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Spring 2016

# East-West Psychology Newsletter

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## Recommended Citation

CIIS, "East-West Psychology Newsletter" (2016). *East-West Psychology Newsletter*. Book 3.  
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SPECIAL  
POINTS OF  
INTEREST:

- Dr. Janis Phelps launches the Certificate for Psychedelic Therapies and Research!
- See what current students and recent alumni have been up to!



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# EWP NEWS!

THIRD EDITION

SPRING 2016



*“And the day came,  
When the risk to remain  
Tight in a bud  
was more painful  
than the risk  
it took to blossom”*

— Anaïs Nin

## East-West Psychology at the Annual Founder's Day Symposium

On April 29, 2016 CIIS hosted the 8th annual Founder's Day Symposium (Haridas and Bina Chaudhuri pictured left). This year's themes were "Integral Education and Indigenous Knowledge Traditions," and "Integral Education: Diversity, Inclusion, and Social Justice." The symposium was organized by Bahman Shirazi, PhD ('94), CIIS Archivist, and Angela Anderson (current EWP PhDc). In addition to co-organizing the event, Angela also moderated the plenary session and several others, and was a closing panelist speaking about "Past and Future Challenges of Integral Education."

Ebede Ndi, PhD ('14), joined the panel discussing "African-Centered Wisdom Traditions And Integral Education."

Holly Adler, current PhdC and Integral Teaching fellow, examined diversity and inclusion in the classroom with others in her fellowship cohort.

Kundan Singh, PhD ('08) used an integral frame to address post-colonial studies.

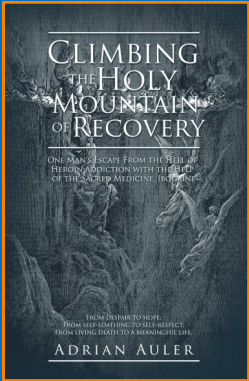
Other current students involved were winners of this year's Integral Scholarship, which is a merit-based award for students' original research from the Cultural Integration Fellowship. Pictured right: Sandeep Prakash, Marta Grau, and Marta Rubinart.

Marta Grau Batlle, PhdC, presented her emerging doctoral research "Toward an Integral Approach to Trauma."

Dr. Marta Rubinart, who earned her first doctorate this past January in Spain, presented some preliminary fruits of her research forthcoming from CIIS, "Personality, Spirituality, and Integral Yoga Psychology."

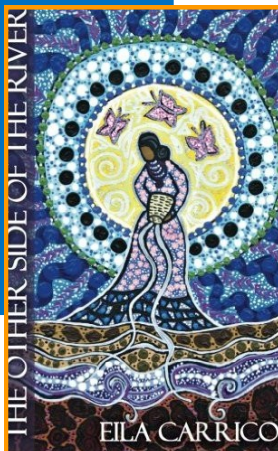
Sandeep Prakash, soon-to-be EWP MA, was also a scholarship recipient and he proposed a new collaborative research method "Musicking as Integral Transformative Education." For more info, check out the [program and schedule on the EWP News page](#).





“Education is indeed the most effective agency by which genuine change of human consciousness and enduring transformation of human behavior can be accomplished.” Dr. Haridas Chaudhuri

The Other Side of the River: Stories of Women, Water and the World



## EWP PhDc Publishes Autoethnographic Memior

*Climbing the Holy Mountain of Recovery*, written by Adrian Auler (EWP MA '09, current PhDc), is an autoethnographic revelation of the subcultural milieu of junkies contained within, in part created by, and suppressed by American mainstream society.

This work uses the first two books of Dante Alighieri's *The Divine Comedy* as a mythic container. *Inferno* structures the author's story of descent into the hell of addiction; *Purgatorio* represents his struggle of "recovery" into the light.

Further, the work is an unabashed promotion for the use of ibogaine, a sacred entheogenic shamanic medicine from West Equatorial Africa, as a powerful interrupter of the rigid addictive routine which traps addicts and which is also an excellent detoxifying agent. Adrian hosted a book reading and discussion on campus on April 28, 2016.

## EWP MA Student Organizes Community Event "Singing by the River"

In honor of National Rivers Day, EWP MA student Mira Michelle has organized another event to re-connect with the San Lorenzo River on May 21.

Local musician Heather Houston and women's global music choir Yala Lati will be singing songs of the river in downtown Santa Cruz.

Interested? Meet on the Riverwalk behind the Kaiser Permanente Arena. A few songs will be sung there and then everyone will walk down the riverwalk to a place near the trestle and sing on the banks of the river.

## EWP Core Faculty Dr. Jorge Ferrer Presents "Transpersonal psychology and the Spiritual but not Religious Movement: Beyond spiritual narcissism in a post-secular age" at Rice University's Rockwell Symposium *Being Spiritual but Not Religious: Past, Present, Future(s)* March 18-20, 2016

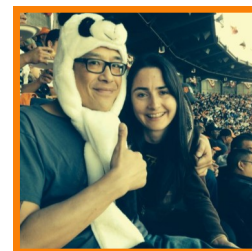
### EWP Alumna Publishes Book

Erin Michelle Chalfant, (EWP MA, '12, MFA, '14) published her first book *The Other Side of the River: Stories of Women, Water, and the World* with Womancraft Publishing. The book is about river goddesses and the need to reclaim their wisdom; it's about nature, technology and health, and the importance of re-establishing a deep connection with the natural world. Dept. chair Dr. Craig Chalquist says of the work: "evocative and beautifully written."



### "Saints Run Mad" in Pastoral Psychology

Peter Eng, PhD ('16), pictured right with longtime love Eve, publishes his research *Pastoral Psychology!* This article examines major inconsistencies that arise between the broad theories, spirit, and ideals of transpersonal psychology and its support of twelve-step programs. An alternative spiritual framework for recovery is proposed that is construed from the critical application of both contemporary transpersonal theory and addictions research. It is noted in conclusion that, although



the transpersonal field has gone to great lengths to promote intrapsychic forms of healing from addiction, additional research pertaining to the socio-cultural dimensions of a distinct transpersonal recovery is imperative.



## EWP MA Alumna ('16) to Teach at Evergreen this Fall

This coming fall, Seyta Selter will be teaching "Consciousness, Dreams, and Beliefs: The Nature of Personal Reality" with Donald Middendorf, at Evergreen State College. In the course, students will focus on advanced topics in consciousness studies and the psychology of dreams, and explore consciousness by examining dreams and personal belief systems using both scientific research and first-person experience. The dynamics of the psyche will also be examined by considering the following questions: What is the psyche, what is consciousness, and what are their properties and dynamics? Are there different types of consciousness? What is the relationship between unconscious and conscious mental processes? What is the relationship among the conscious, unconscious, and personal beliefs in constructing our sense of self and our experience individually and en masse? Way to go, Seyta!

## "Relaxing into Being: Cultural Transformation and The Clinical Significance of Physical Touch" A presentation at the annual conference for the Society for Humanistic Psychology with EWP alumni Samuel Malkemus, PhD ('13)

In a culture of high stress and relational fragmentation American's are becoming increasingly alienated from their source of authentic flourishing. Empirical research attests to the fact that relaxation is a necessary precondition for reducing a client's degree of trauma and overall distress. Relaxation offers a potential pathway out of societal malaise. Humanistic psychology, drawing upon such figures as Heidegger and Maslow, suggests that a therapeutic alliance that brings the client closer to their authentic identity will in turn enhance their relationship to Being – that nonverbal and somatic experience of the unity and presence of existence itself. This seminar continues this discussion by focusing upon two questions. First, in the therapeutic process of relaxing a client's defenses, what is one relaxing into? And second, how might the therapist's utilization of touch enhance this process? Drawing upon contemporary literature that supports the therapeutic value of touch—despite a widespread avoidance of touch in therapy, due to fears of litigation, lack of training, etc.—Malkemus proposes that touch can serve as a helpful tool in assisting a relaxation into Being. This involves exploring the ways that touch is beneficial, not only for the client, but for the larger cultural project of transformation to which humanistic psychology is committed. This seminar involved both didactic and experiential components.

### EWP Alumni in the News!

**EWP alumni David Odoriso, PhD, publishes in *Quadrant*!**

[Odoriso, D. \(2015\). "Welcoming the Shadow as Guest and Self: Archetypal Approaches to Healing in Jung's Red Book." \*Quadrant: The Journal of the C.G. Jung Foundation\*.](#)

David is also back on the west coast! He accepted a position with Pacifica University: Associate Director of Extension Programs & Program Administrator, Depth Psychology PhD. Way to go Dr. Odoriso!

**EWP alumna Heidi Fraser Hageman, PhD, publishes in the *International Journal of Pedagogy and Curriculum*! Read the article [here](#).**



David Odoriso,  
PhD ('15)



Heidi Fraser  
Hageman, PhD ('15)

### EWP PhD Student Opens Private Practice

Gina Marie Delligatta, current student in the PhD program, has launched [Golden Sun Therapy](#) a private practice where she sees clients for energy healing and intuitive consultation. Gina's approach is a uniquely holistic approach to health and spiritual well-being that recognizes the wisdom of the body and soul with the creative attributes of the mind. Currently, she is offering free 30 minute consultations, as well as services to the community at a discounted rate, so contact Gina directly for more details!

[GOLDENSUNTHERAPY@GMAIL.COM](mailto:GOLDENSUNTHERAPY@GMAIL.COM)



## EWP Doctoral Candidate Initiates Dreamscape Exploration Group

Sylvia Hartowicz, EWP PhDc, has launched her website, as well as developed new offerings to share with the community. In Exploring the Dreamscape participants will delve deep into the unconscious and uncover the hidden messages of dreams. The focus will be on dream-tending, meaning "listening deeply to the voices of the dream images themselves as they come forward to offer their insights and perspectives" (Aizenstat). Participants will come into relationship with the images in their dreams, bringing them to life and encountering them in creative ways. Although, visual art will be the primary art-form used in the group, participants will also have the opportunity to journal, write poems, and use movement as a way to gain insight into their dreams. Ritual and meditation will be incorporated as well, bringing a spiritual element to the group. Next group is May 19th! For more info check out <http://www.wisdomhearthealing.com/>





# California Institute of Integral Studies

## East-West Psychology

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**CREATIVE, CURIOUS, MINDFUL,  
AND SOCIALLY AWARE**

East-West Psychology (EWP) is a multidisciplinary hub and learning community where psychological and spiritual traditions of East, West, and Indigenous cultures from around the world meet to converse and transform each other. Through its unique combination of cognitive, collaborative, and experiential offerings, the department grounds academic excellence and the acquisition of professional skills in both the personal transformation of students and the cultivation of a spiritually informed scholarship. Our graduates deliver their skills to a world yearning for new sources of meaning and enchantment rooted in deep psychologies and ancient traditions.

## Faculty Spotlight: Dr. Janis Phelps

This past year, Janis Phelps has been very focused on developing the curriculum for the new certificate in Psychedelic Therapies and Research, a series of evening lectures, workshops, webinars, and films offered for licensed professionals through the Public Programs at CIIS. In late March, her vision came to fruition and the first cohort of the Certificate program began their studies!

Sixty-seven medical professionals and mental health professionals were interviewed for the 2016 cohort for the post-graduate certificate. The Center enrolled 42 students, who attended the first weekend of the program on March 25 and 26, 2016. This successful inaugural weekend included sponsorship by UC Berkeley neurologist David Presti, Stan Grof, Ralph Metzner, Paul Stamets, and the donors.

The certificate program is the largest collaborative program focusing on psychedelic studies within a non-medical graduate university, thus graduates of the certificate program will be trained as research therapists.

“This is an exciting moment for CIIS” say Phelps, director of the Center and core faculty member of the EWP department. “Not only will we be working with some of the top psychedelic researchers in the country, but we will also be preparing our graduates to make important advances in the fields of psychedelic research.”



Do you have some news to share with the community? Email Heidi at [ewp@ciis.edu](mailto:ewp@ciis.edu) to submit your news for the fall 2016 edition!