



Fall 2015

Integral Counseling Psychology Newsletter

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California Institute of Integral Studies



Integral Counseling Psychology Newsletter

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I am just returning from my semester sabbatical refreshed and open to the new learnings that await in my sixth and last year as chair of ICP. It's a significant year as we move toward renewing our WASC accreditation in the spring, on one level, and on another, it is one among many that continue our integral mission of educating the whole person, body, mind and spirit, with psychology as our important focus alongside our non-dual roots.

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While every year in higher education is one of transition (you, our students, begin and graduate every year!), this year seems significant to me as so many changes in our faculty and staff have occurred. I want to give you a summary of the changes of ending, of beginning, of creativity that give you some insight into this moment in ICP, its faculty and staff community, values and essence.

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Many of you know by now that Judy Hess has retired from a 31 year career in ICP. She has contributed much in the area of Group Process and Family Therapy and has laid a groundwork that will remain core material that can be built upon. Sergio Rodriguez-Castillo has needed to take another year of sabbatical, given complicated visa issues and should be back next summer. Mark Fromm stepped in to do a great job as Acting Chair last spring, and play a supportive administrative role this coming spring as we decide on the next steps of ICP's leadership. Philip Brooks kept things running in the department as well, and is our

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assessment lead as we move toward accreditation renewal. Brant Cortright has written a bestseller on Neurogenesis (see his piece in this newsletter) and was a keynote speaker at a Chinese university in August. Alzak Amlani has now led psychospiritual workshops in China this past winter and this summer, which gives him an opportunity to grow his work. Ling Lam has developed a curriculum for Chinese students coming to CIIS. Gisele Fernandes-Osterhold is returning from sabbatical and is Mom to a new baby girl. Rachael Vaughan is now a full-time core faculty and has developed a new psychodynamics course. During my sabbatical I had an article published in the Integral Review online journal called "Etty Hillesum and the Evolution of Consciousness." I am also excited to teach a course this spring with Robert McDermott of PCC called "Karma and Biography." All of these changes renew and encourage faculty to bring our learnings and new experiences into the classroom to benefit you, our primary community.

We will be in a big planning year as we engage in an upcoming faculty search, hoping to increase our diversity, develop new or revised leadership models for such a large department, solve problems around the LPCC license option, and work even harder toward a diverse faculty and curriculum.

I am also pleased with our fall line-up of events that you will see in this newsletter. First, our "Consciousness Forum: Meet the Leadership" event that happened recently was a wonderful kick-off to the year. Next, in October, Dr. Samuel Kimbles, a Jungian analyst and author who has written on Cultural Complexes and his recent book is "Phantom Narratives; The Unseen Contributions of Culture to Psyche" will be speaking. In early November we will have the pleasure of co-sponsoring a program with the East-West department on Ecopsychology and Transpersonal psychology through a diverse lens. Jeanine Canty, author and Chair of Environmental Studies at Naropa, will be talking about "Walking Between Worlds: Holding Multiple Worldviews as a Key for Ecological Transformation."

Let the transitions and transformations begin!

Warmly,

Barbara Morrill
ICP Program Chair

News

ICP News: Current Administrative Staff and Contact Information

by Mandy Billings, Senior Program Manager

It's been a year of staff transitions for the ICP Program. Our current administrative team is:

Claudia Wallen, ICP Program Coordinator

cwallen@ciis.edu

415-575-6225

Room 204

Sophia Mendoza, ICPW Program Coordinator

smendoza@ciis.edu

415-575-6130

Room 204

Mandy Billings, Senior Program Manager

mbillings@ciis.edu

415-575-6228

Room 204

Daniela Koenig, Temporary Advising and Supervision Assistance

icp@ciis.edu

415-575-3484

Room 209 (**please email to make an appointment**)

Important Policies

Revisiting the ICP Program Handbook

As students in the ICP and ICPW programs, it your responsibility to be familiar with all of the information and policies in our ICP Program Handbook. Check out the latest edition on the MyCIIS ICP and ICPW program pages under the "General Documents" section.

Advising Corner

LPCC Information and Updates

Mandy Billings, Senior Program Manager

The LPCC track has continued to be a popular topic for questions and conversation among students. The following addresses some of the basic LPCC questions that we get most frequently in the ICP main office:

- The optional LPCC track is currently available to our ICP day students and adds 12 units of coursework into your regular ICP MFT track.
- To fit these 12 units in as neatly as possible, we replace your 3 elective units with 3 LPCC-track units. This means that the LPCC track is 69 units total.
- The LPCC courses you take are offered through the PsyD and MCP programs in partnership with ICP. We are working with these programs to release a regular schedule of LPCC courses during the Fall 2015 semester.
- To declare the LPCC track, first schedule a meeting with either Mandy Billings or Daniela Koenig by emailing icp@ciis.edu.
- If you plan on staying in California, faculty agree that there isn't a need to pursue the LPCC track, as the LMFT and LPCC practice in largely the same way here in California. If you plan on going to another state, take time to research how different types of licensed professionals practice in that particular state. Talk to professors, therapists in the field, your faculty advisor, and either Mandy or Daniela (icp@ciis.edu) as you consider your options.

We are excited to share the new schedule for LPCC courses as soon as all of the details have been ironed out between the programs working with ICP to offer you these courses. Be on the lookout for more information this semester!

Integral Counseling Center Corner

Pierce Street ICC News

by Dan Gottsegen, Clinic Director

These last semesters at the Pierce Street ICC we've been directing a lot of attention to what distinguishes our group process from a traditional T group, in part because we find that what we do varies quite a bit from other T groups in ICP. We are calling our process groups a Responsive T Group as they tend to run a range from support group to interpersonal T group to more intrapersonal exploration, depending on the group members' needs in the moment.

We find a classic T group to be too limiting when it comes

to community members' needs for support or compassionate holding in the midst of more difficult or vulnerable emotional material. We want our process groups to be a place where it's safe to discover and embody vulnerable parts of ourselves, much as we seek to create this same kind of environment for our clients, and we recognize that this isn't always compatible with the articulate interpersonal dialog that a T group classically calls for. It's been useful renaming our group process to reflect this emphasis and to bring our attention to the kind of compassionate holding that both effective group process and effective psychotherapy require.

Another development currently occurring at the center is with our second year intern program. Jyoti Rao has become the interns' Primary Group Supervisor. Having Jyoti step into this role both creates a more cohesive holding environment for our second year community members, and allows us to respond more effectively to our interns' evolving professional development needs.

Fall Events and Student Group Information



Samuel Kimbles, Clinical Psychologist

**Friday, October 23
7-9 pm in Namaste**

Jeanine Canty, PhD

**Friday, November 6
7-9 pm in the Lobby**



Student Group Information

AWARE: Awakening to Whiteness and Racism Everywhere

Visit <http://theintegralstudent.com/student-groups/aware/>

Contact awareciis@gmail.com or visit <https://www.facebook.com/pages/CIIS-AWARE/334759070035165>

TRANSGRESS: Teaching Radical Awareness

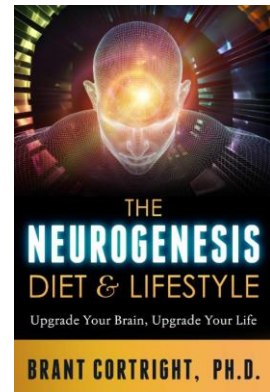
**for Neglected Students and Groups
by Revolutionizing and Eradicating Suppressive
Systems**

Contact transgressciis@gmail.com or
visit <https://www.facebook.com/TRANSGRESSciis>

For more information on these groups and others, such as **POC (People of Color) Thrive, Queer@CIIS**, and more, visit the Student Alliance website at <http://theintegralstudent.com/>.

Faculty Spotlight: Brant Cortright

**The Neurogenesis Diet and
Lifestyle: Upgrade Your Brain,
Upgrade Your Life**
by Brant Cortright



Writing this book over the last two years has been an eye-opening experience. I began writing a different book, one that applied the approach of integral psychology to depression. But in the process of researching that book I stumbled into an area that is one of the most exciting new areas of neuroscience, neurogenesis research.

The Neurogenesis Revolution

Neurogenesis is how the brain produces new brain cells. When our rate of neurogenesis is low, we have cognitive deficits, memory problems and dementia, anxiety and stress, depression, and lowered immunity. Life is difficult.

When our brain has a high rate of neurogenesis we have the opposite: enhanced cognitive abilities, rapid learning, emotional resilience, protection from anxiety, stress and depression, heightened immunity and robust health. We flourish.

The rate of neurogenesis can be increased three to five times at any age, with dramatic effects upon the quality of our life.

An Integral or Holistic Approach to Brain Health

A holistic approach to brain health has been shown to be more effective than focusing upon one single part to enhance the brain. A whole brain approach involves body, heart, mind, spirit so that all aspects of ourselves may thrive.

Writing is a solitary activity, but the publication of this book was followed by a guerrilla marketing effort involving Twitter, Facebook and other social media.

The result was it became a #1 bestseller in Neuroscience, Holistic Health, Fitness and Diet, and for a short times all of Nonfiction. Reaching tens of thousands of readers has been a new experience for me as an author. Academic books have a smaller audience usually, so seeing how this book resonate with so many readers has been very gratifying.

[Check out Brant's new book here!](#)

Student Corner: A Message from our Student Reps

Student representatives work closely with faculty and staff to give voice to student issues and concerns, improve communication and build community.

A Welcome from ICP Student Rep Aaron Wilson



Hi! I'm Aaron.

Welcome new students and welcome back continuing students. For those of you who don't know me, I am a second year ICP student and LOVING IT! I am also the ICP liaison to the faculty, it is my job to

share students experiences and perspectives with the ICP faculty and staff. Feedback is essential to the success of any learning community. It is my desire and role to make sure students are heard, so PLEASE share with me! Your feedback helps deepen and give new breath to this continually evolving program.

Feel free to pull me aside in the hallways or email Awilson279@gmail.com.

I look forward to hearing from you!

Reflections from Former ICPW Rep Jaimee Law

The growth and change that have come as a result of being a student in the ICPW program is immense, and near impossible to put into words. I've learned how to drop judgments; to be curious of the



experience of another while becoming aware of the unconscious dance between. Perhaps most importantly, I have reawakened to what my own feelings are. Within the holding of my cohort and the CIIS community I have learned to give voice to what I had prior been conditioned to believe was insignificant.

As the student liaison for the ICPW program, I've experienced the open, non-defensive and collaborative attitude the core faculty and administration embodies, and I feel confident that the opinions of the students are both welcomed and heard.

I am eager to begin my third year of graduate school, as my professional interests lie especially within the transpersonal and sexual realms, both courses that I am enrolled in for this fall semester.

If you let it, CIIS will stretch you in ways that you may have never imagined. I wish you gentle self-compassion and warm wishes on your journey!

Student Corner: Speaking Out About Diversity

Diversity is Not a Box on a Checklist

by Alex Marterre

I was asked to write an article for the ICP newsletter about diversity, and I was given 100-300 words. Some might say, "Well, that's 100-300 more words about diversity than we used to have in the newsletter." And they're right. I would add that this is representative of a larger issue—the flawed approach our program has to diversity. It cannot be understood by one limited perspective. It cannot be covered in a one-day training. It cannot be done justice by a 3-credit-hour course. And no one could possibly scratch

the surface of any aspect of diversity in a 300-word article. So I will use my remaining words to pose a challenge to the students of ICP and beyond: Look around you. See who is not in the room. Notice who is not teaching the class. Take account of whose voices are not heard. Pay attention to whose experiences are not reflected in the literature. And demand the rich, inclusive education we were sold!

And while you're at it, get involved! There are some phenomenal student groups that have been essential to my learning, growth, and sense of community. Check out TRANSGRESS, AWARE, Queer@CIIS, MALCS, POC Thrive, and Enable@CIIS.

Further Reading:

- [Resources from the White Noise Collective](#)

Questions, comments and concerns can be sent to Barbara Morrill, program chair, at bmorrill@ciis.edu. The department encourages you to share your thoughts and feedback.

Alumni Corner: Where are they now?

ICP: Kelly Kilcoyne, LMFT

Kelly Kilcoyne, LMFT (ICP 2001) works in his private practice offices in San Mateo and Palo Alto. Utilizing an integral approach, he helps adults, college/graduate students, and teens, in addressing a wide range of issues including relationship problems, life changes, coping with anxiety, stress and depression, healing from traumatic experiences, processing grief and recovering from loss. Before entering into full-time private practice, Kelly completed post-graduate clinical training at Haight Ashbury Psychological Services, San Francisco Suicide Prevention, Bonita House Creative Living Center, The Psychotherapy Institute, the Child Abuse Treatment Program at Peninsula Family Services in San Mateo, and Adolescent Counseling Services in Palo Alto. Kelly was Clinical Coordinator in the Master of Arts in Counseling Psychology program at the Institute of Transpersonal Psychology (2012-2015) supporting graduate students with clinical practicum training and MFT intern registration. Currently, Kelly is on



the Board of Directors of the Santa Clara Valley chapter of CAMFT.

"Reflecting on my time in ICP gives me deep gratitude," Kelly says. "Coursework and classroom learning experiences continue informing and influencing my clinical work. The overall experiential learning and personal growth from going through the rigors of the program served as a catalyst for positive change and remain with me today."

A Message from the Department

Psychospiritual and Professional Conduct

ICP Program Faculty and Staff

Here at ICP, we are all engaged in a multidimensional process that can be both challenging and rewarding to navigate. As a student, you have at least three simultaneous roles: you are a consumer paying money for the provision of a quality education and gateway to a rewarding career, you are a person who has chosen to undergo being trained and evaluated by professionals entrusted to help and approve you for that career, and you are likely a seeker of personal and/or spiritual growth who has been attracted to those elements of this psychospiritual educational community. Each of these roles can have very different vantage points, expectations, and parameters, but all can be valued, honored, and carried out with integrity. We have chosen to function as a psychospiritual educational community because it furthers all three of these purposes.

An exploration of psychological and spiritual literature reveals that there are certain key qualities and capacities described in both kinds of writings, and that the attributes often associated with becoming an excellent therapist and honing one's personal and spiritual maturity are quite similar. These include awareness, openness, compassion, empathy, patience, self-searching, courage, taking responsibility, love of the truth, wisdom, service, right speech, right action, humility, and loving kindness. How these are described vary somewhat by culture, religion, or country, but there is also great consistency and overlap across time and different populations.

We are committed as faculty, staff, and administrators to live these qualities as best we can. Like you, we are in a lifetime's process of development in this. We are not

perfect, and we do not expect you to be. We know that the expression of these qualities may look somewhat different at different times and with different people. Psychospiritual maturity does not preclude having painful, reactive, hurt, or angry feelings, nor does it mean liking or approving of everything we experience. But it does mean an ongoing attempt to be aware of and curious about our experience, and to take responsibility for it and for our expression and communication with others. There is room in psychospiritual community for passion, heatedness, confrontation, and disagreement, but hopefully with sensitivity to how we impact others.

Because we view the ongoing development of psychospiritual maturity as essential to being an effective integral psychotherapist, we encourage you to join us in the practice of paying close attention to these qualities in your reactions and interactions in our community. Each of us tends to have certain things that trigger us, areas where we lose our centeredness, awareness, or sense of choice. These can come up in interactions with classmates, professors, staff, or administration inside and outside the classroom, such as when we may experience a comment or action as culturally insensitive or biased. The wise parts of us can be learning and understanding principles of effective communication in the classroom, but it may be in the "in betweenies" that our rough edges come out - reactions to decisions we don't like, frustrations at things that don't work as well as we want them to. Sometimes when triggered we can join others in gossip or inflammatory speech or action, rather than seeing if we can both look at our own part and practice addressing the situation more directly and constructively.

We have added a section on professional conduct to our pre-practicum student feedback and evaluation forms to provide clarity, openness and support in these areas. It is here that you may receive constructive feedback when a faculty member or the department feels it would be helpful to your development as a therapist.

We invite you to focus on these qualities, in and out of the classroom, as important elements in your education and as living norms and aspirations in our psychospiritual educational community.

Recommendations: Rachael Vaughan, Core Faculty

My Top Ten Psych Books of All Time (So Far)

by Rachael Vaughan

These are my personal old favourites--the scruffy ones with the corners of the pencil-marked pages turned down, and post-it notes sticking out the side. They're not a cross-section of psych theory, and most of them don't even cover specific methods of doing therapy, or particular issues in therapy, such as trauma, or Gestalt. But these are the books that inspire me, the ones that re-awaken my curiosity about the million different ways to be human. These are the ones that meet me in all my moods, the ones that call me to be deeper and wider and fuller as a person and as a therapist. Maybe you'll enjoy them too. Yes, there are 11 on my list of 10! And why not? Life is bigger than the boxes.

[The Unsayable, by Annie Rogers](#)

[The Mystery of Analytical Work by Barbara Stevens Sullivan](#)

[A General Theory of Love, by Thomas Lewis and Fari Amini](#)

[Entering the Healing Ground: Grief, Ritual and the Soul of the World, by Francis Weller](#)

[Women Who Run with the Wolves, by Clarissa Pinkola Estes](#)

[Toward Psychologies of Liberation, by Helene Schulman and Mary Watkins](#)

[Crazy Like Us: The Globalization of the American Psyche, by Ethan Watters](#)

[Open to Desire: Embracing a Lust for Life. Insights from Buddhism and Psychotherapy, by Mark Epstein](#)

[This Bridge Called My Back: Writings by Radical Women of Color, by eds Cherrie Moraga and Gloria Anzaldua](#)

[The Wayfinders: Why Ancient Wisdom Matters in the Modern World, by Wade Davis](#)

[Sister Outsider, by Audre Lorde](#)

Recommendations: Philip Brooks, Core Faculty

Books and Podcasts to Explore
by Philip Brooks

I'll start with [The Neurogenesis Diet and Lifestyle: Upgrade Your Brain, Upgrade Your Life by Brant Cortright](#). The book is illuminating, and if you get a chance to talk to him about this topic he is an encyclopedia of targeted information.

[That Presence Process by Michael Brown](#) fell into my lap, and I have read the book, and have been doing the practices involved with this 10 week process with fine results.

[Dharma Seed podcasts](#) have been my pretty constant companion in the turbulent waters I've been swimming in for the past few months... an amazing resource.

And I'll give a nod to my oldest podcast favorite, [Shrink Rap Radio](#), which features interviews with many "friends" of ICP.

The Integral Counseling Psychology (ICP) program is one of five distinct master's in counseling psychology programs at CIIS. ICP was the first East-West, transpersonal psychology graduate program in the world. Transpersonal psychology is a framework in which Western schools of psychology are synthesized with the world's spiritual traditions. We view psychological healing and growth within the larger context of spiritual unfolding.

A major emphasis of the Integral Counseling Psychology (ICP) program is on the two major streams of depth psychology: contemporary psychoanalytic and humanistic-existential. We want students to become sophisticated in working with transference and countertransference dynamics in a relational approach to the psyche while also being astute to existential and somatic approaches incorporating the wisdom of the body. Behavioral and family systems orientations are also taught in the ICP program.

Because our education is thorough, we consistently have one of the highest pass rates of all graduate degree programs in California for the Marriage and Family Therapist (MFT) licensure exam.

For more information, contact:

- Mandy Billings, ICP Senior Program Manager, at (415) 575-6228 or mbillings@ciis.edu
- Claudia Wallen, ICP Program Coordinator, at (415) 575-6225 or cwallen@ciis.edu