



# Connections

an ITP community newsletter Spring 2008

## DONORS MAKE A DIFFERENCE!

BY TRACY BYARS

Three donors this year have made a big difference at ITP, and their gifts will have wide-reaching impact. The following examples illustrate how, by matching donors' interests with our projects and initiatives, ITP helps donors fulfill their dreams of making the world a better place. Through the work of its resource centers, faculty, students and alumni, ITP acts as an instrument of change, fostering wisdom, health, and wholeness around the world.

**Joan and Bill Porter** have been generous donors to ITP for many years. This year, in addition to continuing their generous support of the Center for the Divine Feminine (CDF), they have doubled their gift upon hearing about the Ph.D. Diversity Scholarship Fund and the new Women's Spirituality program.

Joan envisions a world where masculine and feminine energies are in balance and feminine wisdom is honored and respected. "The Center for the Divine Feminine seems vitally important to ITP and to humanity at this time," says Joan. "The divine feminine is letting us know, at a very deep level, that the integration of nurture, collaboration, intuition, intellect, creativity, divinity, self expression, and love are being called forth. Without these qualities humanity is out of balance."



JOAN PORTER

"The Porters' gifts to the Center for the Divine Feminine have already made a huge impact," says CDF Executive Director Valerie Sher. "Through scholarships, program grants, workshops, and seminars, their gifts have enabled us to support a local and global community in which the feminine voice is heard and to offer a platform for feminine knowledge, wisdom and healing."

*continued page 3*



## LETTER FROM ITP PRESIDENT TOM POTTERFIELD

Dear friends:

As ITP heads down the home stretch of another academic year we express gratitude for the many wonderful things happening at our school. We anticipate a substantial June graduating class of approximately 65 students. This will indeed be a joyous celebration, with Dr. Sylvia Boorstein, renowned transpersonal psychologist, author, activist, and co-founder of Spirit Rock Meditation Center, as our keynote commencement speaker.

ITP has several outstanding new initiatives and programs including: **a Ph.D. Scholarship Fund** to support students from diverse cultural and economic backgrounds who would not otherwise be able to attend ITP and are committed to using their education to help their own or other underserved communities; **the ITP Neurophenomenology Center** to conduct research into the cognitive and neurophysiologic effects of a wide range of experiences, such as meditation, prayer, spiritual practices, mystical experiences, and spiritual awakening; **a new M.A. program in Women's Spirituality; grant support for the healing of women with breast cancer; and a partnership with Stanford University's Center for Education in Family and Community Medicine** to meet the psychotherapeutic needs of chronic disease patients, families, and caregivers. Our plans are also progressing for a **Center for Trauma, Forgiveness, and Reconciliation**, a cutting-edge **Integrative Health** program, a **comprehensive community counseling center**, and **transpersonal organizational leadership** programs.

This progress and world impact would not be possible without your generous support. Some of you have included ITP in your estate planning. Others have supported the institute by referring people to our counseling center or students to our programs. Many of you have volunteered your time or introduced us to potential donors. These generous acts make a difference to ITP fulfilling its mission of fostering the worldwide development of wisdom, health, and wholeness.

TABLE OF CONTENTS

Donors Make a Difference ..... 1  
 Letter from the President..... 1  
 Spotlight on Arthur Hastings ..... 2  
 What Legacy Will You Leave?..... 3  
 A Conversation with Sylvia Boorstein... 4  
 Global Program Update ..... 5  
 Board Spotlight on Dave Kirkpatrick ... 5  
 APA Accreditation – Discernment & Decision..... 6  
 Diversity – Are We *There* Yet?..... 7  
 Letter from Alumni Association  
 Co-Presidents ..... 8  
 Alumni Share Their Success..... 8  
 Featured Alumna: Mary Culberson ..... 9  
 ITP Alumni Make a Difference ..... 9  
 Celebrating Bob Frager’s  
 50 years in Martial Arts ..... 10  
 ClassNotes..... 10

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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](mailto:tbyars@itp.edu) with any corrections, suggestions, or submissions, and please stay connected!

Warmly,



Tracy Byars (MATP '05)



TRACY BYARS

CELEBRATING ARTHUR HASTINGS’ 50 YEARS OF TEACHING AS A SPIRITUAL PRACTICE

BY TRACY BYARS



ARTHUR HASTINGS

Arthur Hastings began teaching communications and debate at Northwestern University in the 1957-58 academic year. Over the years, he has taught at Stanford University, the University of Nevada, UC Santa Barbara, and John F. Kennedy University. Arthur’s first class at ITP was “Psychology of Dreams,” offered in ITP’s first quarter in 1975. I sat down with Arthur recently and learned that although he is typically humble, and even a bit embarrassed about it, for him teaching is a spiritual practice.

**When did you decide to become a teacher?**

I have always been in a teaching mode. When I was a junior in high school, my father told me that I’d probably be a college professor. Until that time it hadn’t occurred to me, but it sounded good to me then. I’ve always been a scholar, attuned to knowledge, and a seeker of truth. A psychic once told me that I might have been a scholarly monk in a past life.

To me, teaching is a sacred honor. When teaching, if you’re not learning yourself, you’re not modeling teaching. It’s a polarity; the teacher must model both ignorance and knowledge, learning and teaching.

**Sounds like teaching is spiritual for you. Is that right?**

Many of the attributes of spiritual practices, such as being honest with yourself and remaining non-defensive, are requirements of a good teacher. When challenged by a student, a teacher needs to practice non-attachment and mindfulness of any emotional charge on a given topic. It’s important to remain open and flexible if an unexpected answer comes along. Growth as a teacher is like growth along a spiritual path: you resolve one issue at a time, then proceed onto the next.

There’s always some transference or counter-transference in teaching as well as in therapy. I try to watch that in myself. I try to give feedback that’s not blaming or personal. I sometimes have to remind myself that a student who fails to use APA style is not doing it to bug me! In all of these practices, there are levels of going beyond the self, of selecting what you do for the betterment of others.

Discernment plays an important role. Of all the opportunities in the moment, I must be able to discern which will best facilitate learning or insight. I need to be present in the moment and still be aware of the future opportunities. I must deeply know myself and the content of what I’m teaching. They are not separate.

**How do you discern what will best facilitate learning?**

I am fortunate to be sensitive to the kinesthetic energy of a group. I’m able to feel the energy physically in my body, so this helps me in workshops and helps with designing a protocol so there’s an experiential result. Also, I try to write in a way that activates the physical reality of the body.

Language is important. I’ve always been interested in the nuanced use of language. Language must be accurate, but not too simple or technical. The question for me is how to attune what I’m communicating in ways that will not create resistance. I focus on how I can convey what I’m teaching in a neutral way so that students will receive it.

**In May, members of the ITP Community will gather to celebrate Arthur Hastings’ 50 years of teaching. Please join us on campus Monday, May 19, from 5:30 – 7pm.**

“Many of the attributes of spiritual practices, such as being honest with yourself and remaining non-defensive, are requirements of a good teacher.”

## DONORS MAKE A DIFFERENCE!

*continued from page 1.*

A portion of the Porter family's additional gift this year was used to cover the cost of bringing the Women's Spirituality program to ITP, and is providing seed funding for a project being conducted by a Global faculty member with Navajo elders and adolescents. Through the new Ph.D. Diversity Scholarship program, the remainder of their gift is helping scholars attend ITP who would otherwise be unable to afford full tuition and who will be giving back to their own or other underserved communities.



VIOLET SPITZER

When **Violet Spitzer** attended the first annual Sun Circle Dinner for major donors last September, she was so touched by people's gratitude and passion for the institute, by Tom's vision, and the potential of ITP, that it was a turning point for her. "I realized I could make a big difference, and immediately felt like I wanted to do more," says Violet.

Violet Spitzer dreams of making a difference in people's lives, of reducing suffering and promoting peace. Not long after the Sun Circle dinner, the opportunity for her to do more presented itself. Through her family foundation, she provided

seed funding for a Neurophenomenology Center at ITP, which will combine neuroscience with transpersonal psychology to study the brain during meditation and altered states of consciousness.

"The Neurophenomenology Center is cutting edge, and there's nothing like it on the West Coast," explains Violet. "It's really important work that can make a vast difference to many people over the long term. I can see other foundations following suit and having an impact not only on ITP students, but on the wider community."

"ITP is a hidden resource at the moment. I would like to see it reach more people and become a well-known center of Transpersonal Psychology. All of that can happen with this seed money. ITP just needs a little more funding, a little more word-of-mouth, and a little more marketing. I'm honored that I could be part of it."



TOBY SYMINGTON

For many years, **Toby Symington** had a feeling, an intuition that the Lloyd Symington Foundation and ITP could collaborate in some very meaningful ways. His family foundation serves the cancer community by supporting visionary individuals and spiritually grounded programs that offer healing at every level. The foundation was inspired to support Dr. Kathleen Wall's research project because the program included hands-on care, instruction, and a high quality research component.

"The program is really exceptional," says Toby. "It's a great fit with our guidelines and philanthropic objectives and sets out to facilitate major shifts in people's lives."

That's appealing because it's been part of my personal vision to apply perennial wisdom to the care of people facing cancer."

Toby's dream is even bigger than that however. He dreams of far-reaching social change. "We'd like to see this program replicated regionally, nationally, and internationally. We would like to see mainstream oncology and the health care system, in general, become aware of this ground-breaking work so that they see the power of a well-designed spiritual intervention. Ultimately, we are seeking social change. We want to see the health care system incorporate work like Kathleen's so it becomes a staple feature of medical care in this country."

These three donors dream big. Their gifts to ITP are a symbol of what they believe about us. We are deeply grateful for their trust in our ability to help them realize their dreams.

**"The Neurophenomenology Center is cutting edge, and there's nothing like it on the West Coast. It's really important work that can make a vast difference."**

## WHAT LEGACY WILL YOU LEAVE?

ITP offers a variety of naming opportunities which will remain in perpetuity.

Leaving a legacy with a planned gift to ITP is easy.

### WAYS TO GIVE:

**A bequest** is simply a provision in your will naming ITP as a recipient of a part of your estate. A bequest may be for a specific dollar amount, a percentage or fraction of your estate, or it may take the form of a trust. The taxable amount of your estate is reduced by the value of any charitable bequests.

**Life insurance** is an excellent tool for making charitable gifts. Life insurance provides an "amplified" gift that enables you – through a relatively small annual cost (the premium) – to give a gift far in excess of what would otherwise be possible. This sizeable gift can be made without impairing or diluting the control of a family business or other investments. Assets earmarked for family members can be kept intact.

**Securities or stock** held more than one year that have gone up in value make extremely effective gifts. The donor is entitled to deductions for the fair market value of the stock on the date of the gift, plus you pay no tax on the capital gain value of the gift shares. A deduction of up to 30 percent of your adjusted gross income is available, with excess deductions carried over a five-year period.

**Life income agreements** such as charitable trusts, pooled income funds, etc. These agreements could be used to shelter assets that pay income for life to you or anyone you name, with a future benefit to ITP. You receive a deduction for the value of ITP's interest. You also avoid paying taxes on capital gains when assets are sold.

For more information on any of these plans, please contact:

Tracy Byars  
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Institute of Transpersonal Psychology  
1069 East Meadow Circle  
Palo Alto, CA 94303  
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*The information above is intended to provide general information, not legal or tax advice. ITP encourages you to consult your lawyer or accountant before entering into any planning giving arrangement.*

FACULTY

ACCOMPLISHMENTS

NOV 2007 – APRIL 2008:

Grant Funding Received:

**Olga Louchakova, M.D., Ph.D.**, received a \$120,000 grant from the **Spitzer Family Foundation** to seed fund for the new Neurophenomenology Center.

**Kathleen Wall, Ph.D.**, received a \$10,000 grant from the **Lloyd Symington Foundation** to research and provide Psychospiritual Integration and Transformation (PSIT) for women with breast cancer.

**Kathleen Wall, Ph.D./Art Johnson, MATP**, received \$33,600 from the **Peter Judge Legacy Fund** for an ITP/Stanford/Cystic Fibrosis Research Institute (CFRI) counseling program for Cystic Fibrosis patients, their families, and caregivers.

**Pat Campbell, PsyD, Kate Wolf-Pizzor, MA, MFT, Steve Di Cerbo, MACP** received \$50,000 from **U.S. Government** through Ravenswood School District to fund a supervisor position for Ph.D. intern counselors.

Books Published:

**Fred Luskin, Ph.D.** (2007) *Forgive for Love: The Missing Ingredient for a Healthy and Lasting Relationship* Harper One, New York.

Book Chapters Published:

**William Braud, Ph.D.** (2008) Patanjali Yoga and siddhis: Their relevance to parapsychological theory and research. In K. R. Rao, A. Dalal, & A. Paranjpe (Eds.), *Handbook of Indian psychology* (pp. 218-243). New Delhi, India: Cambridge University Press/Foundation Books.

Articles Published:

**Braud, W.** (2008). Dragons, spheres, and flashlights: Appropriate research approaches for studying workplace spirituality. *Journal of Management, Spirituality, and Religion*, 5.

**Louchakova, O.** (2007). Prayer of the heart, ego-transcendence and adult development. *Existential Psychoanalysis*, 18(2), 261-287.

*continued page 7*

A CONVERSATION WITH SYLVIA BOORSTEIN  
2008 COMMENCEMENT SPEAKER

BY TRACY BYARS



SYLVIA BOORSTEIN

**Sylvia Boorstein, author, psychotherapist, meditation teacher and co-founder of Spirit Rock Meditation Center, previews her commencement speech on spiritual growth and a life of service.**

**Does your commencement speech “Connecting to the World as the Cause of Happiness,” propose that helping to alleviate the suffering of others will bring happiness?**

It does. I believe that the desire to be of service in the world is inherent in spiritual practice. I was born into a family of social activists who believed that every person is responsible for establishing a just society. In my 30s, I would have said that social activism was my spiritual practice. When I began my meditative practice 30 years ago, I sometimes heard the critique that meditation is self-centered. I never believed it. It has

“My dedication to cultivating a peaceful and passionate mind is inspired by my faith that I’m contributing to making a better world.”

never been my experience. In fact, the more I personally know what leads to happiness and relief of suffering, the more committed I am to service. Indeed, the more I experience the suffering I feel when I am self-absorbed and the freedom and happiness I feel when I experience myself in caring connection with others, the more I am committed to serve.

When my mind is reasonably focused and at ease, my best wisdom presents itself and my natural compassion and kindness becomes available. I believe that is true for everyone. Growing spiritually for me means acknowledging how much suffering there is in the world and how much—by lessening ignorance and increasing wisdom—suffering could be alleviated. My dedication to cultivating a peaceful and passionate mind is inspired by my faith that I’m contributing to making a better world.

**Most ITP students want to grow spiritually, and at the same time to be of service to others. What advice do you have for them?**

I believe that spiritual growth and service to others go together. When my mind is held captive by my own suffering I can’t be of service to others. To stay motivated, to notice the needs of others, to be of service to them, requires that I keep my own mind relaxed and appreciative. To the degree that I have been able to keep my mind clear—through meditation, prayer, teaching, studying, working on my personal relationships—I have become more confirmed than ever in my belief that everything that I or anybody else does has wide-ranging effects. I want my practice to be on behalf of all beings.

**Sylvia Boorstein** is a co-founding teacher at Spirit Rock Meditation Center in Woodacre, CA and a Senior Teacher at the Insight Meditation Society in Barre, Massachusetts. She has been a psychotherapist since 1967, a Behavioral Sciences faculty member at College of Marin from 1970-1984, a regular panelist at American Psychiatric Association conferences discussing the interface of psychotherapy and meditation, and has had a number of articles published in the *Journal of Transpersonal Psychology*.

In 1996, she was part of the 26-member delegation of American Buddhist teachers meeting the Dalai Lama in Dharamsala to discuss issues of teaching Buddhism in the West. She has spoken at many Jewish meditation conferences about the integration of mindfulness and loving-kindness practice into Jewish religious practice. She helped design the Institute for Jewish Spirituality, was a member of its first faculty, and co-leads an annual training retreat for rabbis who teach mindfulness.

Dr. Boorstein has written five books on meditation and Buddhism, the most recent being *Happiness Is An Inside Job: Practicing for a Joyful Life*. She was honored as Noted Humanist Scholar by Saybrook Institute and most recently awarded an honorary Doctor of Humane Letters by the Reconstructionist Rabbinical College. Since 1991, she has taught an ongoing weekly class at Spirit Rock Meditation Center, and she has written a column for *The Shambhala Sun* magazine since 2002.

## GLOBAL PROGRAM UPDATE:

Last January, at the Presentation Center in Los Gatos, California, ITP's Global program presented one of its three yearly seminars. Entitled *Transpersonal Education and World Wisdom Psychologies: Advancement, Application, and Embodiment*, the seminar took students on a sacred journey that refined, cultivated, and expanded upon "what transpersonal education is and can be." The journey revolved around ten guiding principles and methods that have inspired ITP to become the world's nexus for the development, teaching, and application of Transpersonal Psychology.

ITP President, Tom Potterfield, along with Maria Gonzalez-Blue, Judy Schavrien, Paul Roy, Henry Poon, Robert Romanyshyn, and Donald Rothberg, offered inspirational guidance to encourage continuous discovery of new applications to Transpersonal Education.

Drs. Potterfield and Poon introduced ITP's newest vision, mission, and definition of "What Transpersonal Education Is and Can Be." They offered sacred guiding principles and methods that are inspiring the next generation of transpersonal educators, researchers, and practitioners to apply world wisdom psychologies towards true Self-development and professional transformation.

The students' reception of this presentation is exemplified in one response: "I felt buoyed by the embodied wisdom conveyed through this presentation. It has been incredible to experience the leaders of this institute as they live the principles conveyed through the course work." Another student agreed, "[Dr. Potterfield's] words were simple and yet profound, in the moment and yet filled with a vision for the future."

The next Global seminar, entitled: *Transpersonal Psychology: Experiential and Cognitive Approaches to Self-Work, Growth, Development, and Transformative Change* will be August 22-28, at the Presentation Center in Los Gatos, California. Day passes are available to the public at \$75/day, including lunch. Members of ITP's Alumni Association who choose to attend the whole seminar receive a 35% discount on seminar tuition (room and board not included). Please contact Carla Hines at [chines@itp.edu](mailto:chines@itp.edu) or go to the ITP web site at <http://www.itp.edu/academics/seminars/index.cfm> for further information.

## BOARD SPOTLIGHT ON ITP BOARD CHAIR DAVID KIRKPATRICK (MATP, 1988)



DAVID KIRKPATRICK

Dave Kirkpatrick has served on ITP's Board of Trustees for 20 years because he believes in the school's mission and its educational approach. Dave says, "I see the coming years with our new president as an opportunity to dramatically increase outside funding for the Institute, and raise ITP to the next level by bringing it into more interaction with the broader community."

Dave earned a law degree from Harvard University and is a member of the California Bar. He is a public interest lawyer and organizational

consultant as well as a founder and former Dean of the Monterey College of Law. Dave graduated from ITP's External (Global) Program, with a Masters in Transpersonal Psychology. He was a Diamond Heart community member (the Ridhwan School) for 15 years and a member of its board for nine years.

Dave and his wife, Pamela Prime, run a nonprofit spiritual retreat center called "Two Bears Dancing," in Twain Harte, where they live and conduct year-round workshops and spiritual retreats. They teach a two-year program on spirituality and spiritual direction, training people to be spiritual directors, under the auspices of the Catholic Diocese of Stockton. They also offer a monthly healing circle and pot luck at the center.

"I see the coming  
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## OUR MISSION

*Despite its monumental achievements, traditional science has neglected one of the most essential aspects of the human condition: our spiritual core.* Through disciplined, scholarly inquiry into the frontiers of spirituality and psychology, ITP seeks to foster the development of individuals, organizations, and societies toward their fuller potential for wisdom, health and wholeness.

## OUR VISION

To become the world's nexus for the development, teaching, and application of the theories and practices of Transpersonal Psychology.

## OUR VALUES

*Mindfulness*

*Discernment*

*Compassion*

*Appreciation of differences*

*Because of these core values...* we embrace whole-person education that supports personal and community transformation.

*Because we value diversity...* we seek to impart knowledge and skills that empower people to live together in peace within multicultural communities, and we embrace and support a global community of learners.

*Because we value the inherent unity of our world...* we seek to foster a sense of the interconnectedness of all beings, and the accompanying values of love, empathy, and concern for the welfare of all. We encourage and promote service to local, national and international communities.

*Because we value all of life...* we educate in a way that treats all beings with respect and encourages us to live in harmony with all of nature.

*Because we value consciousness and its evolution...* we engage in rigorous research that includes multiple ways of knowing.

## APA ACCREDITATION — DISCERNMENT AND DECISION

BY PAUL ROY

In 2002, the Residential Ph.D. Core Faculty decided to seek American Psychological Association accreditation for a Ph.D. in Clinical Psychology. Last September, ITP submitted a self-study to the APA Committee on Accreditation, which responded that we were not currently ready to undergo a site visit.

The APA response required us to enter a focused, intentional decision-making process about what our next steps would be. We realized this was an important time in the life of the Institute – given all the energy and resources invested in the self study and the significance of APA accreditation to those in or applying for the Residential Ph.D. programs.

ITP administration developed a discernment and decision-making process that reflected our institutional values of **mindfulness, discernment, compassion, and appreciation of differences**. We intended to involve the community, to gather as much information as possible, and to enable the community to make the best decision for the whole institute.

We defined “Discernment” as an internal process of noticing, attending to, and distinguishing among “inner stirrings” (feelings, ideas, convictions, facts, opinions, biases, etc.) regarding this decision. In discernment nothing is turned away as useless or argued against as wrong or unacceptable.

The Decision Making Group (DMG) representing all the Institute's constituencies was formed and met each Friday from January 11<sup>th</sup> through February 15<sup>th</sup>. The first day-long meeting resulted in the formulation of a clear question for discernment:

*Given that we are committed to the Mission and Values of ITP;*

*Given that we are committed to the Strategic Planning Process that is currently underway; and*

*Given that we are committed to balance resources across all of ITP's programs:*

### **Will ITP continue to pursue APA accreditation for its Residential Ph.D. in Clinical Psychology?**

The DMG collected input from the entire community, whom it welcomed to observe its meeting deliberations. Fifty-eight community members contributed more than 175 **reasons against** pursuing APA accreditation, which the DMG distilled into 16 major themes of reasons against. Fifty people submitted more than 125 **reasons for**, which the DMG distilled to 11 main themes.

In its third public session, the DMG came to a formal decision, which included:

- **YES, ITP shall continue to pursue APA Accreditation for its Residential Ph.D. in Clinical Psychology.**
- The “givens” (above) that were part of the original discernment question are essential to the decision.

The group also added:

- As we move toward APA Accreditation, we reserve the right to respectfully withdraw from the process if we conclude we cannot meet APA requirements while staying true to our mission, values and strategic plan.
- The Clinical Ph.D. must remain a degree infused with the Transpersonal.

ITP made a decision within the discernment context. The process required maturity and mutual trust, and an explicit determination to seek the best course of action for the Institute and its people.

For a complete account of the APA Discernment process outcome and the DMG, please contact [proy@itp.edu](mailto:proy@itp.edu).

**“ITP made a decision within the discernment context. The process required maturity and mutual trust, and an explicit determination to seek the best course of action for the Institute and its people.”**

## DIVERSITY — ARE WE *THERE* YET?



Since 1995, ITP's student-run Diversity Committee (open to students, staff and faculty) has been actively working to increase awareness and acceptance of diversity at ITP and to sponsor diversity related events for the ITP community. Another group, called the Diversity Action Team (DAT), advises ITP management and faculty about policy and supports the faculty in bringing diverse viewpoints into the classroom. Together, the two committees monitor diversity at ITP and support diversity and cultural competence.

In addition to the work of the Diversity Committee and the DAT, ITP began this

school year with a new Worldwide Learning Exchange Program to increase the exchange of ideas and diverse perspectives among Transpersonal Psychology scholars from around the world. Dr. Olga Louchakova, who founded the program, has so far sponsored two colloquia: one last October featuring scholars from Kyrgyzstan who are studying and preserving worship at sacred sites in their country, and the second last February with Dr. Jan Mojsa, a transpersonal psychotherapist from the United Kingdom.

That's not *all* ITP is doing to support and encourage diversity. Diversity at ITP is addressed both at the grass roots level as well as from the top down. Tom Potterfield explains, "The field of transpersonal psychology has been widely criticized — correctly, in my view — for a lack of diversity both in demographics and theoretical perspectives. One of the seven initiatives of our new strategic plan helps to establish ITP as a leader in addressing this blind spot within the field." Toward that end, multi-cultural competency has been added as a key faculty hiring criteria, a project to integrate diverse perspectives into course readings has been implemented, and ITP is providing funding to support student and faculty attendance at diversity training and conferences.

One of the most exciting initiatives designed to promote diversity at ITP is the new PhD Diversity Scholarship Fund "But it's much more than that," says Board Vice President, Jeff Keimer. "The Diversity Scholarship Fund is a leveraged investment. An investment in a single scholarship leads to wisdom, health, and wholeness for many, because recipient scholars will themselves embody diversity and are required to make a minimum two year commitment to serving an underserved population. Many of these graduates are expected to return to their own communities and practice there for years to come."

The PhD Diversity Scholarship Fund is off to an encouraging start with significant awards being offered to six new students. "It's the top funding priority for our Board of Trustees," says Tom Potterfield. "And we are committed to funding it every year. And we haven't neglected our current students either—we've made monies available to help them complete their studies too."

"Diversity is a work in progress," says Katrina Rahn, Library Director and Co-Chair of the Diversity Action Team. "But one of the beautiful things about diversity work at ITP is that the people involved are so passionate about seeing ITP flourish and ensuring everyone's voice is heard."

ITP may not be there yet, but as an institution we have made a clear commitment to supporting, encouraging, and fostering an environment where all members of the community are valued and respected regardless of race, ethnicity, sexual orientation, gender identity, socio-economic status, religion, age, physical ability, medical condition, or political orientation.

“One of the beautiful things about diversity work at ITP is that the people involved are so passionate about seeing ITP flourish and ensuring everyone's voice is heard.”

## FACULTY

### ACCOMPLISHMENTS

*continued from page 4.*

**Tart, C.** (2007) What death tells us about life, Shift (IONS magazine).

#### Presentations:

**Melissa Smith, doctoral candidate; and Tom Potterfield, Ph.D.:**

Enlivening Education: Engaging Affect and Assessing Values. Joint presentation for the WASC Annual Conference, April 2008.

**Kathleen Wall, Ph.D., and Cynthia McDonald, doctoral candidate:**

Psychospiritual Integration and Transformation based on Sri Aurobindo and Gebser's Evolution of Consciousness: An Integral Counseling Method Facilitating the Evolution of Consciousness. Joint presentation at Integral Theory Conference, JFK University, August 2008.

**Jenny Wade, Ph.D.:** Plenary address: Toward a Science of Consciousness 2008 Conference, Tucson, April, 2008.

**David Lukoff, Ph.D.:** Workshop on Spiritual Competency and Cultural Sensitivity and Presentation on Integrating Spirituality into Recovery from Mental Disorders. APA Convention, Boston, August, 2008.

### CORRECTIONS TO THE HONOR ROLL OF DONORS

Please accept our apologies. The following names in bold were inadvertently omitted from the Honor Roll of Donors for July 1, 2006 – June 30, 2007

#### Sponsor Level \$1000 - \$4,999

Jeffrey & **Marcia** Keimer  
Dave Kirkpatrick & **Pamela Prime**  
Ben & **Nancy** Mancini  
Marilyn & **Seth** Manning  
Thomas & **Donna** Potterfield  
Robert Schmitt & **Pat Luce**

#### Counselor Level \$120 - \$499

**Elaine** & Steven Schmitz

#### Scholar – Up to \$119

**Ann Langley**

## REASONS TO JOIN ITP'S ALUMNI ASSOCIATION:

- 1) IT'S FREE! Join online at <http://www.itp.edu/alumni.aMembershipApp.cfm> OR <http://tinyurl.com/jp88z> or send an email to [alumni@itp.edu](mailto:alumni@itp.edu)
- 2) MEMBERSHIP COMES WITH THESE GREAT BENEFITS:
  - Promote yourself and your practice in your profile on the ITP website and in the Alumni 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 50% discounts for auditing residential classes and 35% for global classes.\*

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

### DON'T MISS OUT! KEEP IN TOUCH VIA 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 through 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 ALUMNI ASSOCIATION CO-PRESIDENTS

Dear Fellow ITP Alumni,

This academic year we're seeing a rising momentum at ITP. It is manifesting in a variety of ways, through new programs, new research projects, and new ways ITP is connecting with communities in need. Financial support for ITP and its new programs has increased dramatically in the past year.

Meanwhile, the **Alumni Association** has continued to grow and to support Alumni in new ways. We're now able to help you promote yourself and your practice, to provide workshops to support you in bringing your transpersonal education to the world, and to offer networking opportunities for you to build community beyond your student years at ITP.

We hope you enjoy this issue of *Connections* and particularly this section for Alumni. For many of you who don't receive the alumni e-newsletter, this is another way for you to stay connected to ITP. Don't miss out on ways to promote yourself or your practice within the expanding ITP community. Send an email to [alumni@itp.edu](mailto: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.

Join us at ITP on May 19<sup>th</sup> at 5:30 p.m., to honor and celebrate Arthur Hastings' 50 years of teaching and on June 13<sup>th</sup> 1:00 -6:00 p.m., for our Fourth Annual Student and Alumni Presentation Day. The **Alumni Association** sponsors the refreshment break (around 3:15 p.m.). Hope to see you there!

With warm best wishes,



Valentine McKay-Riddell  
Alumni Association Co-President



Lisa J Ferguson Arthur  
Alumni Association Co-President



LISA J FERGUSON ARTHUR & VALENTINE MCKAY-RIDDELL

## ALUMNAE SHARE THEIR SUCCESSES IN BRINGING THE WORLD A TRANSPERSONAL APPROACH

On February 20, the Career Resource Center and Spiritual Guidance Specialization co-hosted a panel discussion at ITP of how alumnae are using their specializations. Transpersonal Education and Research Specialization (TERS), Spiritual Guidance, Creative Expression, and Coaching (including spiritual coaching) were represented by Christine Brooks, PhD, Irene Blinston, PhD, Christine Evans, PhD, and Joy Bonham, MA, respectively. Each alumna described how she has successfully brought her transpersonal perspectives, values, and approaches to the world.

The Career Resource Center is dedicated to creating success and prosperity with students and alumni, by supporting them in bringing their gifts to the world with purpose, confidence, and joy. The center offers services such as guidance about job searches, listings of job opportunities, career-relevant workshops, and much more.



[L-R] Christine Brooks, PhD (*TERS Panelist*), Irene Blinston, PhD (*Spiritual Guidance Panelist*), Christine Evans, PhD (*Creative Expression Panelist*), and Joy Bonham, MA (*Coaching Panelist*)

## FEATURED ALUMNA: MARY CULBERSON (PHD, 1983)



MARY CULBERSON

Tracy Byars, Director of Institutional Advancement, recently interviewed alumna Mary Culberson who shares with us her experience and wisdom as an ITP graduate.

### Why did you choose ITP rather than a “traditional” school of psychology?

ITP was in its third year when I was looking at schools in 1977. I had looked at CIIS and CSPP, but David Zeller was the reason I came to ITP. I was so impressed by him. He was a traveling troubadour and ITP’s only marketing tool then.

I was already a marriage and family therapist before coming to ITP, opening my own practice in 1976. I had been studying Jungian psychology since 1974, but I was becoming more depth-oriented, and ITP was the place that

could help me go deeper. I was looking for the experiential education. Not needing the clinical piece, accreditation wasn’t important to me.

### What did you get from your ITP education?

ITP helped me deepen my practice. My husband is a Jungian analyst, and works at the Jung Institute, but I decided not to limit myself to Jung. I’ve studied Vipassana Meditation and other Eastern Spiritual traditions, done Vision Quests, and things of that nature.

### What advice do you have for ITP students as they complete their degrees and head into the world?

Get as much good clinical training as possible, to be seen as a “legitimate therapist.” For example, working with people at a hospital or half-way house, suffering from severe pathologies, will make you a stronger, more well rounded therapist and not be afraid of severe pathology. Good supervision is also extremely important.

### You’ve been a donor since 1989, and, your gifts have added up to place you in our Dean’s

### Circle of Lifetime Donors. What motivates you to give so generously?

I believe in the school. Transpersonal Psychology started as the fringe, but over the years I’ve watched the mainstream catch up with it. And I believe in the ITP model of educating students from the inside out. ITP students compete well with students from more traditional schools. Doing our own work is so important. It makes us much better therapists.

### What would you like the ITP Community to know about you?

Since my office is close to campus and I enjoy working with ITP students, about half my practice is ITP students. In fact, over the years I’ve sent several clients to ITP who became students. There are some ITP PhDs who had never heard of Transpersonal Psychology before they came to me. I’ve also been an adjunct professor at ITP and was the founding Associate Director of the Transpersonal Counseling Center.

## ALUMNI MAKE A DIFFERENCE

ITP is proud of its alumni. Some of you are helping to save or improve lives one at a time. Others are leaders in organizations or communities. Still others provide thought leadership through your publications. Each one of you is an extension of ITP and its influence in the world. You are embodying the integration of spirituality and psychology while fostering wisdom, health and wholeness throughout the world. We celebrate you and offer a small sampling of how ITP alumni are making a difference:

**Guy Albert, PhD 2005**, developed and managed a children’s counseling program for a health clinic serving Native American tribes of Mendocino County.

**Natalie Albert-Ozga, LMFT, MACP 1998**, has a special fondness for working with teens after her years of work providing services to teens, in connection with a Santa Cruz County Mental Health agency.

**Maureen Barton, MATS 2001**, is the Coordinator of Outreach Projects and Education for the Wichita Area Sexual Assault Center.

**Jay Badagliacca, MACP 1999**, provides psychotherapeutic counseling to children, adults, and families—most of whom are Alaska Natives.

**Bruce Bibee, MATP 1998**, has returned to his first love, creative writing, and is writing the novels that will do for religious tolerance what Uncle Tom’s Cabin did for slavery.

**Emma Bragdon, PhD 1987**, published 4 books: two on Spiritual Emergency, and two on Brazilian Spiritism. From 1990-2003, she led seminars to accelerate spiritual growth. Since 2001 she has been leading groups to visit John of God, an extraordinary healer in Brazil.

**Richard Cutler, MATP 1997**, has been practicing law as a federal prosecutor investigating and prosecuting individuals and corporations for environmental crimes since 1997.

**Jeanne Denney, MATP 2006**, is a Hospice Chaplain.

**Steve DiCerbo, MACP 2004**, directs (and has greatly expanded) the Counseling Program at K-8 Ravenswood Schools in East Palo Alto, helping more than 400 underserved children and their families.

**Earl D. Dorney, MATP 1995**, wrote the metaphysical novel *The Training of a Dragon Master*.

**Marnie Fehrer, MATP 1998**, is a pediatric nurse practitioner, trained in hypnosis, NLP,

guided imagery, and Healing Touch. In her private practice, Practical Parenting, she does parent consultations and practices Healing Touch, a form of energy work.

**Lynn Gallo, MFT, MACP 1998**, opened a private practice and works part-time at an elementary school in Pacifica. She received multiple grants over the years for a mobile dental van to provide dental care for her uninsured students, and won an award for her “Talk it Out” process for conflict resolution.

**Dana Gaynor, PhD 1999**, founded the Psychospiritual Research Institute and is Editor-in-Chief of its “Journal of Psychospiritual Transformation,” devoted to exploring the nature of existence, consciousness, and psychospiritual transformation.

**Atim Eneida George, MATS 2007**  
Atim Eneida George has 25 years of experience in international affairs and has received awards for her professional contributions in Mexico and Nigeria. She received an honorary doctorate from Babcock University for her work in diplomacy and peace initiatives in June 2006.

Please share your accomplishments with us. Send your updates, corrections, or additions to [alumni@itp.edu](mailto:alumni@itp.edu).

**BITS AND BITES:**

Network, grow your practice, learn from others... Join the **Alumni Association** – it's FREE.

**The Alumni Association is dedicated to serving YOU. It's a great way to network, grow your practice, and learn from others. Send us a brief update on your life for Alumni ClassNotes (see page 10).**

**Send us your latest publications (books, articles, websites, CDs, or DVDs) for our new Alumni Publications section of the Alumni e-newsletter.**

**Send us your profile for posting (or update it) at [www.itp.edu/alumni/profiles.cfm](http://www.itp.edu/alumni/profiles.cfm)**

**JOIN THE ALUMNI ASSOCIATION NOW – IT'S FREE!**

Email us at [alumni@itp.edu](mailto:alumni@itp.edu) for more info or visit the alumni section of [www.itp.edu](http://www.itp.edu).

**JOB POSTINGS**

The NCSPP (National Council for Schools in Professional Psychology) has job postings on its website that may be of interest to ITP alumni. The website is [www.ncsppinfo.org](http://www.ncsppinfo.org).

**UPDATED ALUMNI AND THERAPIST DIRECTORIES NOW POSTED ON DOCUTEK**

To access these directories, become a member of the **Alumni Association** today — it's FREE! Join online at [www.itp.edu/alumni/amembership.cfm](http://www.itp.edu/alumni/amembership.cfm) or email [alumni@itp.edu](mailto:alumni@itp.edu) for assistance.

To be listed in the **ITP Alumni Therapist Directory** (which lists BOTH licensed clinical and non-clinical practitioners) please send information about your practice to [alumni@itp.edu](mailto:alumni@itp.edu).

**DUPLICATE DIPLOMAS NOW AVAILABLE**

If you work in more than one location and need a duplicate diploma, contact the ITP Registrar's office: [registrar@itp.edu](mailto:registrar@itp.edu).

**ITP CELEBRATES DR. ROBERT FRAGER'S 50 YEARS IN MARTIAL ARTS**

Last November, more than 80 people filled Great Sophia to listen to Bob Frager's stories of his early training in Japan with the founder of Aikido, O Sensei. Fifty years ago, Bob studied Judo, then Karate, until a spiritual experience in Hawaii led him to Aikido. Bob shared, "My dorm was fifteen minutes away from the only American Aikido dojos O Sensei had ever visited, so my path to Aikido seemed like fate. O Sensei wrote that 'the martial arts are love.' That paradox so struck me that I had to study Aikido."

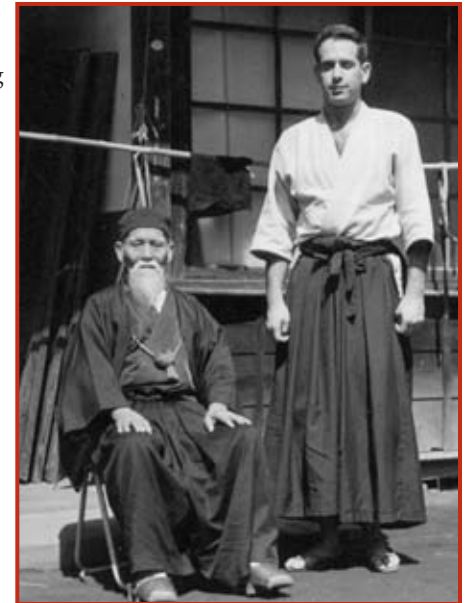
In Japan, in 1964, Bob trained in Aikido seven days a week, while studying Japanese full time. "What was really important," said Bob, "was getting to know O Sensei, because he was such an extraordinary human being. The more I was around him, the more extraordinary he appeared. I wondered, what in all my psychology experience could help me understand such a human being? I realized Maslow was the only one asking the right questions to help me."

As ITP alumni know, Aikido is a cornerstone of ITP's unique, whole-person, education. Bob explained why Aikido is so central to ITP and transpersonal psychology:

The principles of transpersonal psychology must be embodied to become real, or they are merely idealistic philosophy. Aikido and the other body aspects of ITP's six areas of study make it possible for us to embody transpersonal principles. Among body disciplines Aikido has several important advantages. First, it was developed by a mystic, who wrote that love is the essence of Aikido.

Secondly, as opposed to many other spiritual body disciplines, such as tai chi and yoga, Aikido has a strong interpersonal component. It teaches how to blend with partners, physically and mentally, to read their body language, and to understand their intentions even before they act. These are fundamental skills for any transpersonal therapist or educator.

Third, as a transpersonal martial art, Aikido is a paradox, emphasizing the importance of love and working *with* a partner rather competing against an opponent. Aikido directly teaches empowerment, becoming comfortable with our own power as well as our partners' power. It teaches us to remain calm and centered, and to keep our hearts open under stress. Through its martial form, Aikido teaches us to confront aggression and potential violence, in ourselves and others. We can't become instruments of peace until we have worked with our own inner aggressions.



**A MESSAGE ABOUT JOHN FIRMAN FROM DEAN OF STUDENTS, PAULA YUE**

Many alumni over the years remember **Ann Gila and John Firman** and the impact they made in their lives as students at ITP. Ann and John have been part of the ITP community for more than 15 years teaching Psychosynthesis to both the Doctoral and Master's Residential students. They are well loved!

At this time John is seriously ill and Ann is requesting loving prayers be sent to him. You can send your loving and supportive messages to John through the link below and be updated on his condition.

Ann created a CaringBridge site to keep you up-to-date on **John Firman**. CaringBridge is a nonprofit organization that helps friends and families stay connected. To check in on John, read the journal entries and send messages to John and Ann, visit John's CaringBridge site anytime at <http://www.caringbridge.org/visit/johnfirman>.

Our thoughts and prayers are with them.

## CLASSNOTES

### 1980s

**Art Johnson** (MATP '88 – PhD in progress) is currently a Research Associate and Program Officer for the Stanford Center for Education in Family & Community Medicine. Before that he was the conference coordinator for the ATP for 7 years when the annual conferences were held at Asilomar. Art has facilitated the partnership between ITP and Stanford, where ITP is providing counseling to cystic fibrosis patients, families, and caregivers.

### 1990s

**Natalie Albert-Ozga, MFT**, (MACP '98) is an International Bodydynamic Trainer, Therapist, and Supervisor, and part-time adjunct Professor for ITP and JFK. She offers trainings and workshops in Somatic Developmental Psychology, and Somatic Approaches to working with Shock, Trauma and PTSD, in Santa Cruz and Silicon Valley. The Bodydynamic System “is a cognitive body psychotherapy with a strong basis in developmental theory, correlates with attachment theory, and uses transpersonal approaches to working with trauma.” Reach her at (831) 726-9308, or Natalie@bodydynamic.us, or visit www.Bodydynamic.us, for Bodydynamic System information.

### 2000s

**Guy Albert** (CERT '98, MACP '00, PhD '05) became a licensed Clinical Psychologist in 2006. In 2000, he began work as an Administrator for a counseling agency, Pacific Institute in San Francisco, and a Social Work Case Manager for HIV/AIDS clients in Ukiah. From 2003-2007, he developed and managed a health clinic's children's counseling program, serving Mendocino County Native American tribes. He is currently Clinical Director at Pacific Institute's Lakeside Park program in Oakland. Guy is in private practice and a Faculty Mentor for ITP's Global Program. He presented his dissertation findings: a phenomenological exploration of the spiritually positive resolution of mental health crises, at the 2005 APA Convention in Washington, DC. He also engages in sweat lodge ceremonies, drumming circles, bicycling, hiking, and swimming.

**Debbie Barnett** (PhD '05) is living in Asheville, NC and has a private practice at HealingWorks. She counsels people using Positive Psychology and Energy Psychology techniques. Debbie conducts psychological assessments of injured and disabled clients for lawyers and the Department for Developmental Services and provides behavioral medicine treatment for pain and stress reduction using a mindfulness meditation approach. In addition to her practice

at HealingWorks, she teaches Reiki classes and enjoys ballroom dancing.

**Marla Estes** (CERT '03, MATS '05) has taught film classes at Southern Oregon University Extension and will continue co-facilitating Enneagram point group workshops in 2008 in Ashland, Oregon. She has published articles in *Sentient Times* and recently won Honorable Mention in the *Kay Snow Writing Competition for Adult Non-Fiction*. Marla mentors and facilitates a discussion group about Romantic Love at Rogue Valley Metaphysical Library, in Ashland, and volunteers at Ashland High School, teaching the Enneagram, defense mechanisms, shadow, the hero-heroine's journey, paradox, and the stud/slut debate. Further ideas for the *Exploring Through Film* series are sexuality, transformation, shadow, father/daughter relationships, marriage and women's themes. Visit her at [www.marlaestes.com](http://www.marlaestes.com), or correspond via [marla16@charter.net](mailto:marla16@charter.net).

**Julie Gauthier** (PhD '03) is a licensed psychologist in private practice in Palo Alto and Redwood City. Divorced, she lives with her 20 year old twins and three yellow labs in her home in Emerald Hills. She has appeared on Dr. Phil and a local TV show *You're Hired*. She teaches Lifespan Development at ITP, so “life is full.”

**Vicki Panagotacos** (CERT '00, MATP '03) has a private practice in Los Gatos, CA, specializing in the emotional/somatic grief and loss issues of parent/partner loss, divorce, adoption, infertility and aging, emphasizing short term goal-oriented counseling to restore independence and well-being. Vicki also facilitates a grief support group and teaches a step-by-step reintegration class for second year partner loss at Hospice of the Valley in San Jose. Completing prerequisites and passing the Association of Death Education and Counseling (ADEC) exam, she is a nationally certified ADEC Thanatologist. She is completing ITP's Transformational Coaching Certificate and training in Ericksonian hypnosis. Vicki's mission is to educate and support individuals, schools, and medical community in understanding the impact of unresolved loss. Contact her at [vickipanago@sbcglobe.net](mailto:vickipanago@sbcglobe.net).

**Bryan Rich** (PhD '05) is currently working in a child and adolescent psychiatric crisis program and private

practice. He taught courses at ITP in the 2005-06 academic year and presented at the 2005 APA Convention. He continues to develop his own approach to incorporating natural spiritual experience into psychotherapy and other personal growth work. His central focus is still individual and shared spiritual practice, and he also enjoys Aikido, nature, and photography.

**Ryan Rominger** (MATP '00, PhD '04) is Adjunct Faculty in the Residential and Global Programs and is the Global Program Dissertation, Thesis, and Academic Coordinator. He taught the Residential Program's Diversity Research Group and now teaches Global Program's Philosophical Issues: Cognition & Affect: Contemporary and Wisdom Psychologies. Ryan has two articles in press: his dissertation results on integrating exceptional (i.e., near-death) experiences and diversity issues. He recommends that future grads use networking systems (Linked-In), computer assisted data analysis programs, and online forums, and hone online teaching techniques, to keep up on transpersonal theories and research and broaden online and computer skills.

**Kim Saft** (PhD '07) is currently providing individual, couples, family, and group counseling in her private practice. She applies her transpersonal education by allowing the transpersonal lens to guide her treatment perspective. Her interests focus on empowering clients to achieve a greater sense of holistic health. She provides education on coping skills and life management tools to enhance her clients' quality of life.

**Erica Schafer DeNorscia, LASAC** (MA '04) is living in Clarkdale, Arizona with her husband, Stephen. Erica is a therapist at Desert Canyon Treatment Center, a holistic residential addictions treatment center in Sedona, Arizona.



Alumni gather last December for career advice.

**UPCOMING EVENTS**

FOR EVENT DETAILS, PLEASE VISIT [WWW.ITP.EDU](http://WWW.ITP.EDU) AND  
CLICK ON MAIN EVENTS CALENDAR

**SELF-EMPOWERMENT THROUGH SELF-PUBLISHING**

Tuesday May 6th, 5:30 - 6:30 pm.  
Location: ITP Campus, Kiva classroom.

**RECEPTION TO CELEBRATE ARTHUR HASTINGS' 50 YEARS OF TEACHING**

Monday May 19, 5:30 – 7 pm.  
Location: ITP Campus, Great Sophia classroom.

**FOURTH ANNUAL STUDENT AND ALUMNI PRESENTATION DAY**

Friday June 13, 1:00 – 6:00 pm.  
Refreshment break sponsored by Alumni Association.  
Location: ITP Campus, Great Sophia classroom.

**2008 GRADUATION CEREMONY AND CELEBRATION**

Saturday June 14, 1:00 pm.  
Location: Bayside Performing Arts Center, 2025 Kehoe Avenue, San Mateo.  
A reception to celebrate the graduates will follow the ceremony.



*Be green and help save paper.  
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