kindest, sweetest men we had ever met. Ann explained, "John was unconditionally accepting and loving, and he was committed to teaching student therapists to love their clients. He was committed to following God's calling no matter what the consequences were and made some difficult choices because of it. The greatest gift he ever gave me was his unconditional love and acceptance. I will be forever grateful to him. I will miss him."

All who knew John Firman will miss him. Our hearts go out to Ann and others closest to him, who are deeply feeling the pain of his loss.



John playing in his band.

ANNOUNCING INTERN SUPPORT & MENTORING GROUP:



REBECCA MANDEVILLE

Alumna Rebecca Mandeville, MACP '04, LMFT, and Residential Core Faculty at ITP, is forming a group designed to assist transpersonally-oriented interns in exploring how to share and implement integrative, holistic, transpersonal views when working in more "mainstream" clinical settings. Those working in transpersonally-aware environments will benefit from this group as well.

Role-playing, guest speakers, and BBS licensing exam preparation will be incorporated on an "as needed" basis. While not a "supervision" group, this group may also be applied toward Personal Therapy hours for those moving toward MFT licensure. Please contact Rebecca for more information at

650-575-9151 or email her at rmandeville@itp.edu.

CLASSNOTES

1980s

INA ADAMS (MATP '82)

Ina is an MFT and has an active practice working with adults and children. She trained with the late Dora Kalff in Switzerland in Sandplay Therapy and utilizes Sandplay in her practice with clients. She is also a trained EMDR practitioner. Ina is particularly interested in the transpersonal issues that exist for her clients and in supporting the spiritual aspects of a person's experience. She is Jungian in her approach to therapy and takes special interests in the symbolic aspects of a client's inner work. Ina's current interests are nature and being in natural environments. She is taking classes in oil painting and exploring creativity in new ways, in addition to traveling and exploring the world. Her email address is inaadams13@sbcglobal.net

1990s

CHARLES FISHER (PHD '92)

Charles' focus has been on transforming both public and private education. He is Director of Counseling & Human Development at a K-12 Independent School in St. Paul, MN. He is also a trainer with PassageWays Institute of Boulder, Colorado, which leads teacher trainings on the Soul of Education (the work of Rachael Kessler). Charles' current interests are transforming traditional education to embrace the spiritual development of students, parents, and teachers.

PAULINE DRUFFEL (MACP '92)

Since Pauline graduated from ITP, she interned as a Marriage and Family Therapist in both a public school setting and at a sexual abuse treatment agency. During that time, she also started the process of learning Sandplay Therapy. Pauline is now a licensed MFT, working in a Catholic grade school as the school counselor and has a private practice with children in San Jose. Pauline's interests are Sandplay Therapy, working with children, and spirituality. She comments "ITP was a great environment for me to broaden my perspectives, both of psychology and spirituality."

ALZAK AMLANI (PHD '95)

Since graduation, Alzak has been practicing psychotherapy in Palo Alto and San Francisco and is a psychologist licensed since 1997. He has taught classes at ITP and at the Mercy Center in Burlingame and wrote a book with Jungian analyst Robert A. Johnson on Eastern and Western Approaches to Personal

and Spiritual Development based on research in India in 1996. If you wish to look at a chapter, his website is www.wholenesstherapy.com. Alzak's interests include working with students interested in deep integration of psychological issues (object relations) and transpersonal development. This includes teaching, psychotherapy and consultation to other psychotherapists and educators. He is also involved in the Diamond Heart Training with Hameed Almaas and Karen Johnson.

2000s

ROBIN CLARK (MATS '00)

Robin is employed full-time as the Director of Youth and Family Ministry at Unity on the River Church just north of Boston. Her family of five relocated from Chicago in 2002 where she held a similar position with another Unity Church. Robin's interests are in working with youth. She is currently focusing on developing spiritually-based systems and classes to support the families within the ministry. She is creating a new curriculum for both adults and youth. Having taken Angeles Arrien's Collective Wisdom workshop, Robin is especially inspired to create stronger channels of communication and opportunities for deeper connection within her spiritual community. She comments: "I feel blessed to have been an ITP student. I made immediate use of my learning and it continues to shape my life, work and play to this day! Heartfelt gratitude to all who co-created this experience!"

SHIRLEY DEININGER (CERT '01)

Shirley Deininger is an MFT Intern, preparing for licensure in California. She received a certificate in Mind/Body Therapies and Wellness Counseling from ITP and uses her transpersonal education in therapy. Shirley is interested in Women's spirituality, Qi Gong, creating sacred space, grandparenting, studying positive psychology, non-violent communications, and positive discipline. Shirley says she will never forget her experience in the global program. She mentions that it opened her creativity, connected her deeply with spirituality, and stimulated her intellectually. She recommends it to anyone wanting to grow as well as those who want to

learn in a supportive, exciting, and stimulating community.

SHARON HOFFMAN (PHD '03)

Since graduation, Sharon Hoffman has been working on a documentary film about body image called "On Bodies," working as a professional photographer, teaching and coaching Couples Communication at Kaiser, and developing community-based story projects to create connection and transformation using a storytelling process she developed through her doctoral research at ITP. Sharon's interests include: reawakening a sense of connectedness and compassion by bringing meaningful true stories to the community through creative arts and media. She calls her work "Living Stories."

CHELSEA DEMARTE (MACP '05)

Chelsea is currently an MFT intern working toward licensure and plans to be in private practice bridging somatic psychotherapy, bodywork, and energy psychology to facilitate holistic healing for clients. She has a special interest in assisting individuals with spiritual emergence experiences and working with highly evolved rainbow children who are being born at this time. She is currently a CMT who practices bodywork and energetic healing to remove negative energies and assist in holistic rebalancing within the context of nurturing one's authentic self. Her current interests are Traditional Chinese Medicine, Bodywork, QiGong, Energy Psychology, Sound Healing, Bodywork, Shamanic Healing, Planetary Ascension, and Spiritual Emergence.

Please send Classnotes news to alumni@itp.edu.



Christine Brooks and Elizabeth "Betty" Maier at the Alumni Association sponsored reception during Presentation Day June 13th.

UPCOMING EVENTS

FOR A COMPLETE LISTING OF EVENTS, INCLUDING DETAILS AND HOW TO REGISTER, PLEASE VISIT WWW.ITP.EDU AND CLICK ON "EVENTS CALENDAR" IN THE RIGHT HAND COLUMN.

ANNUAL HARVEST POTLUCK AND TALENT SHOW

Friday, November 14, 6:00 – 9:00 pm
 Location: ITP (All classrooms)

SPIRIT MOVES: SERIES OF EMBODIED SPIRITUALITY

Presented by ITP's Center for the Divine Feminine
 First Friday of every month (except January 2009)
 7:30 pm - 10:00 pm
 Location: ITP – Great Sophia Classroom

FALL 2008 SERIES: THE GODDESS IS ALIVE AND THE EARTH WHO IS HER BODY

Presented by ITP's Center for the Divine Feminine
 Alternating Mondays through December 15
 7:00 pm - 9:30 pm
 Location: ITP – Great Sophia Classroom

TRANSPERSONAL PSYCHOLOGY: ITS MATURING PRACTICES AND APPLICATIONS

Seminar presented by ITP's Global Program Featuring: Lama Surya Das
 January 30 – February 5, 2009
 Location: Presentation Center, Los Gatos
 (Day Passes will be available)



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