



Fall 2013

# Integral Counseling Psychology Newsletter

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## Recommended Citation

CIIS, "Integral Counseling Psychology Newsletter" (2013). *Integral Counseling Psychology Newsletter*. Book 6.  
<http://digitalcommons.ciis.edu/integralcounselingpsychologynewsletter/6>

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# California Institute of Integral Studies



## Integral Counseling Psychology Newsletter

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Fall 2013

### Letter from Barbara Morrill, ICP Chair

We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And to know the place for the first time.

T.S. Eliot  
"Little Gidding"

Dear Community,

While reflecting on the objectives of the coming year, two areas seem important to mention. One is the ongoing direction of Integral education where our department addresses multiple core areas within the course's primary psychological context. These core areas would include a multicultural perspective as well as a transpersonal or non-dual one.

After teaching a Transpersonal psychotherapy class with Alzak Amlani last spring we had the opportunity to focus on the history and continual expansion of our field that has been moving toward a "participatory turn" that includes all of the issues and struggles of the earth and it's varied inhabitants, as well as unitive, non-dual consciousness. We opened space for Ecopsychology, aspects of the Multicultural, Opening the Heart from Yogic and Sufi perspectives, and many other areas, reminding us of the transdisciplinary flavor of our concentration. The focus of the class was duality as part of

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

the non-dual, not as separate from it, and how to hold the whole of the person's life, and respond to a person from a larger perspective than fixing the 'problem'. While this is common to transpersonal psychology, the focus on the earth and multicultural is evolving.

It made us think about other possibilities for our students. While our degree is a clinical one, with a focus on sound clinical skills as well as non-dual presence, we realize students are utilizing the degree in fields that are not solely clinical, such as non-dual teachers and lifestyle and executive coaching, yoga school founders, as well as administrative roles about the development and education of women in countries such as Afghanistan, as well as many other cultures. Clinical degrees can serve many institutions, organizations as well as the individuals we currently serve.

The second direction of this year will be to strengthen our base, our roots around sound policies and procedures. We will be getting ready for our next accreditation visit from WASC in 2016. To this end, we will be strengthening our policies and procedures regarding student attendance in classes, keeping up with the therapy requirement of 50 sessions with a licensed therapist, to working with the CIIS Writing Center, to help those students in need of writing assistance. Academic rigor is a part of a strong base as we look toward continuing to provide the best Masters in Counseling that is possible.

As you read about our programs with the poet Drew Dillenger "Love Letters to the Milky Way", our Consciousness Forum with CIIS's Leadership, Mary Watkins, co-author of "Toward Psychologies of Liberation," you'll see they match our direction and most of all we hope you will join us!!

Sincerely,  
Barbara Morrill  
ICP Program Chair

News

## ICP News

by Kimberly Moody

Welcome back to campus! It has been wonderful to finally have the chance to meet all of you. Thank you for making me feel so welcome as I started my new position here. It's hard to believe it has been almost five months already!

To share a little of my background, I moved to the Bay Area to study Integral theory at JFK University eleven years ago. While working toward an MA in Integral Psychology, I served as Administrative Director, Director of Programs and finally as Director of Continuing Education there. I feel very fortunate to join the ICP team and have the opportunity to help shape this program as we seek to better understand and embody a more integral perspective in the world.

One of the useful things about being new is that it allows you to look at your surroundings from a fresh perspective. I know that is one of the things Barbara hoped I would bring to the department - a fresh lens through which we can continue to examine and improve the way we operate. We are eager to put systems in place that will both empower and support you as you move through this program - and are open to suggestions of how we can make things better. Barbara and I are currently working to refine the role of our Student Representatives so that they can better serve as liaisons on your behalf, and we are committed to improving the way we do things based on the feedback we receive. We hope that you will reach out to Kat and Emily and allow them to provide a voice for you. Change takes time but is made possible when we work together, so we appreciate your patience as well as your active participation in the process.

I look forward to getting to know all of you better over the coming months. Hope you have a wonderful semester!

## ICPW News

by Mary Fonte

I'm writing this fresh back from the 8-day intensive at IONS Earthrise in Petaluma. I tried to convince some of the kitchen staff to come home with me and teach me how to cook, but apparently they are busy. Maybe next time. The food was abundant and delicious! The IONS staff quickly and happily responded to all of our needs. A big THANKS to all of them for outstanding work and service: Tanya, Randy, Trecey, Debbie, Angie, Dave, Jen and Rey & Carmen. ICPW loves you!

The intensive featured good cheer, open hearts, and warm connections. The opening ritual included a visit from ICPW's own Sparlha Swaby, who helped lead the entire group in

Happy Birthday to Barbara Morrill, sitting in the front row with a wonderful look of surprise. I was deeply moved by the kindness of the new students towards one another, and the overall capacity of the entire group to be with all of the uncertainties and dynamics that inevitably came up.

[Click here to read more from Mary Fonte](#)

## Important Policies

*Please be sure to review these important policies and keep them in mind when planning throughout your degree.*

### Attendance Policy

Students are expected to attend all class meetings regularly and punctually. 100% attendance is required for Retreat Intensives. Students will be assigned an F [Failure] or NP [No Pass] grade if they miss more than *six hours* of a 3 unit class, more than *four hours* of a 2 unit class, or more than *two hours* of a 1 unit class. This includes both excused and unexcused absences. Two instances of tardiness or leaving early are considered equivalent to one absence. Instructors may permit a student to deviate from this rule on the grounds of illness necessitating confinement for 24 hours or more, a death in the family, or other extreme emergencies. If an exception is made, permission must be granted by the course instructor and the Program Chair. The instructor may also request verification of these circumstances by a letter from a medical professional, the Dean of Students or the Academic Vice President. Instructors also reserve the right to enforce a stricter attendance policy. Please review course syllabi for the terms of each individual course.

PLEASE NOTE: The Board of Behavioral Sciences (BBS) requires full attendance in the following course. No tardiness or absences will be allowed:

Alcohol and Chemical Dependency (1 unit)

### Personal Therapy Requirement

You are required to be in individual psychotherapy with a **licensed clinician** (MFT, psychologist, psychiatrist, or LCSW) at least once per week (50 sessions minimum) the year you are in practicum. If you plan to do your practicum in a school setting, in which case you would register for only two semesters (fall and spring) of supervision, you are still required to be in weekly therapy for a year. This year may begin the semester before you start practicum, or it may extend through the semester after you complete practicum. Please plan accordingly to avoid delaying your graduation. It is recommended that you allow ample time to interview therapists in order to find someone you want to work with for

at least one year. You must meet with your therapist a **minimum of fifty times** during the course of this year. As proof of completion of this requirement, you must have your therapist sign a **Therapy Verification Form**, available in the ICP Office or download on MyCIIS. Submit this form to the advising and supervision coordinator at the end of the year. If you fail to complete this requirement, the ICP program will withhold your degree.

## Practicum Corner

### **Supervision: Support on a New Journey**

by Daniela Koenig, Advising and Supervision Coordinator

Each semester the Integral Counseling Centers (ICC) accept approximately 15 ICP/W students into their centers for practicum. Many students enjoy the community setting at the ICCs. Over the last few years the feedback we have heard from many students at external sites is that their practicum experiences was rewarding and they learned a lot that they might have not experienced at an ICC, however, they did miss the community component of the ICCs.

We have taken the feedback to heart and as the ICCs can not accept all ICP/W students we have decided to provide the community setting through group supervision. Starting in the fall 2014 we will be implementing mandatory 1st semester group supervision for students at external sites. This will look as following for ICP students and ICPW students.

#### **ICP students:**

For all students who started the ICP program in fall 2012 and on, who are doing their practicum at an external site will have to enroll in group supervision their first semester of practicum. We want to provide students at external sites with a community setting and a continued integral supervision approach similar to the ICCs. We will offer multiple group supervision classes on different days and times. For your 2nd & 3rd semester of practicum you are welcome to continue in group supervision or switch to working with an individual ICP supervisor.

ICP students at ICCs will work with an individual ICP supervisor during practicum.

#### **ICPW students:**

As some ICPW students live outside of the bay area and group supervision for CA Board of Behavior Science (BBS) regulations doesn't work in a weekend cohort format we encourage group supervision. ICPW fall 2012 students who are doing their practicum at an external site in the Bay Area are encouraged to enroll in a group supervision class as well. We can not make it mandatory due to the cohort model,

however, strongly encourage weekend students to benefit from the integral supervision and the community setting by enrolling in group supervision.

Out of Bay Area ICPW and ICPW students at ICCs will continue working with an Individual ICP supervisor during all practicum semesters.

If you have any questions regarding any of these changes please don't hesitate to contact me.

### **ICP Practicum 102 Orientation**

For students planning on applying for practicum approval in fall 2013 (who have completed their pre-practicum classes) and starting practicum in spring 2014 the orientation will be

**Thursday, September 5**, 6-7:30 p.m. in room 210

Or

**Friday September 6**, 10 -11:30 a.m. in room 210

Please RSVP to Daniela by September 3

For students completing their pre-practicum classes in the fall 2013 and planning on applying for practicum approval in spring 2014 the orientation will be:

**Monday, October 14**, 6 - 7:30 p.m. in room 207

Or

**Wednesday, October 16**, 10 - 11:30 a.m. in room 216

Please RSVP to Daniela by October 9.

## **Integral Counseling Center Corner**

### **Church Street ICC News**

by Deborah Stone, Clinic Manager

Church Street Integral Counseling Center is the only Gestalt Therapy training center offered through an academic higher learning institution in the United States. While ICP students of all orientations and interests come to Church Street, this status offers those ICP students interested in learning more about Gestalt and Existential Psychotherapy methodologies and philosophies a truly unique training opportunity. With an experiential Gestalt training and community orientation developed by Lu Grey over the last three decades and continuing now with Gieve Patel as Clinical Director and Debbie Stone as Clinic Manager, Church Street ICC has deep roots at CIIS, in the neighborhood, and in the international Gestalt community.

### **Pierce Street ICC News**

by Emily Swanson, Intern

ICC Pierce is well known for its heart-centered relational, psychodynamic orientation, and weekly T-groups (as well as the growth, intensity and closeness that this can bring to the community). After experiencing this community for more than a year, I thought it might be nice to highlight some lesser-known elements of the traineeship at Pierce -- elements that have been central to my growth as a therapist and as a person.

1. **Ritual.** Amidst the fear and uncertainty of first sitting with clients, Pierce's weekly Wednesday training days offer predictable and dependable rituals and rhythms centered around authentic, vulnerable and caring connection with others. The dependability of these moments of connection, from opening and closing meditations, the check-in, and T-group, create a strong yet flexible container that can hold the anxieties of a roomful of beginning therapists.

[Click here to read more from Emily Swanson](#)

### Golden Gate ICC News

by Jessica Wallace, Clinic Director

There are four key elements which form the basis of the Golden Gate Integral Counseling Center vision: solid clinical training, cultivating and participating in a supportive community, service to the public, and inquiry into the interface of spirituality and psychotherapeutic practice. The clinical program at Golden Gate ICC is designed to provide a rich, dynamic training experience with an explicit emphasis on the transpersonal. The robust training program helps to develop grounded and effective clinicians of varying orientations. Students need not consider themselves "transpersonal psychotherapists" to practice here, and the majority would not claim such as their primary orientation. The Clinic Manager, Sarah Cox, and the Clinical Director, Jessica Wallace, simply hold a transpersonal *context*, which subtly supports and informs the more explicitly psychodynamic work that is happening with the trainees in their development over this year, as well as the work of their clients.

Events



## Fall Events

### **Meet the Leadership!**

#### **ICP Consciousness Forum**

Friday, September 20, 8:00-10:00 p.m. in Room 304



#### **Love Letters to the Milky Way**

with Drew Dellinger

Thursday, October 3

7:00-9:00 p.m. in Room 304



#### **Journey to Wholeness:**

#### **Tradition and the Transformational Psychology of Sri Aurobindo**

with Debashish Banerji

Friday, October 25

6:00 - 8:00 p.m. in Room 560



#### **Accompaniment: Psychosocial, Trans-Species and Earth-Based**

with Mary Watkins

Tuesday, October 29

6:00-8:00 p.m. in Room 207

### **Supervisor Talks**

**Monday evenings from 6:15-7:30 p.m. in Room 207**

#### **The Shadow Knows: Countertransference for Beginning Therapists**

with Renee Beck, MFT

September 23

#### **Working with Kinky Clients: What Therapists Need to Know**

with Kristen Beuthin, MFT

September 7

#### **Psychology of Disability**

with Dr. Kallenger, PsyD

September 21

#### **Jung, The Alchemy of Marriage & Couples Counseling**

with Alex Thomas, MFT

November 4

#### **Development of One's Analytic Style**

with Mureen Franey, MFT

December 2

**For more information about our ICP Events, [click here.](#)**  
**Other CIIS Events**

**Developing a Successful Private Practice**

with Michael Klein

Monday, October 7, 6:15 -9:00 p.m. in Namaste Hall

*For more information, contact [Ursula Rochester.](#)*

**Developing a Successful Private Practice**

with Michael Klein

Sundays, November 3 & 17, 10:00 a.m.-5:30 p.m.

*This course can be taken for one unit of academic credit or audited for \$118.*

*For more information, contact [Public Programs.](#)*

**Core Focused Family Therapy**

with Judy Hess

Sunday, October 13, 4:00-6:00 p.m.

California Pacific Medical Center

*For more information, contact [Rose Dito.](#)*

**Service to Community**

**Restorative Justice at San Quentin**

by Monique LeSarre

ICP students have been invited to attend the tri-annual San Quentin's Interfaith Restorative Justice (RJ) Roundtable, an incredible daylong event that includes an overview of restorative justice principles, remarks by prominent members of the restorative justice community, small circle groups, statements by survivors and perpetrators of crime, and commentaries or prayers from representatives of Buddhist, Muslim, Native American, Jewish, Catholic, and Protestant groups.

This is an important opportunity for ICP students and trainees to witness the impact of trauma on those who have survived crime and those who have committed crimes, and the intimate connection of early childhood trauma and those who later are susceptible to acting out violence. By sitting in experiential groups and sharing story with the San Quentin community, students will experience the profound possibility of healing for all involved when utilizing the restorative justice principles of accountability, respect, and restoration.

**San Quentin Interfaith Restorative Justice Symposium**

Saturday, December 14, 10:00 a.m. - 3:00 p.m.

San Quentin State Prison

*For more information, contact [Mary Elliott.](#)*

## Restorative Justice Group Facilitation & Counseling

with Sonya Shah, Jerry Elster & Kip Williams (TA)

Tuesday-Saturday, March 8-22, 2014, 10 a.m. - 6 p.m.

San Quentin day: 7:30 a.m. - 6:00 p.m.

*This 3-unit course can be taken as an elective.*

*Registration opens Dec 3 & closes Jan 18.*

*For more information, [click here](#).*

## Student Corner - Meet our Student Representatives!

*We are excited to introduce our student reps to you! We will be working closely with them over the coming months to refine and improve the role of our Student Representatives, and to continue to discuss ways that they can more effectively serve on your behalf, helping give voice to student issues and concerns that arise, improve communication channels and build better community between both programs. We will keep you informed of new developments and ways to get involved in future newsletters. STAY TUNED!*

### ICP Student Rep - Kat Conour



Greetings Fellow ICP Students and Future Colleagues,

I am grateful, excited, and cautious in introducing myself to you as the Weekday Student Representative for the ICP Program Committee. I am beginning my second year as both ICP Student and Representative. Over the course of my first year, I have gained an insider view on many of the student, faculty, and staff perspectives on our department. As an engaged ICP student, and someone who has worked at an institutional level with program evaluation and boards of directors, I am committed to helping increase the efficacy and efficiency of the communications between students, faculty, and staff during my time in ICP. My hope is that we will continue to hear each other better and also work toward reducing some of the gaps between our department's vision and its implementation.

I am excited by Barbara and Kim's initiative and enthusiasm toward solidifying and expanding the role of student representative so that student voices overall are heard more. We have done some preliminary groundwork but we have more to go. My aim is to support you and all of us as an ally in action.

Which means, *please reach out!* I would love to hear your ideas about how the role of student rep could support you and the department, and how the department could better serve you in your education.

Please feel welcome to reach out to me on campus, by facebook or email: [KEConour@gmail.com](mailto:KEConour@gmail.com).

### ICPW Student Rep - Emily Howard



Hello Friends!

What an amazing week at IONS! I absolutely LOVE living in the moment with each and every one of you!

As weekend students, we only have classes once a month. They are intensive...and intense! There is very little time for us to visit with faculty to receive feedback, have our concerns heard and our questions answered.

As the ICPW student representative I will be acting as a liaison between our cohorts and the faculty. I will meet once a month with the core faculty and have a direct and personal line to Mary Fonte, our administrative contact for ICPW, and Barbara Morrill, the ICP chair.

I am looking forward to connecting with all of you as this position takes shape, and welcome your feedback, questions, and concerns by email, or in person on campus. Thursday afternoons work best.

I think this position will benefit all of us. During our first year at CIIS, I wasn't sure what questions to ask! Now that we are in the middle of our program, I think we will become more curious about the opportunities, events and administrative changes that will affect our 2nd and 3rd year in ICPW. Please let me know how I can best serve the group. I live locally, and am happy to connect with you via email at [emhead73@gmail.com](mailto:emhead73@gmail.com) or on the CIIS campus between our weekend intensives.

**Alumni Corner - Where are they now?**

### **ICP Alumni - Ameeta Singh, MA, MFT**

Greetings! My name is Ameeta Singh. I am an alumna of CIIS's Integral Counseling Psychology Program. I graduated in December 2006. My time at CIIS was a challenging one; as I sought to integrate my own experiences as an immigrant woman of color into a field that struggled - and continues to struggle - to allow for the experiences and voices of people of color. It was also a time of immense growth and change. I learned a lot about myself, my strengths and my resiliency. Prior to becoming a therapist, my professional background centered around case management and program development primarily within communities of color. My internship experiences were with community based agencies working with people involved in the criminal justice system, as well as with adolescent parents.

[Click here to read more from Ameeta Singh](#)

### **ICPW Alumni - Shanon Sitkin, MA, MFTI**



Greetings everyone!

Summer is almost over, although here in San Francisco it is hard to tell that it has even happened. Whatever the weather, I hope you all are finding time to pursue the things that bring you contentment. We in the city are fortunate to live in a place that offers so many distractions, and for that reason I find that I have to make an effort to not get carried away with all of the things I feel I should be doing. I'm sure the same applies for those of you who live further away too.

It has been an eventful year for me, I graduated this Spring, which felt like a long overdue accomplishment, and now I can call myself a master of counseling psychology (although my clients may feel otherwise). I have been working at the Liberation Institute for the last year. We are a low fee sliding scale psychotherapy clinic that operates in the Mission district. I love what I do, which are words I thought I would never utter about my job, until now. It took a lot to get here, time, money, endurance, faith and money (did I say that already?). Now that I'm here, I know now it was all worth it. In fact, I find myself wishing I could go back and do it again. Although I'm sad to leave the CIIS nest, I know that I will find ways to stay connected to our school and our community more broadly.

[Click here to read more from Shanon Sitkin](#)

## Recommended Books & Films

### BOOKS

#### [Spiritual Ecology: The Cry of the Earth](#)

by Llewellyn Vaughan-Lee

Recommended by Alzak Amlani

#### [Emotional Medicine Rx](#)

by Penelope Young Andrade

Recommended by Philip Brooks

#### [Unlocking the Emotional Brain](#)

by Bruce Ecker, Robin Ticic, Laurel Hulley & Robert Neimeyer

Recommended by Philip Brooks

#### [A Theory of Everything](#)

by Ken Wilber

Recommended by Sergio Rodriguez-Castillo

#### [Running from Safety](#)

by Richard Bach

Recommended by Sergio Rodriguez-Castillo

#### [General Theory of Love](#)

by Thomas Lewis, Fari Amini & Richard Lannon

Recommended by Jessica Wallace

### FILMS

#### [Pleasantville](#)

Recommended by Philip Brooks

#### [Hope Springs](#)

Recommended by Sergio Rodriguez-Castillo

#### [Amour](#)

Recommended by Jessica Wallace

#### [Fruitvale Station](#)

Recommended by Jessica Wallace

### PODCASTS

#### [Shrink Rap Radio](#)

Hosted by Dr. Dave

Recommended by Philip Brooks

To read our faculty and staff reviews, [click here](#).

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 Kimberly Moody, ICP Program Manager, at (415)575-6225  or [kmoody@ciis.edu](mailto:kmoody@ciis.edu) or Daniela Koenig, ICP Advising and Supervision Coordinator at (415)575-3490  or [dkoenig@ciis.edu](mailto:dkoenig@ciis.edu). For the ICP Weekend program, contact Mary Fonte, ICPW Program Coordinator, at (415)575-6130  or [mfonte@ciis.edu](mailto:mfonte@ciis.edu).



**Sincerely,**

Barbara, Mary, Kim and Daniela  
ICP Team  
California Institute of Integral Studies

[Forward email](#)



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