



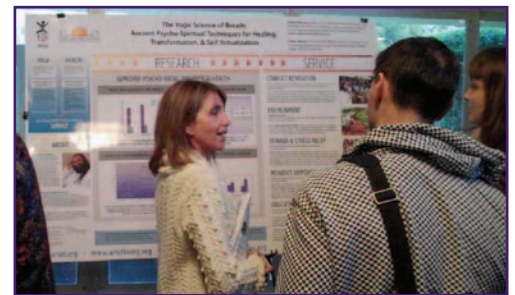
Connections

an ITP community newsletter Spring 2010

SPIRITUALITY IN ACTION: THE ATP-ITP CONFERENCE

BY ELAINE SCHMITZ

During mid-February's brief respite from a wet winter, the **2010 ATP-ITP Transpersonal Psychology Conference** convened at Menlo College in Atherton. Greeted by the California sun, Transpersonal Psychology's luminaries, students, practitioners, and supporters gathered from across the country and around the world to participate in plenary keynotes, panels, breakout workshops and presentations, and an hour-long poster session. This event was notable for its overwhelming abundance of engaging and rich information and experiences, amply covering its themes: Advancing Transpersonal Psychology; Bridging North/South perspectives; Living Socially Engaged Spirituality; Exploring Global Consciousness; and Linking Ecology, Psychology, and Spirituality.



Ronnie Newman presents at the poster session.

The proceedings were enlivened by several community events. The conference opened and closed with chanting. Saturday events included a delicious ITP Alumni Association-sponsored luncheon and three evening soirees. They included a documentary, "WAKE UP! Exploring the Potential of Lucid Dreaming," produced by ITP doctoral candidate Chris Olsen and Kira Sass; a poetry slam emceed by Don Eulert, Ph.D.; and a spirited drum circle led by ITP alumnus/ATP board member, Steven Schmitz, Ph.D. The Alumni Association luncheon included a guided meditation led by ITP alumnus and board member, Loic Jassy, Ph.D.

Charles Tart, Ph.D., professor at ITP, set the stage for this informative and thought-provoking convocation with his introductory presentation about the predominance of materialistic scientism against the promise of Transpersonal Psychology and the reality that humans are spiritual beings. His inspirational talk was followed by a presentation by Marilyn Schlitz Ph.D., President and CEO of the Institute of Noetic Science, on conscious transformation in everyday life. Her practical explanations of the model, goals, and steps to transformation, along with Dr. Tart's

continued page 6

FROM PRESIDENT TOM POTTERFIELD TO YOU



Dear Friends,
Spring in the Bay area is gorgeous. The hills are still green from the winter rains while the sun is warm and trees and flowers are blooming. Everything feels

fresh, rich, and fertile. Just like ITP!

Despite the continuing struggles of our economy, we've had a wonderful year, with major events like the "Spirituality in Action" conference that we co-hosted with the Association for Transpersonal Psychology (see above) and a terrific program on the historical and philosophical roots of Aikido (see page 10). In addition, we've completed our first year of research under the John and Sue

Dodson Faculty Research Grants (page 2) and are beginning to see results.

Both ITP faculty and students are making us proud by winning awards, publishing to great acclaim, and taking leadership positions in key organizations affecting the future of the school. See Alumni, Faculty and Student Accomplishments (pages 8 & 10).

As planned, our Community Center for Health and Wellness is now serving over 100 clients weekly, and I am delighted that we now have 22 members of the Robert Frager Founder Circle – those who have made a provision in their will for ITP, ensuring a long and productive future for the school.

Finally, we are honored to have Nobel Peace Prize nominee Dr. Helen Caldicott as our 2010 keynote commencement speaker. Dr. Caldicott is co-founder of Physicians for Social Responsibility and a leading

light in the anti-nuclear and environmental movements.

None of this progress would be possible without your generosity and commitment to the school. Your gifts to the annual fund, scholarships, or to the ground breaking research of our extraordinary faculty and students have tremendous impact. Some of you have included ITP in your estate planning. Others have supported the institute by referring clients to our counseling center, volunteering your time, or introducing us to potential donors. All of this helps tremendously and I am deeply grateful. You can indeed be proud of what you have helped to create here.

With warmest regards,

Tom Potterfield

TABLE OF CONTENTS

Spirituality in Action: The ATP-ITP Conference.....1
 Letter from the President.....1
 Responding from the Heart.....2
 Who Needs a Will? You do!.....3
 New Chair Brings Board Bright Ideas...4
 Mini-Grant Seeds Randomized Clinical Trial.....5
 WWLE: Transpersonal Psychology Around the World.....7
 Letter from Alumni Association Co-Presidents.....8
 Alumni Profile – Persistence Pays Off.....9
 Alumni, Faculty and Student Accomplishments.....10
 In Loving Memory.....10
 ClassNotes.....11

Editor in Chief Tracy Byars
Writer and Editor Elaine Schmitz
Design John Axtell
Layout and Printing Smythe and Son

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

RESPONDING FROM THE HEART:
 JOHN AND SUE DODSON FACULTY RESEARCH FUND

BY ELAINE SCHMITZ

Two years ago John Dodson walked into ITP, which has benefitted from his generosity and sage advice ever since. John has been instrumental in many advancement efforts during this relationship. He has provided advice from his years of fundraising, to such initiatives as the Diversity Scholarship Fund and Community Center for Health and Wellness. He believes his greatest contribution to ITP’s future is helping create the Robert Frager’s Founder’s Circle, a program for legacy gifts through bequests. His latest gift is the John and Sue Dodson Faculty Research Fund.



JOHN DODSON

Tom Potterfield comments on John’s work: “John Dodson came to ITP to provide expert advice on fundraising, his professional passion. As the research fund project unfolded, John’s connection to ITP’s community deepened, taking on great meaning. His kindness and generosity is a model for others. His gifts allowed us to implement a faculty grant program, which enriches the school and the field of transpersonal psychology, while providing John a wonderful way to honor his late wife, Sue. John’s a teacher, role-model, and most important, a friend.”

John describes himself as a responder, explaining, “I like responding to challenges posed to me. That’s how we can make a difference.” He believes ITP’s faculty is its most important asset. Since he was a college educator and Sue was a researcher, he knows that academic success, especially for younger faculty, depends on research opportunities. Inspired by the faculty research program at Cal State East Bay, ITP’s fund is John’s response to the need for research support at ITP. It provides a base for future foundation and government grants. John shares, “I’m delighted the faculty has already undertaken significant projects.”

“John’s a deeply spiritual man who believes in what we do. By sharing his passion, he significantly motivates people to support ITP.”

Seeing the grants put to good use has motivated him to give more. Since creating the memorial program, he has found 30 friends to donate to it. That is key to him: “When you establish a grant program, it’s important to invite others to join you, creating new givers to ITP.” Tracy Byars, ITP Advancement Director states, “John’s a deeply spiritual man who believes in what we do. By sharing his passion, he significantly motivates people to support ITP.”

The first recipients were announced in March 2009. They included Olga Louchakova, Genie Palmer, and Judy Schavrien. Grant recipient Ryan Rominger says, “I’ll present my near-death experience (NDE) research at the IANDS conference and publish it in the Journal of Near-Death Studies.”

“What a gift for my research,” Nancy Rowe, Ph.D. shares. “This financial support helped me begin researching the spiritual connection with the natural world and to gather and immerse myself in the data rather than simply transcribe it. I appreciate John Dodson’s generosity, which framed my sabbatical and continues to frame my research.”

Mark McCaslin, Ph.D., wanted to develop a formal Transpersonal Leadership theory in a set community. Tom Potterfield sought an ITP leadership model. Dodson created the fund as they shared their quests. McCaslin reports, “John’s gift linked our two desires.” Dr. Kathleen Wall’s research is covered on page 5.

WHO NEEDS A WILL? YOU do! DID YOU KNOW THAT MORE THAN HALF OF ALL AMERICANS DIE WITHOUT A WILL?

It's Either Your Will, or Your State's Rules



A will is your opportunity to help the people and organizations that mean the most to you; to sort out your investments, real estate, and other property; and to save taxes for your heirs. It's the most important opportunity you'll get in your life to tell the world what you want and how you want it done.

If you die without a will, your property will be taxed and distributed according to the rules and formulas of your state's "intestacy" law. Under that law no provision can be made to give extra assistance to a family member who needs it, to pass your stamp collection on to the friend who shared your interests, or to make a gift to your favorite charity. The rules are the rules:

Your Spouse: The state will pay your surviving spouse a fixed percentage of your estate. Without a will you won't be able to provide more or less.

Your Young Children: If you have minor children, you want to be able to choose the individuals who will serve as their guardians, should your death be untimely. If you haven't identified your choice in a will, the state will make that decision for you. In addition, without a will your minor children will likely be entitled to their share of your estate as soon as they turn 18, regardless of their ability to manage money.

Your Grown Children: If you die without a will, your children will each receive a portion of your estate, divided equally among them. Do you want to provide extra assistance for a child who is going to need it? Or, would you rather give less to a child whom you helped financially during your lifetime? Sorry, the state will not make these distinctions.

Your Grandchildren and Stepchildren: Many grandparents want to make estate gifts directly to their grandchildren. Without a will you won't be able to do that. And, unless you've legally adopted them, your stepchildren would also be excluded from the state's distribution of your assets, an invitation to resentment and hard feelings.

Your Personal Representative: Your personal representative (also called an executor in some states) is the person you have chosen to administer and distribute your estate. If you don't have a will, the court will name an administrator for your estate, who likely will have no incentive to save taxes or speed up distributions.

Your Favorite Charities: You have made contributions to certain charities over the years, are committed to the work they do, and have a stake in their future. Without a will, though, your support of those charities ends when you die.

Now, on a positive note, there is still time to make sure your wishes will be taken into account after you are gone. Begin to make your plans today. Who will get what? Does anyone need extra, ongoing care? Would a trust for young children or grandchildren be prudent? Next, consult an attorney, and get the job done. You will experience real peace of mind when your will is complete.

Already have a will? Now is a good time to review it. Take the time to make sure that your will still works the way you want it to.

When you write or re-write your will, please include a bequest to ITP. You will be building our future financial strength and helping to ensure that we will continue the work you value for generations to come – with a gift that costs you nothing during your lifetime.

This publication is intended to provide general gift planning information. Our organization is not qualified to provide specific legal, tax, or investment advice, and this publication should not be looked to or relied upon as a source for such advice. Consult with your own legal and financial advisors before making any gift.

Contact Tracy Byars
tbyars@itp.edu or
650-493-4430 x 267
for more information
including sample
bequest language,
a codicil template,
and a FREE copy of
Quicken's WillMaker
Plus 2008.

THINK YOU CAN'T MAKE A MAJOR GIFT? THINK AGAIN!

Brigitte Lindsey, Executive Assistant to six ITP presidents, recently added ITP to her will.



"For the past 22 years, ITP has been good to me. Putting ITP in my will is my way of paying that forward."

Make a gift that costs nothing during your lifetime...

Board of Trustees member **Terry Connelly** recently added ITP to his will.



"As a member of ITP's board, it's my job to ensure the long-term sustainability of the Institute. Besides, making a bequest is easy and doesn't affect cash flow or lifestyle."

Make your generosity permanent!

Through a bequest, your involvement with ITP continues beyond your lifetime. Adding ITP to your will is one of the easiest ways to make a major gift, because it is simple, revocable, private, and welcomed!

Choose the bequest that best fits your needs:

SPECIFIC BEQUEST: Leave a specific percentage, specific amount, or specific asset, such as stock, real estate, or artwork to ITP.

RESIDUAL BEQUEST: Leave any residue or remainder of your assets to ITP after other terms of the will have been satisfied.

CONTINGENT BEQUEST: Leave a portion of your estate to ITP if your named beneficiary does not survive you.

Please let us know! If you have named ITP in your estate plans, you will be welcomed into the Robert Frager Founder Circle.*

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

BOARD OF TRUSTEES:

Barbara Butts Williams, Ph.D.
 Terrence Connelly, J.D.
 J. Manuel Herrera, M.A.
 Loic Jassy, Ph.D.
 Jeffrey Keimer, M.A., C.F.P.
 Susan London, B.A.
 Ben Mancini, Ph.D.
 Marilyn Manning, Ph.D.
 Lynn Myhal, Ph.D.
 Maureen O'Hara, Ph.D.
 Kelley Rainwater, M.B.A.
 Elaine Schmitz, M.A.
 Conchita Serri, J.D. (Vice-Chair)
 Tom Potterfield, Ph.D.
 Christian von Bogdandy,
 M.B.A. (Chair)

CORE FACULTY:

Rosemarie Anderson, Ph.D.
 Christine Brooks, Ph.D.
 Jan Fisher, Ph.D.
 Robert Frager, Ph.D.
 Deborah Grenn, Ph.D.
 Doralee Grindler Katonah, Psy. D
 Arthur Hastings, Ph.D.
 Lisa Herman, Ph.D.
 Susie Herrick, M.A.
 Dianne Jenett, Ph.D.
 Patrick Marius Koga, M.D., M.P.H.
 Charlotte Lewis, Ph.D.
 Olga Louchakova, M.D. Ph.D.
 David Lukoff, Ph.D.
 Fred Luskin, Ph.D.
 Mark McCaslin, Ph.D.
 Genie Palmer, Ph.D.
 Kartik Patel, Ph.D.
 Ana Perez-Chisti, Ph.D.
 Ron Pilato, Psy. D
 Henry Poon, Ph.D.
 Ryan Rominger, Ph.D.
 Nancy Rowe, Ph.D.
 Judy Schavrien, Ph.D.
 Patricia Sohl, M.D., M.P.H.
 Charles Tart, Ph.D.
 Jenny Wade, Ph.D.
 Kathleen Wall, Ph.D.
 Kate Wolf-Pizor, M.A., MFT

ASSOCIATE

CORE FACULTY:

Judy Grahm, Ph.D.
 Myrtle Heery, Ph.D.
 Ann Gila, M.A.
 John Mabry, Ph.D.

NEW CHAIR BRINGS BOARD BRIGHT IDEAS

BY ELAINE SCHMITZ



CHRISTIAN VON BOGDANDY

Christian von Bogdandy, who was elected as Board of Trustees Chair joined the ITP Board four years ago. During his tenure as a board member he has been chair of both the Committee on Trustees and Advancement Committee. He is also leading Project Cornucopia, an effort to build a network of alliances with organizations espousing transpersonal values.

Born and educated in Germany, Chris has also lived in France, China, and Spain. He has been in the U.S.

for 10 years, where he currently works as the Director of Strategic IT at Symantec, developing the strategic IT internal map for the company. Trained as a mechanical engineer, Christian believes his strength is that he has integrated linear thinking with artistic expression (he plays a mean jazz sax and keyboards) and intuition in his decision-making.

When close friend and new ITP board member, Kelley Rainwater, entered ITP, Christian became curious about Transpersonal Psychology and the school. His curiosity ultimately led him to join the board. Since then he feels that ITP has accelerated his personal growth and involved him in many meaningful and productive relationships within the ITP community.

In return, Chris offers ITP and its community experience in strategic thinking and developing networks. His goal as chair is to lead the board in enabling and supporting ITP's vision and strategic plan through fundraising and connecting ITP to alumni and communities within the Bay Area and beyond.

Elected in January, Chris has already worked with the board to develop a new engagement model. The current model provides for more interaction between board members and engagement with donors, faculty, staff, and students. The model also seeks to support the "transpersonal experience" with new types of interaction such as an annual "Board Walk" and bi-monthly salons.

The Board Walk is an annual spring event that includes a hike, picnic, and ritual. Participants include board members, ITP administration and donors, and faculty by special invitation. The board held its first salon on March 21, at Chris' home. The salons will include board members, as well as ITP administration, donors, faculty, and students by special invitation. ITP professor Mark McCaslin presented on transpersonal leadership. The salon participants then explored the topics of today's challenges for leaders, how the field of transpersonal psychology is positioned today to build awareness and offer solutions, and how ITP is positioned to shape the future of leadership.

Chris offers ITP and its community experience in strategic thinking and developing networks. His goal as chair is to lead the board in enabling and supporting ITP's vision and strategic plan through fundraising and connecting ITP to alumni and communities within the Bay Area and beyond.



Mark McCaslin (far right) speaks at the first Board of Trustees Salon hosted by Chris von Bogdandy.



(L-R) Elaine Schmitz, Loic Jassy, Tom and Donna Potterfield

MINI-GRANT SEEDS RANDOMIZED CLINICAL TRIAL

BY ELAINE SCHMITZ



KATHLEEN WALL

Kathleen Wall, Ph.D. has been ITP core faculty for 15 years. A licensed psychologist for over 30 years, she co-developed, with Carl Peters, M.D., M.A., Psychospiritual Integration and Transformation (PSIT), a transpersonal psychotherapy and personal growth method integrated with the Integral Evolution Consciousness cosmology of Sri Aurobindo and Mirra Alfassa.

A breast cancer survivor and activist, Kathleen saw potential in PSIT for assisting people facing cancer. Her research is assessing PSIT's efficacy in helping survivors. It also allows Kathleen to repay the cancer community and ITP, which supported her during her treatment.

ITP's John and Sue Dodson Faculty Research Fund provided her an opportunity to refine and teach PSIT to cancer survivors. Dr. Wall comments, "It's also about a team of students, faculty, staff, and colleagues supporting this research. In 2008, I conducted a preliminary study of PSIT involving women with breast cancer. This grant from John Dodson and the research fund allowed my team to do a rigorous randomized, controlled trial."

The study, "A Randomized Controlled Trial of Psycho-Spiritual Integration and Transformation Groups on Physical, Psychosocial, and Spiritual Quality of Life among People with Primary Cancer," has three main features: 1) refining an integrative, transpersonal, non-doctrinal intervention that may provide relief for physical, psychological, and spiritual problems commonly attributed to cancer; 2) providing a concentration for ITP students and faculty to further the field of Transpersonal Psychology by conducting a series of clinical research studies and publishing the results; and 3) continuing to develop, research, and disseminate PSIT to other practitioners.

Cancer presents physical, psychological, and spiritual challenges, which can result in positive outcomes. PSIT facilitates the adaptation of participant thoughts and emotions about cancer. It encourages participants to view it as a major life stressor, shattering assumptions about the world, self, and their personally defined sense of the sacred. PSIT normalizes searching for new meaning and life purpose, encouraging participants to explore their highest aspiration or life purpose.

The research design is a randomized, wait-list controlled trial of PSIT group intervention. The research will evaluate its efficacy in stimulating positive physical, psychosocial and spiritual growth, and improved quality of life. Through interviews and qualitative analysis, the team assesses coping skills and experiences of peace and serenity among participants.

For the project, Dr. Wall and a team of ITP graduate students began designing the study in 2008 and recruiting participants mid- 2009. They randomly assigned 39 participants to wait-list, control or treatment groups and provided them with 27 free hours of PSIT small group workshops. These conclude in April.

Three students from the team are completing dissertations on the project: Randy Fauver, Art Johnson, and Lauren Bracciodieta. Other students involved in the project include Nadia Santiago, Kirti Patel, and Mapule Lekeka. Additionally, Cynthia McDonald, Ph.D. (ITP 2009) facilitated half the PSIT groups. Kathleen and her team have already given presentations and published articles issuing from the research, with more being prepared and submitted.

— continued page 6



CYNTHIA MCDONALD

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.

**MINI-GRANT SEEDS
RANDOMIZED CLINICAL
TRIAL AT ITP**

— continued from page 5

The grant facilitated recruitment of enough people to conduct a randomized, controlled study, which will provide data to support this transpersonal therapy as an “evidenced-based treatment.” It also funded development of written materials necessary to conduct and replicate the study. Dr. Wall explains, “Randomized clinical trials are considered the gold standard of scientific studies.”

To Kathleen, “John Dodson is a visionary activist in supporting research grants. The grant made this research possible and fostered students working with me. My team and I are grateful for his generosity.”



SPIRITUALITY IN ACTION: THE ATP-ITP CONFERENCE

continued from page 1

stirring challenge to establishment science provided a microcosm of the plentitude of the conference offerings.

The breakouts and remainder of the keynotes presented a kaleidoscopic cornucopia of transpersonal topics. Throughout the conference one could have attended a thorough explanation by Conference Co-chair David Lukoff, Ph.D., of Transpersonal Psychology’s implications to DSM V, regarding spiritual experiences and beliefs. Conference Co-chair Arthur Hastings, Ph.D., presented a research validated, experiential approach to healing bereavement: the psychomanteum. One might have partaken of the newly minted research results from recent doctoral dissertations presented by their authors, on such topics as the effect of unitive mystical experiences on authenticity, the aftereffect of transformational experiences, and the therapeutic use of the shamanic journey.

Continuing research was also on the menu. Kathleen Wall, Ph.D., presented her ongoing project on assessing the benefits of Psychospiritual Integration and Transformation (PSIT) through both a lecture and experiential exercise. In her keynote, Jenny Wade, Ph.D. further educated the audience on transcendent sex, its ability to unintentionally produce non-ordinary states of consciousness and implications for Transpersonal Psychology.

Saturday’s choices for attendees included a journey to the spirit world in Jan Edl Stein’s “Nature as Mirror” and “Shift in NRG,” by Rosa Granadillo-Schwentket, Ph.D., and a dialogue on the question of how to bring more silence, darkness, and rest to your environment in the joint presentation by Rosemarie Anderson, Ph.D., and Nancy Rowe, Ph.D. Sunday’s choices included a lunchtime presentation by Svetlana Doroganich, from Moscow, Russia, on her research and personal experience using dolphins to work with mentally impaired children. Panel discussions explored ayahuasca shamanism, the psychological impact and potentialities of modern media, the future of ecopsychology, and bridging north-south perspectives on healing and health through the use of traditional indigenous plant medicine.

Keynotes throughout the conference included a precise explanation of neurophenomenological advances by Olga Louchakova, M.D., Ph.D., and Dr. Ed Bruce Bynum’s well-researched contention that the roots of the modern unconscious originated in the African unconscious, part of our Africoid inheritance from ancient Kemet. Others offered impassioned discourses, i.e., Dr. Fred Luskin’s address about the beneficial alignment of Transpersonal Psychology to Positive Psychology to promote the common goal of engaged spirituality. To the final juxtaposition of topics, Dr. Dean Radin’s meticulous presentation of his latest scientific research at IONS and Dr. Donald Rothberg’s description of his journey to unite spirituality with social responsibility, this conference provided a provocative weekend of current and comprehensive scholarly work in the field of Transpersonal Psychology.

ITP members of the joint committee, which created this memorable event, were headed by Co-chairs David Lukoff and Arthur Hastings, responsible for conference content. Dan Gaylinn, ATP Executive Director, was in charge of conference registration while John McKenzie administered the conference website and database. Kaleo Waxman, Shannon Fries, and Tracy Byars managed logistics with recent ITP grad Sean Hinton commanding an army of helpful, friendly volunteers. Volunteer Nadia Santiago offered her solid audio-visual support.



Ph.D. Student, Nadia Santiago, presents at posters session

2010 TRANSPERSONAL PSYCHOLOGY CONFERENCE STATS:

<p>OFFERINGS: 5 themes 8 plenary keynotes 10 panels 40 breakouts 1-hour poster session 3 soirees and 2 chanting sessions</p>	<p>IN ATTENDANCE: 238 total attendees 26 Schools or Universities represented 45 Students 38 Faculty Members 21 Clinicians Participants from at least 14 countries and 9 states</p>	<p>NOTEWORTHY PARTICIPANTS: Staff Psychologist – CA Department of Corrections Neuropsychologist and Oncologist – Kaiser Permanente Hospital Clinical Director of Dolphin Assisted Therapy – Moscow, Russia Dolphinarium Oncologist – Stanford Hospital</p>
---	---	---

WWLE: TRANSPERSONAL PSYCHOLOGY AROUND THE WORLD



Steven Schmitz meditates in Peru.

Rubinart, (Ph.D. Candidate, University Autonomous of Barcelona, Spain) on a pilot research project “Integral Prayer of the Heart and its Psychological and Electrophysiological Effects,” through the ITP Neurophenomenology Lab.

Dr. Steven Schmitz, WWLE Associate Director, recently traveled to Peru twice, developing a North/South bridge between the U.S. and Q’ero (Inkan) shamans. He has arranged for the Q’ero shamans’ representative, Chaska, to speak on the “Messages and Visions from the Elders of the Q’ero: Bloodline Descendants of the High Priests of the Inka” at ITP on April 30. He is currently organizing an ITP sponsored cultural trip to Peru in August, to visit ancient Inkan sacred sites and participate in Q’ero ceremonies and initiations. Dr. Schmitz is also arranging for a visit by the Q’ero shamans to San Francisco in September.

Katherine Coder, WWLE Program Development Manager, is working with Dr. Martin Schwartz, Professor of Iranian Studies at UC Berkeley, to present on “Decoding the Poetry of Zoroaster: Inner Revelation and the Outer Limits of Cognition.” She continues to develop transpersonal research possibilities associated with spiritualist healing in Brazil.

WWLE sponsors a monthly Shamanic Journey Circle and a multi-cultural Community Drum Circle at ITP, and is supporting the 17th Conference of the International Transpersonal Association: “Consciousness Revolution: Transpersonal Discoveries that are Changing the World,” June 23-27, in Moscow. It also continues supporting the annual EUROTAS Conference, this year in Switzerland, September 29 - October 3. The conference title is “Knowledge, Pleasure, and Belief.” Several ITP students, alumni, and faculty have attended this European Transpersonal Association conference in the past.

For information about these exciting events visit the WWLE website: www.itp.edu/about/wwle/index.php.



Q’ero Shamans: Bloodline Descendants of the High Priests of the Inka

The ITP World Wide Learning Exchange (WWLE) promotes diversity and internationalism in the field of Transpersonal Psychology. To fulfill this mission, WWLE reaches out around the world, offers resources to international students, and sponsors multi-cultural dialogue and events. WWLE is currently working with ITP alumna, Dr. Arielle Warner, to sponsor and support her development of a spiritual guidance program, and a transpersonal program for Israeli psychotherapists, at the Center for Mind Body Medicine in Israel.

Dr. Olga Louchakova, ITP Core Faculty, and founder of ITP’s WWLE, is working with Marta

[Steven] is currently organizing an ITP sponsored cultural trip to Peru in August, to visit ancient Inkan sacred sites and participate in Q’ero ceremonies and initiations.

ITP WORLD WIDE LEARNING EXCHANGE

The ITP World Wide Learning Exchange (www.itp.edu/about/wwle/index.php) is the creation of Dr. Olga Louchakova, a core faculty member of ITP. The WWLE program maintains a worldwide network of organizations and individuals to support international research, dialogue, outreach, faculty exchanges, community colloquia, and other activities with a multicultural focus.

The program promotes internationalism in the field of Transpersonal Psychology. It supports global cultural, biological, and spiritual diversity by using transpersonal psychology to research, preserve, and practice the spiritual aspects of culture and indigenous wisdom. The WWLE also provides research and training opportunities for ITP students interested in developing international research and educational collaborations.



*Come out of the circle of time and into
the circle of love.*

—RUMI

**RECONNECT.
SHARE YOUR WISDOM.
EXPERIENCE ITP AGAIN.**

At the first-ever ITP “Shared
Wisdom Unconference”

WHEN: The weekend of the 35th
Anniversary Gala (exact day / time
TBA)

**Save Saturday October 2, 2010
for ITP’s 35th Anniversary GALA
CELEBRATION!**

Watch for details...

QUESTIONS?
Email ALUMNI@ITP.EDU



ITP celebrates its 30th five years ago.

**NEED A WEBSITE FOR
YOUR PRACTICE?**

Get everything you need for a
professional online presence from
TherapySites (www.therapysites.com)

- Website Hosting and Email Service
- Personalized Domain Name
- Search Engine Optimization/
Marketing
- Therapist-developed Content with
Easy-to-use Editing Tools
- Client Forms
- Mental Health Resources
- Appointment Requests
- Credit Card Payment/Shopping Cart

And MORE!



**LETTER FROM THE ITP ALUMNI ASSOCIATION
CO-PRESIDENTS**

Dear Fellow Alumni,

From its cutting-edge research to the new Aikido Archive and programs such as the low residency M.A.C.P., Masters in Spiritual Guidance, and spiritually-oriented Psy.D., ITP continues to develop and grow. Inspired by ITP’s core values and supported by its strong transpersonal foundation, these new programs enable ITP to prepare increasing generations of graduates to serve the world in more new, diverse and meaningful ways. As alumni we are delighted to witness the ITP’s ongoing evolution.

This year marks ITP’s 35th anniversary, so **please save October 2, 2010, for some fun!** Reconnect with your cohort and celebrate ITP’s 35th Anniversary with dinner and dancing at the Sheraton Palo Alto, 6:00 – 11:00 p.m.

We are also cooking up some additional alumni events for the October 2nd weekend that may offer some interesting talks, experiential workshops, ritual, and some social time with food and friends. If that sounds good to you, let us know.

If you’d like to participate in planning these anniversary events or just want to add your “two cents,” please email us at alumni@itp.edu.

We look forward to seeing you on October 2nd!

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

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



LISA J FERGUSON ARTHUR & VALENTINE MCKAY-RIDDELL

ALUMNI, FACULTY, & STUDENT ACCOMPLISHMENTS

AWARDS

Doctoral candidate, **Laurel McCormick**, won the 2010 Sidney Jourard Award for her outstanding dissertation entitled “The Personal Self, No-self, Self Continuum.”

Alumna **Aurora Medina** (M.A.C.P. ’08) won the Gracie Award for her radio show “Efecto Mariposa” which aims to empower Spanish-speaking women by creating awareness of the self in four areas: body, mind, heart, and spirit.

Associate Core Faculty member **Judy Grahm**, Ph.D., was awarded the 2009 Lambda Literary Award.

Jason Fuller, 5th year Ph.D. candidate, received the CAPIC Stipend Award.

GRANTS

Alumna **Jessica Higgins** (Ph.D. ’09) has received a \$20,750 grant from the California Department of Mental Health for her pre-doctoral internship. This award acknowledges

dedicated service to the diverse clients of the publicly-funded mental health system in California and reflects Dr. Higgins’ in-depth training and commitment to supporting clients of racial, ethnic, cultural, language, and other diversity. In fulfillment of the stipend’s conditions, Dr. Higgins will be completing her post-doctoral internship at a publicly-funded California mental health agency.

Core Faculty **Kathleen Wall**, Ph.D., received an additional \$2,500 grant from the Lloyd Symington Foundation to research and provide Psychospiritual Integration and Transformation (PSIT) for people dealing with cancer.

Master students **Ana Bandjak** and **Ana McParland**, have been selected by the California MFT Consortium to receive California Department of Mental Health stipends based on their expertise in multiple cultures and language. This is the first year

ALUMNI PROFILE: PERSISTENCE PAYS OFF

Because **Jeannette Smith Sullivan** (M.A.T.P. '07) took seven years to complete her Masters, she thought she would be the last person *Connections* would want to profile. However, Jeannette's persistence paid off. "Professionally, ITP has paved the way for me to have my dream job," explains Jeannette. I am a teacher and administrator at Palm Beach State College in Lake Worth, Florida, and I get to teach on four campuses county-wide."

Before entering the Master's program, Jeannette completed the certificate in Transpersonal Psychology through the Global (online distance learning) program. She is also a Supreme Court Certified Family and Divorce Mediator in Florida, a Certified Guardian ad Litem, Certified Seminar Presenter, and qualified presenter for Myers-Briggs Type Indicator. She serves on the Chamber of Commerce, the Children's Literacy Coalition and says, "I get to tag along at the Palm Beach Cultural Council and run panel discussions in our theater, which are open to the community. This allows me to be a real lifelong learner and to provide better programs for our community."

Jeannette teaches Strategies for College Success, ESOL classes, and Children First classes while administering the Community Education Department, which includes The Center for Lifetime Learning for senior citizens in Palm Beach County. The department also manages Learning Unlimited, Summer Youth College, and test prep classes. Essentially, she works with all ages from preschool through seniors. "I get to work with so many talented people," says Jeannette. "I am always learning something new and couldn't be happier. I am

involved in several leadership programs as student, researcher, and trainer, and have applied for doctoral studies in Educational Leadership."

Jeannette master's thesis has been aptly titled, "Pushing the Membrane of the Possible, the Use of Transpersonal Practices in Goal Setting and Goal Achievement." Clearly, Jeannette is pushing the membrane of the possible. Who says we can't be both Transpersonal and Goal Oriented!?



JEANNETTE SMITH SULLIVAN

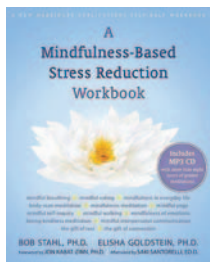
"Personally, ITP means a great deal to me," says Jeannette. "I don't know if I would have made it through my own dark night of the soul were it not for my experiences at ITP. I owe much to my mentors, Sally Singingtree for the Certificate program and Dr. Jan Fisher for the Master's degree. It took me seven long years to complete both degrees, and I was tested in many ways. I do not know of any other school that would have allowed me to complete my studies while moving five times, within Arizona and then Florida. I am very proud of ITP and a firm advocate for the Global Studies division. Thanks to ITP, I serve on the Board of Directors for the Center for Jungian Studies of South Florida, which provides lectures, seminars, workshops, and retreats. So ITP Grads in Florida, give me a call!"

ALUMNI, FACULTY, & STUDENT ACCOMPLISHMENTS *continued*

these stipends are being awarded under the Mental Health Services Act. Only twenty students were selected in Northern California.

BOOKS

Alumnus **Mark Forman** (Ph.D. '04) wrote *A Guide to Integral Psychotherapy: Complexity, Integration, and Spirituality in Practice -- A Therapist's Guide to Psychotherapy, Spirituality, and Self-development*. State University of New York Press. (2010)



Alumnus **Elisha Goldstein** (Ph.D. '06) and Bob Stahl co-wrote *A Mindfulness-Based Stress Reduction Workbook*. New Harbinger Publishing. (2010)

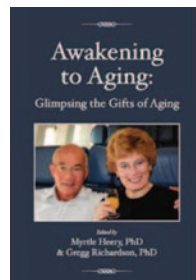
Alumnus **Joseph Leone** (M.A.T.P. '96) wrote *Depression's Seven Steps to Self-Understanding: A Guide to Comprehending and Navigating Your Inner Journey*. Ariadne Press. (2010)

Associate Core Faculty **Judy Grahn**, Ph.D., had two new books published in the past year: *love belongs to those who do the feeling*, and *The Judy Grahn Reader*.

Associate Core Faculty, **Myrtle Heery**, Ph.D., co-wrote *Awakening to Aging: Glimpsing the Gifts of Aging* with Gregg Richardson, Ph.D.

ARTICLES

Alumnus and Core Faculty **Ryan Rominger** (Ph.D. '04) wrote "Postcards from Heaven and Hell." *Art Therapy*, 27. (2010)



Alumnus **Sean Saiter** (M.A.P. '09) wrote "Universal Integralism: Ken Wilber's Integral Method in Context." *The Humanistic Psychologist*, 37: 4, 307 — 325. (2009)

Alumna **Stefanie Nassif Goldstein** (Ph.D. '06) wrote "The Exploration of Spirituality and Identity Status in Adolescence." *Currents: New Scholarship in the Human Services*, Vol 9, No 1. (2010)

DISSERTATIONS AND THESES PUBLISHED

Alumna **Vicki Panagotacos** (M.A.T.P. '03) wrote *Effect of Multigenerational Family and Social Systems on Meaning-Making*. Germany: VDM. (2010)

Alumnus **Takanari Tajiri** (Ph.D. '09) wrote *The Effects of the Mirror in the Psychomanteum Process: On thoughts, emotions, self-efficacy, consciousness, and creativity for finding solutions to everyday life problems*. VDM Verlag. (2009)

LEADERSHIP POSITIONS

Core Faculty **Kate Wolf-Pizor**, M.A., M.F.T., has been named to the Board of Directors of the California Association of Marriage and Family Therapists (CAMFT).

Core Faculty, **Rosemarie Anderson**, Ph.D., has been named to the Board of Directors of the International Association of Transpersonal Psychology.

Jan Fisher, Ph.D., Director of Clinical Training and Chair of the Residential PsyD Program, has been named to the board of the Bay Area Psychology Internship Counsel.

**IN LOVING MEMORY –
ALWAYS IN OUR HEARTS**

The ITP alumni who have passed on will remain in our hearts and minds always.

<u>NAME</u>	<u>PROGRAM</u>
Ellie Bell	PhD
Constance Bennett	PhD
Ida Berk	PhD
Rose Lorraine Boche	PhD
Sharon Brady	PhD
David Carter	MTP
Pam Crocker-Davis	HS
Patricia Demetrios	PhD
John Dulaney	PhD
Steven Ellison	MACP
Kay Fisher	PhD
Elizabeth Kent Gay	PhD
Isaac Goldman	MATP
Caryl Gopfert	PhD
Stanley Hauer	PhD
Steven Henderson	PhD
Jan Hoefman	PhD
Chuck Jaeger	PhD
Larissa Keet	PhD
Arie Kurtzig	PhD
Vera Lind	PhD
Joanna Longsdorff	PhD
Harry Allen McCarty	CERT
Phyllis Moore	PhD
Marianne Pomeroy	PhD
Jessica Saal	MATP
Nobuko Saeki	MATP
Jane Sooy	CERT
Sonja Tuffli	MACP
Gary Van Etten	PhD
Sandra Widdows	PhD
Jeffrey Wolcott	MACP



ALUMNI SUPPORT NEW AIKIDO ARCHIVE

BY TRACY BYARS

ITP Alumni were well represented among the audience of more than 200 who attended a lecture by world renowned Aikido and Buddhist scholar, John Stevens, on Sunday January 10. The event was held at the Mountain View Center for Performing Arts to launch ITP’s new Aikido Archive.

Earlier that morning, more than fifty Aikido practitioners gathered in an adjacent park for “Misogi Purification Practices” (breathing, chanting, movement, and sword and staff training) led by John Stevens. Alumna and donor to the archive, Sally Cappucci (MATP ’93), recalls, “It was an awesome January morning – cool and crisp but the sun was shining. It felt energizing, unifying and very ITP!”

Following a sumptuous Chinese feast at a restaurant on Castro Street, the afternoon’s presentation opened with six Aikido demonstrations, including demos by direct students of O’Sensei:

“With the Aikido Archive, ITP will become the world’s largest repository of Aikido history.”

Henry Kono, Mary Heiny and our own Bob Frager. John Stevens narrated a slide show of four types of images: historic images of O’Sensei, technical images that show him practicing or teaching Aikido, portraits of the master, and finally images of O’Sensei’s calligraphy.

“The images shown that day are from John Stevens’ personal collection of nearly 3,000 photos, which now form the basis of the Aikido Archive at ITP,” explains Bob Frager. “Many of those images have never been published and, before this event, had never been seen by more than a handful of people. We are so

grateful to John for donating them to us for the Archive.”

In addition to the images donated by John Stevens, Bob Frager personally took over two dozen original photographs of O’Sensei during his training with the Aikido master in the 1960s and 70s. Henry Kono, who also trained with O’Sensei, has likewise donated his personal photo collection.

Together with the full archive of “Aikido Today” magazine (presented at the event by co-founders and editors Ronald Rubin and Susan Perry) these collections form a priceless digital archive for Aikido practitioners and scholars. Bob Frager proudly states: “With the Aikido Archive, ITP will become the world’s largest repository of Aikido history.” For more info about the archive, or for a DVD of the John Stevens event, please visit www.itp.edu/aikido.



Morihei Ueshiba known as O'Sensei



O'Sensei in action

CLASSNOTES

(Listed in chronological order by degree date)

1980s

Richard Bogard (MATP '81) is engaged to his partner of 12 years, Iris Fraser. They will be married by ITP's own Paul Roy (Academic Vice President) in a ceremony at the Ritz Carlton in Half Moon Bay this summer. Congratulations Dick!

Ann Langley, Ph.D. (Ph.D. '88) has a private practice in Redwood City, CA where she specializes in recovery issues, couples and sexual issues. She has taught the 'Chemical Dependency' class to ITP Masters Students for the past two years. She also offers consultation to therapists who want to learn more about working more analytically with patients. Ann married Guy M. Carruthers on November 7, 2010 and they reside in Redwood City. Best wishes Ann!

1990s

Aline Tardif (MATS '94, CERT '94) has had a long career in education as a teacher, a school principal and, since 1998, a coach. She is fortunate enough to align her work with her passion. She brings a unique contribution of supporting leaders in education so they can feel empowered and are able to empower people with whom they are working. Her interest includes education, personal, and social transformation.

Myron Walters (CERT '97) completed the Global Transpersonal Studies Certificate with the first LINK class. In 2001, he became a certified massage therapist and in 2005, completed his MACP at JFKU with a specialization in Somatic Psychology. Myron is currently in private practice internships with Deborah Morris LCSW (#6189) in Cotati and Mill Valley where he employs his extensive training in Somatic Experiencing to assist adult survivors of severe childhood trauma. He works well with dissociative clients including Dissociative Identity Disorder (DID, previously called Multiple Personality Disorder). Practicing as a psychotherapist is a gratifying experience for Myron because he naturally gravitates to his spiritual center in his therapist role – a win-win for both therapist and client – where he and his clients are held by this wonderful space that can hold just about anything! For more information, visit myronwalters.com.



Alumni, faculty, staff, and donors gather at the annual Robert Frager Founders Circle celebration hosted once again by Mary and Tom Rees.

Helen Lancaster (MACP '98) has been in the Ridhwan School studying the Diamond Approach for the last seven years. Hameed Ali and Karen Johnson are her teachers. Helen says "Diamond Heart feels like the perfect continuation of my psycho/spiritual development at ITP and has greatly enhanced my capacity of presence in all areas of my life and work." She has a small private practice in downtown Santa Cruz, specializing in women and children. She still loves being by the ocean and in her spare time, she likes to dance.

2000s

Marie May (Ph.D. '04) moved from Mountain View, California to Arlee, Montana last summer. She is living on the Flathead Indian Reservation and working at Salish Kootenai College, one of the foremost four-year tribal colleges in North America. She advises and mentors students in her work with the Department of Academic Success, and is conducting action research for the Lumina Foundation on American Indian college success and retention. She teaches in the Psychology Department with her good friend and ITP classmate, Frank White (Ph.D. '00). She has a counseling and coaching practice in Arlee and works with out-of-state clients via video-Skype. Marie says she loves her California referrals and currently has one opening. She is a Monavie distributor (a delicious wellness product high in antioxidants and anti-inflammatories), trades on the stock market a few mornings a week, and is thoroughly loving living closer to nature in a very rural community in "Big Sky Country."

Valerie Sher (MACP '04, Ph.D. '07) is a licensed psychologist in private practice and a counselor at San Mateo Union High School District. She works with Special Ed kids in the areas of social cognitive development (high functioning Asperger's) and socially/emotionally challenged kids (behavioral issues due to various factors); mental health and competency assessments specializing in juvenile forensics. She is also a health educator at Kaiser teaching couples communication, anger and depression management, and mind/body stress reduction. In addition, Valerie is an adjunct faculty member at ITP teaching Somatics, Journaling, Mind/Body Integration, and next year will teach Clinical Practicum. She also teaches workshops and yoga outside of ITP. In her spare time, she likes to dance, hike, camp, and commune with nature.

Kim Saft (Ph.D. '07) is back in Pittsburgh, which is a great place for her because of her great friends close by, the kid-friendly activities, the beautiful outdoors, plus it's affordable! She is currently in private practice and



Alumnus Glenn Hartelius and students celebrate at the harvest potluck.

loving it and is a proud mama of Bodhi K, 3 ½, and Talia Tru, 2.

Dawn Campagnola (MACP '08) worked at ITP for almost two years as the Global Admissions Counselor. She recently started working at the Alum Rock Counseling Center where she manages two programs, the Mobile Crisis Response and Counseling unit (MCRC) and Community Access for Prevention Activities (CAPA). Dawn also teaches prenatal yoga in Palo Alto.

Eric FitzMedrud (Ph.D. '08) is currently a program manager and therapist at an outpatient sliding scale mental health clinic at Catholic Charities of Santa Clara County. He is also teaching Scholarly Writing and Critical Thinking at ITP. His daughters, 6 and 2, are thriving and he will be celebrating 10 years of marriage in May.

Atim Eneida George (MATS '08) holds degrees in Speech Communications, Education, and Transpersonal Studies. Her professional practice as a career diplomat is informed by a passionate commitment to international peace and social justice. A collage artist, Atim's multi-media designs speak to issues of ethical leadership, peace and environmentally sustainable ways of living. She has developed and delivered workshops and seminars on creative writing and leadership. A lifelong learner, Atim loves travel, dance, world mythology and folklore.

Allison Perry (MAP '08, Ph.D. '09) recently started working at ITP as the new Global Admissions Counselor. She loves sharing about the amazing transformative programs and place that ITP has been for her with others who might come join us. She is also co-captain of the ITP Blenders softball team. When not playing softball, Allison enjoys her passion of engaging with others as a Métis Medicine Way Light Worker, working with both individuals and groups. This work helps people connect to nature, be responsible for their own energy, not run other people's emotions, and clear stuck patterns and beliefs that no longer serve them. To read more about her work, go to www.livingalight.com. If you know or work with people interested in having support while growing spiritually, you are welcome to send them her way.

Please send updates on your life and career to alumni@itp.edu



INSTITUTE OF TRANSPERSONAL PSYCHOLOGY
 1069 EAST MEADOW CIRCLE
 PALO ALTO, CA 94303

Non-Profit
 U.S. Organization
Postage Paid
 Palo Alto, CA
 Permit # 214



UPCOMING EVENTS

FOR EVENT DETAILS, PLEASE VISIT WWW.ITP.EDU
 CLICK ON FULL CALENDAR

SIXTH ANNUAL STUDENT AND ALUMNI PRESENTATION DAY

Friday, June 18, 1:00 – 6:00 pm
 Location: ITP Campus
 Refreshment break sponsored by Alumni Association

2010 GRADUATION CEREMONY WITH KEYNOTE BY HELEN CALDICOTT

Saturday, June 19, 1:00 pm
 Location: Bayside Performing Arts Center, 2025 Kehoe Avenue, San Mateo
 A reception to celebrate the graduates will follow the ceremony

35TH ANNIVERSARY GALA CELEBRATION

Saturday, October 2, 6:00 – 11 pm
 Location: Sheraton Palo Alto, 625 El Camino Real
Additional Alumni events October 1-3 – TBA

INTRODUCTION TO

EXISTENTIAL COGNITIVE – BEHAVIORAL THERAPY (ECBT)

Saturday – Sunday, October 30 – 31, 10:00 am – 5:00 pm
 Location: ITP Campus (Room: TBA)



*Be green and help save paper.
 Request this newsletter in
 PDF format, by emailing
development@itp.edu.*



HELEN CALDECOTT