



Connections

an ITP community newsletter Fall 2009

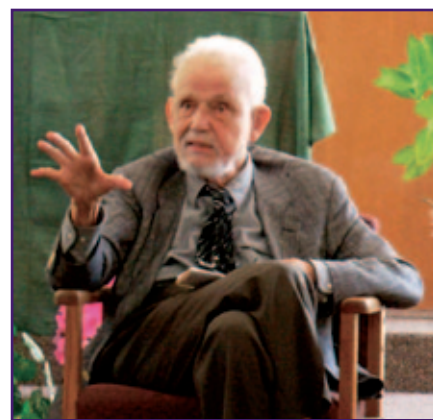
THE WISDOM OF HUSTON SMITH:

ON ONENESS, MYSTERY, LOVE, EVIL, ATHEISM, AND WHAT IS IMPORTANT

Last August 26, nearly 200 ITP students, alumni, donors, faculty, and staff gathered at the Presentation Center in Los Gatos, to listen to the renowned Dr. Huston Smith. In his introduction, ITP President Tom Potterfield hailed Huston Smith as the foremost authority on the world's great spiritual traditions:

I first met Huston at a conference at Saybrook in the mid-1990s, during the hey-day of the popularity of post-modern approaches, which were leveling all sorts of relentless attacks on modernity and traditionalist worldviews. These debates could get testy and nasty and ponderous. In the midst of all this, up to the podium strode Dr. Smith, beaming his beautiful smile, and at once he lightened the tone, injecting a needed dose of fun, while clearly declaring his stance with vigor and joy. He shook his fist and bellowed "come out ye dogs and fight; my only regret is that I can kill ye but once." The room roared with laughter, seeing the silliness of the rancor of the debate, while also knowing that a formidable advocate for the continued relevance of the great spiritual traditions was standing up to be counted. Fire, humor, deep thought, all wrapped up in one fantastic talk. It was a great moment that I will never forget.

And now we have the joy of having this great man among us, fresh from publishing his thoroughly amazing memoirs. I highly recommend his autobiography, *Tales of Wonder*. It's a fun and wondrous dance through the spiritual and consciousness landscape of the 20th century, by a man who counts the greatest figures of that time as friends and confidants, including the Dalai Lama, Aldous Huxley, Thomas Merton, Eleanor Roosevelt, Timothy Leary, Pete Seeger, and Ram Dass, to drop just a few names.



Huston Smith, PhD, World Religions Scholar

continued page 2

FROM PRESIDENT TOM POTTERFIELD TO YOU



Dear Friends:

We enter the new academic year with great momentum and excitement. Last June, we graduated an unprecedented 194 students with certificates, master's or doctoral degrees. Wow! Imagine the impact on our world as these magnificent ITP grads engage with individuals, families, organizations, and communities.

We have been diligently revitalizing our academic programs, relentlessly calling ourselves back to our mission, and ensuring that we are providing the highest quality, whole-person, transformative education to our students. This deep, experientially-grounded educational experience is the beating heart of our school.

The many major initiatives launched over the past couple of years continue to develop nicely. Our Community Center for Health and Wellness (CCHW) is serving three times the number of clients of just a year ago. The Neurophenomenology Center is engaging many students and faculty in research aimed at better understanding the neuroscience of spiritual life and spiritual practices. We've awarded

eight new Diversity Scholarships, bringing amazing students into our community. Our support for faculty research is stronger than ever, and we have established a new dissertation scholarship in honor of ITP co-founder Jim Fadiman. The Robert Frager Founder's Circle continues to grow as loyal, committed benefactors like you make the heartwarming decision to include ITP in their estate plans.

And yet, with all of these wonderful advances, our students face unrivaled economic pressures due to the world financial crisis. Their courage and perseverance in the face of these challenges is inspiring. We want to do more to help them and need your help to do so. **Your additional contribution (of any size) to the new student hardship fund can make all the difference between a student's ability to stay in school.**

Thank you for all you have done to make ITP such a vibrant and important place. Your support, together with the dedicated efforts of students, faculty, staff, and our Trustees, is helping to change many, many lives in wonderful ways.

Warmly,
Tom

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 Sun Circle Photos Heather Hunt

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

THE WISDOM OF HUSTON SMITH

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Huston Smith's authority is grounded in deep experience and long standing practice—a voice to be trusted and admired. It's clear I think a lot of Huston Smith. And I want you to know that he thinks a lot of you, too. In fact, he has said that, "Psychology today, outside of ITP today, is mundane. It's all on a beginning level."

Excerpts from Huston Smith's speech August 26, 2009:

On oneness, multiplicity, and love:

Think of it this way: imagine yourself looking out on a cloudless sky through a transom which has two bars vertically and two bars horizontally. As we look out through this transom, there are nine pieces of sky. Of course we know this is not the case... it's just the transom that divides the sky this way. Now I come to the astonishing discovery of science, which is that there is multiplicity on this side of the transom, where in reality there is only one and no division. . . So, in reality, we are all, dare I say, the same person. A single person?! That sounds bizarre, and I don't think we welcome that fact. Because how can there be love if there is only one person? So, the point is we're on this side of the transom, and we should make the most of it, rejoice in the multiplicity and saturate others with love to the greatest extent possible.



Tom Potterfield and Huston Smith

On mystery:

We sort of take our world for granted and think that well, we know a lot about science, astronomy, and all that. But what we eventually realize is that we understand very little. How is it that a bowl full of grey matter can think? No other matter in our body can think, so how is it that that can? Noam Chomsky said: "We do not know, and we will never know, and if we did know the answer, we probably would not understand it." So, we've learned some things, and we understand a few things we didn't understand before, but these are small islands in a sea of mystery. And, it induces in us a becoming humility as well as gratitude, where it's oceanic what we don't know.

On the so-called "perennial philosophy":

I have been a lifelong student of the world's wisdom traditions. I may have been the first to use the term perennial philosophy to refer to wisdom traditions. Some may have misunderstood this. Each religion is like every other religion and also different from every other. I use the word esoteric for inner and exoteric for outer. Like a walnut, inside is a kernel and outside is a shell. Kernels are all alike, and they all proclaim God and "do unto others as you would have them do unto you." Obviously they are not carbon copies of each other. For example Christianity is Trinitarian, but Islam and Judaism is Unitarian. However, when someone prays or meditates we tend to think of it as a spiritual practice regardless of their intention.

On atheism and those who challenge belief:

When I meet an atheist, and they are not reticent in introducing themselves, they tend to put me in my place. I meet them and shake hands, and they say "I am an atheist." My first response is "God bless you!" And my second response is: "'A' is a negative. In Greek it means 'not.' A gnostic knows, but an agnostic does not." My second remark is this: "Tell me, describe for me, the God you don't believe in, because chances are I don't believe in that god either!" I have a final response to the atheist: "I wish you well, but to tell the truth, I feel a little sorry for you, because life is not easy. It is filled with hard knocks, rocky roads, steep climbs, and if you want to go it alone, again I wish you the very best and success for a happy life. However, I reach out to lend a helping hand."

On his daily religious practice:

Every day I get up, dress, and sit in a comfortable chair for about 20 minutes. I begin by praying, first of all, for those of my associates that I know are in trouble. One of them has cancer, and I pray for her, and another is in later life and is fearing that he has not strength enough to face the day. So I pray for them. That is intercessory prayer. Then I pray for the members of my extended family, and it must be naming about 15 to 20 and praying that they will have health and a good day. Finally I pray for myself. A good part of that is a prayer of gratitude that I am even alive at the age of 90. I have osteoporosis, which is awkward, but I am fairing very well. People say that I am disgustingly healthy, and so I must say on an average day I will find bubbling up in me, "Oh, God, you are so good to me," throughout the day. When I go to bed and

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CREATE *YOUR* LEGACY JOIN THE ROBERT FRAGER FOUNDER CIRCLE



Alumnus French Harris and his wife Margo Harris included a bequest to ITP in their will. "We wanted to share the abundance of our lives by giving from what we've accumulated over our lifetime. We are happy to know our gift will help ensure the future of ITP and leave a legacy for coming generations."

~French & Margo Harris



Alumna Marie May has had a dream for ITP since she arrived as a student. "My vision is that ITP pays all PhD students to study, train, and do groundbreaking research (via living and education stipends). In addition to a monthly gift to ITP's annual fund, I've also named ITP in my will to receive a percentage of my estate for the endowment fund. I feel profoundly touched and grateful. I helped co-create this endowment fund and am so excited to leave a large portion of my financial legacy, even as I am still building it, to pay future students to do their graduate work. This is literally a dream come true for me."

~G. Marie May



Alumnus Loic Jassy added ITP to his will. "It took about ten minutes to write a codicil to my will that included ITP as a beneficiary. It was a quick and easy way to make a major gift to ITP with no immediate financial impact. I feel really good about giving back to ITP, which has given me so much, and I encourage other ITP alumni to join me."

~ Loic Jassy

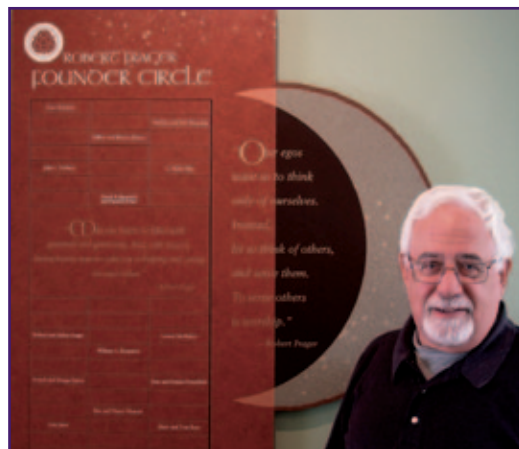
Join Today...

If you have named ITP in your estate plans, you will be welcomed into the Robert Frager Founder Circle. As a member, you will receive:

- A memento of membership
- Your name on the wall of honor in the ITP Lobby*
- An invitation to the Annual Robert Frager Founder Circle Gathering
- Regular reports on the progress of the Institute from the Department of Gift Planning
- Invitations to a variety of events that will help the Institute continue to grow and to benefit from your wisdom

*If you prefer to remain anonymous, we are happy to honor your wishes.

To become a member of the Robert Frager Founder Circle, or for more information, contact Tracy Byars, Director of Gift Planning and Advancement at tbyars@itp.edu or call 650 493-4430.



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.

AUDITED FINANCIAL REPORT FOR FISCAL YEAR JULY 1, 2008 – JUNE 30, 2009:

ENROLLMENT SNAPSHOT

(by head count)

	9/1/09	9/1/08	9/1/07
Residential PhD	148	189	207
Residential MA	127	119	100
Global PhD	89	86	83
Global Cert/MA	112	112	90
Total	476	506	480

Over the last six to seven 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: 2002-2009

ITP: 74%

State-Wide Average: 62%

Board of Psychology Examination for the Professional Practice of Psychology: 2001-2008

ITP: 74%

State-Wide Average: 63%

Board of Psychology California Psychology Supplemental Examination: 2001-2008

ITP: 91%

State-Wide Average: 80%

FUNDRAISING SNAPSHOT

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

FY07	FY08	FY09
\$305,496	\$578,241	\$441,827

Total number of donors: 164
(75 Alumni donors – 4% of alumni)

Percent Board who give: 100%

Average Board Gift: \$1,509

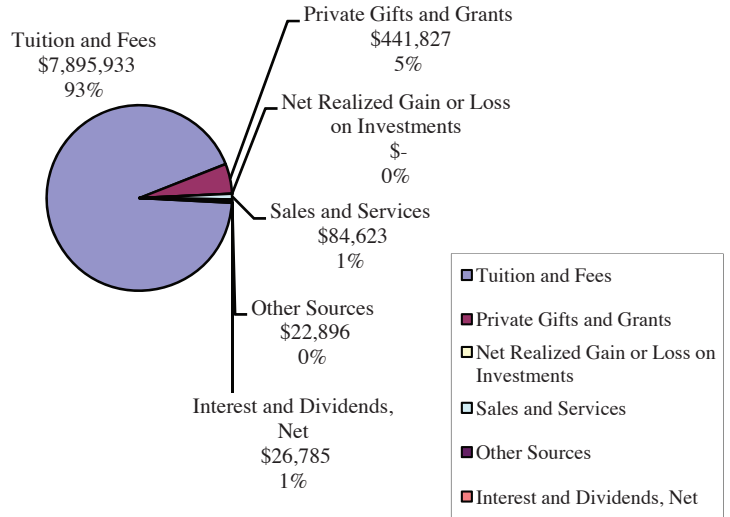
Total Scholarship Funds Raised: \$137,751

Total Scholarship Funds Allocated: \$95,777

Center for the Divine Feminine Scholarship Awards: \$9,000
(NOT included in above total).

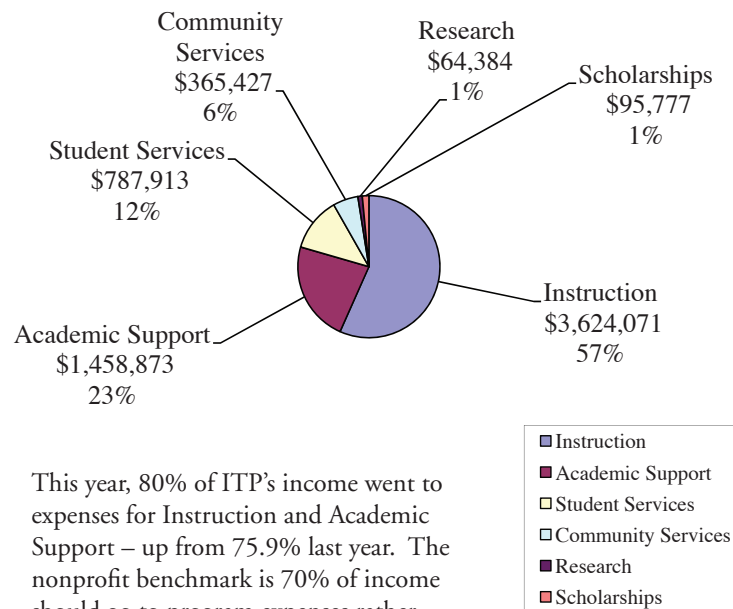
Scholarships were awarded to **three** ITP students to support their work in the area of the Divine Feminine.

ITP INCOME BY SOURCE YEAR ENDING 6/30/2009



This year, private gifts and grants amounted to **\$441,827** or 5% of ITP income. Last year, private gifts and grants amounted to **\$578,241** or 7% of ITP income.

ITP PROGRAM SERVICES EXPENSES YEAR ENDING 6/30/2009



This year, 80% of ITP's income went to expenses for Instruction and Academic Support – up from 75.9% last year. 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, 2009 with Comparative Totals for the Year Ended June 30, 2008

	2009				2008
	UNRESTRICTED	TEMPORARILY RESTRICTED	PERMANENTLY RESTRICTED	TOTAL	TOTAL
REVENUE AND SUPPORT:					
Tuition and Fees	\$ 7,895,933	\$ -		\$ 7,895,933	\$ 7,058,690
Private Gifts and Grants	49,836	387,491	4,500	441,827	578,241
Net Unrealized Gain on Investments	-	-	-	-	(31,864)
Sales and Services	84,143	480		84,623	101,638
Other Sources	10,496	12,400		22,896	59,825
Interest and Dividends, Net	21,900	4,885	-	26,785	101,076
Total Revenue and Support	8,062,308	405,256	4,500	8,472,064	7,867,606
Net Assets Released from Restrictions	298,156	(298,156)	-	-	-
Total Revenue, Support and Net Assets released from Restrictions	8,360,464	107,100	4,500	8,472,064	7,867,606
EXPENSES:					
Program Services:					
Instruction	3,624,071	-		3,624,071	3,168,148
Academic Support	1,458,873	-		1,458,873	1,296,347
Student Services	787,913	-		787,913	725,592
Community Services	365,427	-		365,427	260,533
Research	64,384	-		64,384	60,872
Scholarships	95,777	-	-	95,777	95,132
Total Program Services	6,396,445	-	-	6,396,445	5,606,624
Supporting Services:					
Management and General	1,197,092	-		1,197,092	1,053,670
Fundraising	353,466	-		353,466	348,517
Marketing	408,068	-	-	408,068	376,254
Total Supporting Services	1,958,626	-	-	1,958,626	1,778,441
Total Expenses	8,355,071	-	-	8,355,071	7,385,065
CHANGE IN NET ASSETS	5,393	107,100	4,500	116,993	482,541
NET ASSETS, Beginning of Year	3,381,775	844,017	22,170	4,247,962	3,765,421
NET ASSETS, End of Year	\$ 3,387,168	\$ 951,117	\$ 26,670	\$ 4,364,955	\$ 4,247,962

ITP HONORS 2008-2009 SUN CIRCLE DONORS

(SEE DONOR LIST ON PAGE 6)

Fifty-five of ITP's biggest supporters enjoyed a celebratory dinner on September 11, at the Garden Court Hotel in Palo Alto. In his welcome address, Board President Jeff Keimer noted that, "Membership in the Sun Circle has grown 28% since its inception three years ago." Sun Circle donors give \$1,000 or more per year and enjoy the benefits and privileges of this select group.

In his opening remarks, ITP President Tom Potterfield spoke to the assembled crowd via telephone. "In September each year," he said, "we take stock of what we have accomplished together over the past year and of the difference each of you has made in ITP's ability to fulfill its mission to foster wisdom, health, and wholeness here and around the globe. It is our distinct pleasure tonight to show you how important you are to us and ultimately, to the health and well being of others."

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Chris von Bogdandy, Board Advancement Committee Chair, presents Bob Frager with a Sun Circle gift.

BOARD OF TRUSTEES:

Barbara Butts-Williams Ph.D.
Terrence Connelly, J.D.
Robert Frager, Ph.D.
J. Manuel Herrera, M.A.
Loic Jassy, Ph.D.
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Ben Mancini, Ph.D.
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Ann Gila, M.A.
John Mabry, Ph.D.

HONOR ROLL OF DONORS: JULY 1, 2008 - JUNE 30, 2009

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 of you for gifts of any size and for your 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, published annually each year in November, includes only donors who have made gifts in the previous fiscal year ending June 30.

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 267 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 at 650-493-4430 x 267 or tbyars@itp.edu.

The following individuals and organizations have made gifts to ITP between **July 1, 2008 and June 30, 2009:**

SUN CIRCLE

PHILANTHROPIST

(\$100,000 and up)

Richard A. Bogard
Mary & Tom Rees

HUMANITARIAN

(\$50,000 - \$99,999)

Joan & Bill Porter

CREATOR

(\$10,000 - \$24,999)

Betsy Gordon Foundation
John Dodson
Silicon Valley Community Foundation
Spitzer Family Foundation
Zimmer Family Foundation

INNOVATOR

(\$5,000 - \$9,999)

Tracy Byars
Deborah & Osmond Crosby
Jeffrey & Marcia Keimer
Lloyd Symington Foundation
Christian von Bogdandy

SPONSOR

(\$1,000 - \$4,999)

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Sally & Dominic Cappucci
Terry Connelly
Robert & Ayhan Frager
Marybeth Guerrieri
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Los Altos Rotary Club
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Craig & Laura Schlarb
Steven & Elaine Schmitz
Fred Segal
Kate Wolf-Pizor & Jim Pizor
Paula Yue

GUARDIAN

(\$500 - \$999)

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Eunice Cox
Jim & Dorothy Fadiman
William Gibbons
Dianne Jenett
Mountain View Rotary
Endowment
Lynn Myhal
Peter Neustadter
Michael Ray
Duncan Riach
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(\$120 - \$499)

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Tracy Boynton
William Braud
John Cauble
Aneel Chima
Jocelyne Coulon
Mary Culberson
Richard & Pamela Davison
Jan Fisher
Sophie Giles
Sharon Hamrick
Myrtle Heery
Peter Hirose
Loic Jassy
Olga Louchakova

David & Christel Lukoff

Marie May
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Fabrice Nye
Sean O'Laoire
Belinda Runas
Judy Schavrien
Conchita Serri
Joan Vyverberg-Cole
James Wood
Suzanne Young

SCHOLAR

(Up to \$119)

Judith Adams
Richard Adams
Sharon Allen
Melanie Allison
Anonymous
Lauren Artress
John & Emily Axtell
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Gloria Beard
Elizabeth Bowden-Smith
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Aimee Campbell	Ann Hillen	Laurie Quintel	Barbara Stephan
Chris Dryer	Marsha Johnson	Paul Rebillot	Charles Tart
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Robert Evans	Nancy & John Klimp	Jamie Reudink	Sara Todd
Rosine & Norman Ferber	Jane Leiby	Marlise Riffel	Sharon Usher
Sandra Fisher	Sarah Lemos	Mildred Robinson	Marilyn Veltrop
Yolanda "Lolly" Font	Deanna Lesea	Nancy Rodriguez	Miles Vich
Greg Galati	Brigitte Lindsey	Ryan Rominger	Carole & James Vincent
Lynne Goodhart	Charles Lonsdale	Juanita Rosene	Jenny Wade
Ted & Cheryl Goodrich	Mary Lunsford	Barbara & Kent Rossman	Mordehai & Hana Wosk
Andrew Green	Jeanne Marsh	Donald Rothenberg	Bing Zuo-Dittmer
Diana Gross	Linda Masterson	Nancy Rowe	
Pamela Henderson	Mark McCaslin	Laura Schroeder	
J. Manuel Herrera	Sherilyn Morrison	Debbi Scott	

ITP HONORS 2008-2009 SUN CIRCLE DONORS

continued from page 5.

Mary and Tom Rees were honored for their role in supporting the new **Community Center for Health & Wellness (CCHW)**. "The Center has grown exponentially in its first year and is now serving 85 clients a week," reported Tracy Byars, Director of Gift Planning & Advancement. The CCHW offers a variety of services at a sliding scale, and no one is turned away for lack of funds. As this newsletter goes to print, the CCHW has already exceeded 100 clients per week.

Violet Spitzer, of the Spitzer Family Foundation, was recognized for her generous support of the new **Neurophenomenology Research Center (NPRC)**. Over the past year, the center has expanded, and faculty and students have been trained to use sophisticated EEG equipment to measure brain waves and conduct research aimed at better understanding the neuroscience of spiritual life and practices. "Seed funding from the Spitzer Family Foundation has enabled us to take a scientific approach to transpersonal psychology," reported Dr. Olga Louchakova. "And, we are now seeking funding from the National Institute of Health (NIH) in support of research into the effects of visual meditation on adolescents with ADHD."

Dick Bogard was acknowledged for his heartfelt and generous support of the **Diversity Scholarship Fund**. "Of great personal joy to me," said Tom, "we have witnessed our diversity scholarship recipients flourishing and moving closer to their goals." ITP awarded six diversity scholarships to members of last year's incoming classes, and eight scholarships to incoming students this year.



Dick Bogard (MATP '81) and Iris Fraser

Joan Porter was honored for her support of the **Center for the Divine Feminine** and the **Women's Spirituality Masters** program. Tracy Byars reported, "ITP's commitment to the exploration and application of the theories and practices of the sacred feminine expanded enormously last year with the inclusion of a new Master's degree program in Women's Spirituality. It has quickly become one of the school's strongest and most popular programs."

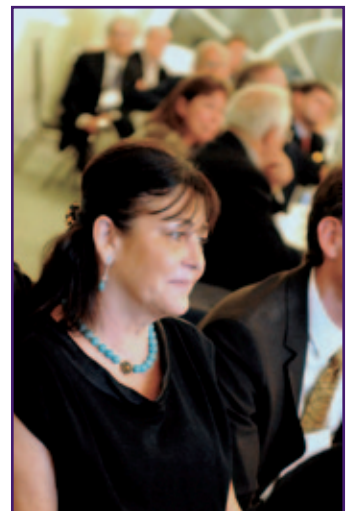
Thanks to the generosity of our donors over the past year, ITP also:

Initiated the **John and Sue Dodson Faculty Research Fund** to provide needed seed funding for promising research projects of ITP faculty. "We awarded eight faculty research grants this spring," reported Tom, "and we anxiously await the results of these studies."

Welcomed 15 members to the **Robert Frager Founder Circle**, to honor them for making a planned gift to ITP. Ms. Byars explained, "Planned giving will lay the foundation for the sort of endowment this school deserves and needs."

Launched the **James Fadiman Scholarship Fund**, to support students who are working on dissertation research that is in alignment with the educational values Jim holds most dear.

Tracy Byars summarized the acknowledgments with the following remarks: "All this, and we're only hitting *some* of the highlights. There are so many things going on at ITP, and so many wonderful reasons to give. You have shown us you put your money where your heart is... and we are truly, deeply, grateful. Thank you!"



Violet Spitzer of the Spitzer Family Foundation

If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people”

—CHINESE PROVERB

NEED A WEBSITE FOR YOUR PRACTICE?

TherapySites (www.therapysites.com) specializes in websites for therapists that are professional, affordable, and effective.

Use promo code “PromoITP” to get one month free (\$59/month hosting thereafter).

TOP SEVEN REASONS TO STAY IN TOUCH:

Promote yourself and your practice.

Receive client referrals through ITP.

Be listed in the Transpersonal Therapist and Practitioners Directory.

Stay connected to your cohort mates and to the ITP Community.

Check out books, audio tapes, CDs, videos, and DVDs from the library.

Access subscription databases from the library’s Computer Lab.

Receive discounts for:

- ITP events
- ATP journal and database (within the first year of graduation).
- Outside services such as coaching and body work.
- Auditing classes (both Residential and Global).

FOR MORE INFORMATION, EMAIL ALUMNI@ITP.EDU

LETTER FROM THE ITP ALUMNI ASSOCIATION CO-PRESIDENTS

The Alumni Association is here not only to help maintain your connection to the ITP community, but to help promote you, your practice, your services, your endeavors. Some of the ways we do this are by offering:

To promote YOUR event or workshop (anywhere in the world) on www.itp.edu. Email alumni@itp.edu with your event information.

Continuing Education Workshops: Visit www.itp.edu/academics/cedschedule.php for event listings.

Website design and hosting from TherapySites (www.therapysites.com), which specializes in websites for therapists that are professional, affordable, and effective. Use promo code “PromoITP” to get one month free (\$59/month hosting thereafter).

A client referral source: Email alumni@itp.edu to be sure you’re listed in our Transpersonal Therapist and Practitioner Directory.

We are committed to supporting you as you bring your unique gifts and transpersonal education to the world. If you have additional ideas for how we might do this, please email us at alumni@itp.edu.

We’re here to help. We’d love to hear from you!



Valentine McKay-Riddell, Ph.D.
Alumni Association Co-President



Lisa J Ferguson Arthur, M.A.C.P.
Alumni Association Co-President

P.S. Mark your calendars for the ITP/ATP Conference next February 12-14, at Menlo College in Atherton, and join us for the Alumni Association sponsored lunch on Saturday, February 13th. Join us for the day or the entire conference! Watch for more details via email.



LISA J FERGUSON ARTHUR & VALENTINE MCKAY-RIDDELL

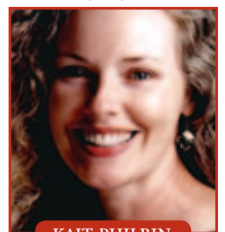
ALUMNI IN THE NEWS:



AMYEN EVERT

Amyen Evert (MACP ‘09) is the CEO of California Women Empowering Women (CAWEW) and is currently providing counseling services at ITP’s Community Center for Health & Wellness. Ms. Evert is a lifelong advocate of women’s rights, and in her counseling practice (www.stresstherapypaloalto.com) she specializes in helping women build self-confidence and develop coping skills to reduce stress in their lives. Her nonprofit, CAWEW, provides desperately needed resources and funding to accomplish a dual-mission: 1) Equip SARTs (Sexual Assault Response Teams) with necessities to continue their excellent work with survivors of sexual assault; 2) Raise awareness of and funding to clear the backlog of untested DNA evidence kits from unsolved sexual assaults in California, thereby bringing rapists to justice and providing closure for survivors and their families. For more information visit: www.cawew.org.

Kait Philbin (PhD ‘08) presented at the Symposium on Yoga Therapy and Research (SYTAR) last March in Los Angeles, CA. Her presentation was titled: A Therapeutic Model for Grief and Bereavement: Exploring the Efficacy of a Transpersonal Multidimensional Protocol. She also recently had an article published in the *International Journal Of Yoga Therapy* titled,



KAIT PHILBIN

SPOTLIGHT ON ALUMNA JEAN SCHELLENBERG (PHD '98): KEEPING THE SPIRIT OF CREATIVE EXPRESSION ALIVE



JEAN SCHELLENBERG

When Dr. Jill Mellick offered the first creative expression course at ITP in 1988, the Institute began a new direction in developing students' human potential. Since then, many students have connected with their spirituality and artistic talent through

creative expression courses.

That new course beginning, 17 years ago, became a creative miracle for Dr. Jean Schellenberg. Jean used the course to open an unrealized horizon in her own psyche. She began drawing her dreams and discovered a "special freedom" in her paintings. At that time, Dr. Mellick described that freedom as "an ability to go into dark places in the psyche while maintaining a strong, compassionate witness consciousness."

Jean had indeed discovered "magic." Dr. Mellick described Jean "as painting from the heart," and helped Jean validate "a well-developed capacity to let go of one image and move into the next, in both movement and painting, too." In 1992, Mellick told Jean, "My greatest hope is that you will allow the riches that you have unleashed to continue to carry you in your journey. Blessings! Keep on with this work. It is a natural for you."

Jill Melleck's support led Jean to create a one-woman, one-month art show, *Faces, Survival, and Rebirth*, at St. Michael's Art Café in Palo Alto. Over 60 people attended the reception, with Genie Palmer on auto harp and Barbara Tenor on harp accompanying Jean as she read poetry written for each painting.

Excitement about painting led Jean to a creative expression internship during the 1994-95 school term, with Dr. Mellick as her supervisor. Reflecting on the internship experience, Jean's final paper led to the focus of a show held at ITP's library: *Opening to Grace: Walking with Images in Everyday*

Life. Dr. Schellenberg was thrilled that the show encouraged so many ITP students to include the "artist" in creativity and psychology. It was a joy to inspire others, and it soon led other students to display their art on ITP walls.

For Jean, painting is fun, playful, and revealing. "When I paint," Jean says, "I lose track of time; I go into a non-ordinary state of consciousness that is simply wonderful! The process of painting is everything. What happens inside is a miracle of healing, a unique exploration of the unconscious. I don't completely understand what happens in that state, but I know it's magic!"

**"The process
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Today, Dr. Schellenberg still paints regularly. She uses abstract expressionism to depict important transitions and transformations in her life. In Jungian analysis herself since 1992, Jean takes her paintings to her therapist's office to process life events. Her therapy office in Portola Valley is full of toy miniatures for patients to use in sand play therapy.

At her home, she converted an 8-foot by 8-foot storage shed into a sacred space studio with a skylight. There she continues to paint with her friends and three grandchildren. Dr. Schellenberg says that her greatest joy comes from painting and helping patients unleash the energy of their highest potential in creative, joyous ways.

Grateful for ITP's support of student artists and musicians, Jean believes, "The world would be gray without artists; we need art to energize our souls, stretch our minds, and brighten our world."



Transpersonal Integrative Yoga Therapy: A Protocol for Grief and Bereavement.

Steven Schmitz (PhD '09)

is promoting internationalism in the field of Transpersonal Psychology as Interim Director of ITP's World Wide Learning Exchange



STEVEN SCHMITZ

(WWLE) while Dr. Louchakova is on sabbatical. Steven works with Vladimir Maykov, Ph.D., (President - Russian Association of Transpersonal Psychology and Psychotherapy) and others as an Executive Committee member for the 2010 International Transpersonal Association Conference in Moscow. In October, Steven will be presenting at the 2009 EUROTAS Conference in Milan, after which he is invited to give talks and workshops in Russia and Moldova. He recently joined the board of the Association for Transpersonal Psychology (ATP). In the fall, he will be conducting post-doc shamanic research at ITP's Neurophenomenology Research Center. For more about Steven, please see Classnotes on page 11.



THE WISDOM OF HUSTON SMITH

continued from page 2.

turn off the light, I pray again for my associates who are in trouble and pray for my family members, and then I hit the pillow, and I am out.

On what is important:

What is important: salvation is! It needs to be... but salvation: saved from what? T.S. Eliot, one of my favorites, said he lived his life out a little teaspoon full at a time. We are so involved in all the details of what we need to do during the day – a teaspoon full – that we lose sight of what is important. We need to grow in understanding of the important factors of life, the understanding of priorities and how we should use the limited time that we have. And how can we, day by day, through these little micro-activities, make the decisions and the efforts that will bring fulfillment to ourselves, to humanity, and to the world at large.

On evil:

I once was present when someone asked a wise Indian guru what is the nature, the function, and role of evil? He answered: “It thickens the plot!” Well, it certainly does; however, one can say several things about it. The cause of evil begins with putting yourself before other people. Part of that is basic: you have to feed yourself in order to have energy to then go on and feed the poor; so you put the spoon in your mouth and not in somebody else’s. The Japanese are very earthy, and they say, “No one else goes to the bathroom for you.” After that, to avoid evil, we should be turning ourselves to help others. The theological reason for evil is that we are sinners, but the basic element is that we sin by placing ourselves before others, and that sin plays out in evil. I may not be getting at the nub of it. Evil is deliberately and intentionally doing bad things to others, like a bully who picks on a puny weakling. It is simply tragic, but we are not angels. We are a mixed bag, and it is a waste of time to apportion out what percent we are good and what percent we are not.

CLASSNOTES

1980s

Leon Pyle (MATP '82, PhD '88) continued his studies at the California School of Professional Psychology, the Northern California Society of Psychoanalytic Psychologists, and the Oregon Psychoanalytic Center (Portland). He works with adolescents and adults in private practice in Ashland, Oregon, where he and his family now live. He is a budding farmer, currently growing olives for oil and apples for cider. This wonderful combination enriches him intellectually and keeps him literally grounded. His wife, Cathy DeForest, works as an artist, teacher, and mentor for young women from the local high school and university. His six children, each following their own paths, are scattered around the country.

1990s

Susan Hall (MACP '92) specializes in Craniosacral Therapy and SomatoEmotional Release work, bodywork that integrates her ITP skills and knowledge with hands-on body therapy. She has a private practice in Menlo Park in which she specializes in Biodynamic craniosacral work for people with chronic pain, illness, stress, or simply want to become more balanced. She is engaged to her longtime partner John and is happily (for the most part!) raising her wonderful 16-years-old son, Gabriel, now thriving at Summit Preparatory High School. The household is, of course, dominated by and centered on their lovable puppy, Abby. Susan’s life is very full and good.

Dianna Linn (MACP '95) is Director of Clinical Services - East Bay Agency for Children. She has a private therapy practice in Redwood City, and she is an adjunct faculty member at ITP. Dianna follows her interest of working with children and families, trauma recovery, and creating therapeutic environments (e.g. classrooms, shelters).

Bret Stephenson (MATS '95) creates projects and programs through his non-profit, Labyrinth Center. Bret is also heading off into digital curriculum design for youth in several ways. He is redesigning youth curriculum into a modern, digitally-driven format that should appeal to teens. He is writing his second book, tentatively titled: *The Undercurrents of Adolescence: Tracking the Invention and Evolution of Adolescence & Delinquency Through Classic Cinema*. He enjoys teaching, training, and speaking about what he is doing, and above all, he simply wants to help more teens.

Stefan J. Malecek (CERT '96, MATP '98) completed his latest book earlier this year, *Crucible of Shame: Recovering from Addictions and “Mental Illness,”* about the crucial foundation of shame for both addictions and “mental illness.” In the book, he fosters Thomas Szasz’s concept of “mental illness” being socially constructed by contemporary culture,

which seeks to “commodify” and exploit everything. He further relates the permanent war economy to the “corporatization” of consciousness, which fosters addictions through ever greater alienation of the citizenry from itself and Nature. Stefan is starting a private practice as a fee-for-service VA provider and a state-certified DUI Rehabilitation provider. His practice is non-medical model oriented, rather it employs a trauma model and discourages the use of all psychiatric drugs. He has a referral source for physician-medicated titration and detox off these dangerous, brain-damaging, and potentially life-threatening substances. He uses strictly transpersonal, humanistic, client-centered approaches he refers to as “self-redemptive” or “self-rehabilitative,” because he believes clients are ultimately their own best therapists.

Perrin Elisha (MATS '99) received her doctorate in depth/clinical psychology from Pacifica Graduate Institute and received her license as a clinical psychologist. Recently, she became a candidate at the New Center for Psychoanalysis. Her dissertation “Psyche/Soma in Psychoanalytic Discourse” explores a special interest in the mind-body and spirit-matter relationship in psychoanalytic theory and practice. Her book titled “The Body on the Couch” will be published through APA associated press. She sits on the planning and organizing committee, and is a faculty member with the Los Angeles Eating Disorders Study Center and NCP Eating Disorders training program, which offers a 30-week advanced clinical training in treating eating disorders from an integrated psychoanalytic and medical perspective. Perrin maintains a private practice in west Los Angeles, treating adults in psychotherapy and psychoanalysis. Many present with body related issues that she addresses psychologically. She was a former staff member with the Susan B. Krevoy Eating Disorders Program and specialized in the treatment of eating disorders.

2000s

Rosie Kuhn (PhD '01, MATP '97) is beginning her ninth year in October, as instructor of the Transformational Coaching Training Program at ITP. A few seats are still available for those interested in attending this outstanding coaching training program and or in participating in a community that truly supports and empowers transformation. Rosie’s book, *Self-Empowerment 101*, has given her credibility in all areas of coaching, and she is becoming a forerunner of executive and corporate transformational coaching. Her well-attended Wonderful Women’s Retreats in Colorado and Orcas Island are expanding this spring to include the Bay Area. For more information about Rosie, her training program, and events go to www.dr-rosie.com.

CLASSNOTES *continued*

Richard Hill (MACP '03, PhD '03) was honored by The Sydney M. Jourard committee of the APA recognition of his doctoral dissertation, *Mountains & Mysticism*, and asked him to present it at its 2004 annual convention in Hawaii. Now Richard is Executive Director of Company for Healthy Living (CHL), a non-profit that mostly serves people who cannot afford to pay full fee. CHL have 4 California-licensed clinicians, all Ph.D.s. CHL acts on client referrals, people calling CCSJ, referrals from other county and state programs, and other professionals whose clients cannot pay full fee.

Renee Sanguinetti (MACP '03) has worked at Momentum for Mental Health for the past five years, helping adults with severe mental illness and running a variety of therapeutic groups. Renee just launched her private practice called Sanguine Counseling, where she specializes in encouraging self-expression through art, movement, drama, and voice for improved self-esteem and empowerment. Her interests are reading, yoga, and travel.

Guy Albert (CERT '98, MACP '00, PhD '05) is in private practice in Berkeley, CA, working with children, adults, and families. He is a candidate in training at the CG Jung Institute of San Francisco. Guy teaches in the ITP Global Programs and is the clinical director of a gerontological services program. His clinical and psychological work experience has included geropsychology, child counseling program development and management, and case management of people with HIV/AIDS. He continues to be involved in research and writing efforts. His dissertation was a phenomenological exploration of the spiritually positive resolution of mental health crises. He presented his findings at the 2005 APA Convention in Washington, DC. Some of his other interests include Sweat Lodge, Vision Quest, drumming, yoga, and meditation.

Marla Estes (CERTS '03, MATS '05) has taught film classes at Southern Oregon University Extension and other venues. The classes included "Exploring Women's Themes Through Film," "Exploring Romantic Love Through Film," "Exploring Sexuality through Film," "Exploring Father/Daughter Relationships Through Film" and "Exploring Shadow Through Film." She has taught classes and workshops without film, such as "Exploring Paradox," "Transforming to Authenticity: Shadow, Defense Mechanisms and Self-Love," and "Coming Back Into Our Bodies." She hosted a film night and discussion group twice a month at Rogue Valley Metaphysical Library and co-facilitated an Enneagram class, where one Enneagram type a month is featured through film. She recently won Honorable Mention for "Reunion" in the Kay Snow writing competition for Adult Non-Fiction and has had several articles published, available on her website: www.marlaestes.com. She volunteers at a high school alternative program, teaching topics of a psycho-spiritual nature. Her favorites have been "The Stud vs. Slut Debate," defense mechanisms, shadow, and sociology based on the Milgram and Zimbardo experiments. Her current interests are about the Battle of the Sexes, female desire, and male psychology.

Steven Schmitz (PhD '09) (Transpersonal Psychology, TERS), graduated with the class of 2009 after finishing his dissertation: "The Therapeutic Use of the Shamanic Journey: Lived Experience and Psychospiritual Outcomes of Learning an Ancient Spiritual Practice." Since then he has been actively advancing his career. He continues a private practice (shamanic counseling, spiritual guidance, and dream work), facilitates shamanic journey circles at ITP, and at Integrated Healing Arts, holds drum circles and offers shamanic workshops internationally. (For more info about what Steven is doing to promote internationalism in the field of Transpersonal Psychology, see Alumni in the News.) Steven recently held a labyrinth dedication at the spiritual sanctuary he built on his property, which currently contains a labyrinth, medicine wheel, rose peace garden, Christian grotto, pagan (Celtic/faerie) orchard, and Tibetan Buddhist meditation corner.



L-R: Clarkie Conant, Ursula Moore, Donna Potterfield and ITP alumna, Joan Porter.



2009 Graduates, L-R: Allison Perry, PhD; Joanne Hitchcock-Bridges, PhD; Marilyn Graham, PhD; Ann Little, PhD.



2009 Graduates "pass the flame" to current residential PhD students Sabibou Oumarou, April Topfer and Kim Jeska.



2009 Clinical PhD grads celebrate!



INSTITUTE OF TRANSPERSONAL PSYCHOLOGY

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UPCOMING EVENTS

FOR EVENT DETAILS, PLEASE VISIT WWW.ITP.EDU/CALENDAR.PHP

ANNUAL HARVEST POTLUCK AND TALENT SHOW

Friday November 13, 2009 6:00 - 9:00 pm

Location(s): Ritual – 6:00 pm, Dojo; Dinner – 6:30 -7:30 pm, Samadhi and Gaia;

Talent Show – 7:30 - 9:00 pm, Great Sophia.

All are welcome!

PRIVATE PRACTICE DEVELOPMENT SERIES

Law and Ethics for Transpersonalists

Saturday, December 12, 1:00 - 4:00 pm

Great Sophia Classroom, ITP Campus

O'SENSEI'S LIFE & MESSAGE

with Professor John Stevens, 7th Dan

Enjoy demonstrations by Aikido masters, and a lecture with slide show by John Stevens featuring images of O'Sensei and his calligraphy

Sunday, January 10, 2010

2:00 - 4:30pm – followed by a reception in the lobby

Location: Mountain View Performing Arts Center

Tickets available at www.mountainview.gov/mvcpa/mvcpa.html

VICARIOUS TRAUMA AND THE MINDFUL THERAPIST

A Hakomi Perspective on Trauma

Saturday - Sunday, January 16 - 17, 2009

9:00 am - 5:00 pm

Gaia Classroom, ITP Campus

ITP/ATP CONFERENCE

Spirituality in Action: Bringing Transpersonal Psychology to a World in Crisis

Join your favorite ITP alums for the ITP Alumni Association sponsored lunch on Saturday

Friday - Sunday Feb 12, 13, 14, 2010

Menlo College, Atherton

Visit www.atpweb.org to register.



*Be green and help save paper.
Request this newsletter in
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