



Fall 2012

# Integral Counseling Psychology Newsletter

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# California Institute of Integral Studies



## Integral Counseling Psychology Newsletter

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**Fall 2012**

### Letter from Barbara Morrill, ICP Chair

Dear ICP and ICPW Students,

Welcome to a new academic year!

Thus, a divine spark lives in every thing and being, but each spark is enclosed by an isolating shell. Only humans can rejoin it with the Origin: by holy converse with the other and using it in a holy manner"  
Martin Buber

To be an observer of this divine spark in each being suggests a relationship. The development of the dialogical stance Buber suggests is the I and Thou. To move from observing to engagement with the other, which naturally entails holding difference in shared space, is the nature of our work as Integral therapists.

This summer, several CIIS administrators and faculty members were invited by Sonya Shah, who teaches in the School of Undergraduate Studies, to attend a Restorative Justice Seminar at San Quentin State Prison. For those of you who are unaware of the Restorative Justice movement, its basic intention is to restore the lives of the victims and offenders as well as the community through education and dialogue. According to the brochure we were given at the seminar, Restorative Justice is about "restoring the justice system to one that encourages collaboration, reconciliation

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and re-integration of survivors and offenders rather than coercion and isolation." I thought of you, our students, during this visit, and I want to share my experience with you as I feel it is relevant to what we are doing in the ICP and ICPW programs.

[Click here to read more from Barbara](#)

## News

### ICPW News

by Sparlha Swaby

Well, well, here we are - some of us on the verge of a new adventure of becoming, some of us deepening into paths already begun, and some completing at last a journey that feels long and rich in the making. Each of us exactly where we need to be, and if not, shifting into a new position.

I am freshly back from the weeklong ICPW Intensive at EarthRise Retreat Center in Petaluma. What a treat! Flickering across the lens of my mind come images of our time in the golden hills: the steady barrage of yellow-jacket wasps at mealtimes helping themselves incorrigibly to our plates of food; baby fawns, speckled and curious, staring intently at all of us from the tall grass, as we gazed back in awe and delight, our numbers spilling from the dining hall; Wednesday night's blackout (which I missed) and the fire under Chalet 2 on our very first night on site; the silence of the mornings, and the raucous laughter every night. These moments were of course only the few I shared with you in between your many many hours of classes. Now that I'm an ICPW alumnus, I can only imagine with envy the incredible conversations, challenging and cathartic processes, and deep contact that you shared with each other last week.

[Click here to read more from Sparlha](#)

### ICP News

by Nathan Lupo

Welcome to a new semester and a new beginning. I hope you all have enjoyed the summer and have been able to take advantage of some of the extraordinarily beautiful weather San Francisco has had to offer. I keep telling people that, August aside, the immediate effects of global warming have been splendid for our neck of the woods.

As I have for the past four years, this summer I traveled to Quebec City, Canada for an annual seminar in Lacanian

Psychoanalysis. Each year, the analysts of [GIFRIC](#) teach on a different topic as it pertains to clinical practice. This year, the topic was "The Clinic of the Fantasy," and much of the subject matter dealt with the experiences we have as children before we learn to speak. According to Freud in his later years, these experiences are what make up the "real" unconscious, and the fantasies we create of them become a large part of how we organize our existence.

[Click here to read more from Nathan](#)

## Integral Counseling Center Corner

### Golden Gate ICC

by Jessica Wallace, Director

Golden Gate is one of the three Integral Counseling Centers dedicated to offering high quality, affordable psychotherapy to a diverse set of individuals, couples, groups and less frequently, children and families. We are lucky to be housed in a beautiful and tranquil office suite, which we experience as a physical expression of the Transpersonal context of GG. We are a vital community working collaboratively toward a common goal of waking up, which has a direct impact on the quality of therapy provided and creates a solid foundation and safe container for the delicate and profound work of therapy.

[Click here to read more from Jessica](#)

## Practicum Corner

### Practicum: The First Piece of a 3000-piece Puzzle

by Daniela Koenig, Advising and Supervision Coordinator

The transition to practicum can be an overwhelming and at times daunting experience as it is the beginning of your professional career as a therapist. It takes 3000 hours to become eligible for the MFT licensing exam in CA, so you can think of it as the first piece of a 3000-piece puzzle. For people who love puzzles it can be a fun, thrilling and exhilarating challenge. I remember my brother when he was a kid loved puzzles, and the more pieces his puzzles had the happier he got. For others it's daunting and no fun at all, which is how I felt about puzzles as a child. Spending hours trying to figure out how to make all the pieces fit together sounded like torture to me as a kid. Needless to say, my brother was the puzzle champ in our family!

Whether you enjoy solving puzzles or not there are some easy steps to take as you are embarking on the journey of practicum.

1. Complete your practicum approval application, meet with your faculty advisor to discuss your practicum readiness and submit your completed application to me the semester after you have completed your pre-practicum classes.
2. Start researching practicum sites. Ask yourself what populations (children, elderly, women, men, couples, LBGTQ, prisoners, youth, etc.) you would enjoy working with and what populations you'd rather not work with in your first professional experience.
3. Research sites in the MCP Field Placement database on myCIIS or in the blue binders outside of the field placement office.
4. Look at the websites of the sites that you are interested in to become familiar with their practicum expectations, open house dates and application process.
5. Attend the MCP Field Placement's annual Practicum Fair in December (keep an eye out for e-mails and flyers with the exact date closer to December)
6. Attend the open house of the sites you are interested in.
7. Apply to the sites you are interested in. We recommend that you apply to 8-10. The field placement office helps students with resume writing for external practicum sites.
8. Attend the interview - some sites have group interviews and then individual or small group interviews. Make sure you know the exact process and show up to the interview(s) a few minutes early.
9. Good luck! If you have any questions, please don't hesitate to contact me.

To support you on your practicum journey the MCP Field Placement office and the ICP office are putting on some workshops/orientations to help you make practicum a successful experience.

### **ICP Practicum 101 Orientation**

with Daniela

If you are getting ready and are starting to think about practicum and not sure how to go about applying for practicum approval, this orientation is for you.

Monday, September 10, 6:00-7:30 p.m. in room 210

Friday, September 14, 12:00-1:30 p.m. in room 210

### **ICP Practicum 102 Orientation**

with Daniela

If you are planning on starting practicum in Spring 2013, please join this orientation to learn more about the forms that need to be completed and how to find a supervisor.

Friday, November 16, 12:00-1:30 p.m. in room 210  
Monday, November 19, 6:00-7:30 p.m. in room 210

## Events

We have more exciting Events and Supervisor Talks scheduled this fall. We are also beginning to host ICP Alumni, who will be presenting talks on their experiences after graduation, opening practices, finding a suitable theoretical orientation, and working with their orientations in the consulting room. We hope you will come and hear them speak. This could be you one day soon!

In addition to our regular events, we will be interviewing Claudia Shields, a candidate for a full-time faculty position on Thursday, October 18th. Students' input in the hiring process for faculty members is crucial, and we have asked Claudia to give a presentation to you and answer your questions at 6:00 in room 560. Please join us!

### Supervisor Talks

**Monday evenings from 6:15-7:30 p.m. in room 210**

#### **The Adolescent Shadow in Adults**

with Renee Black  
September 17

#### **Kaleidoscopic Supervision**

with Anthony Guarnieri  
October 1

#### **Motivating Change/Changing Motivation**

with Raymond Buscemi  
October 15

#### **Somatic, Holistic and Client-based Psychotherapy**

with Bonnie Eskie  
October 29

#### **Self Care**

with Linda Brewer  
November 26

### Alumni Talks

## Monday evenings from 6:15-7:30 p.m. in room 210

### Finding a Sense of Identity Between Two Cultures

with Kelly Nguyen  
September 24

### Beyond Noticing: From Judgmental Prison to Compassionate Action

with Tamara Thebert  
October 8

### Dreams and the Unconscious

with Nathan Lupo  
October 22

### Bion, Attachment, and Trauma

with Holly Greenberg  
November 5

### Safe Attachment within the Unconscious Dynamic

with Michael Loeffler  
November 19

## Fall Events

### When the Body Says No: Mind/Body Unity and the Stress-Disease Connection

with Gabor Mate, MD  
Thursday, September 6, 3:00-4:30 p.m. Room 607

### The Great Women Masters: The Doctors of Kindness

with Ana Perez-Chisti  
Thursday, October 11, 7:00-9:00 p.m. Room 207

Benjamin Tong, who teaches in the PsyD program, will be giving a talk on the first Saturday in November. Details coming soon!

## Halloween Party!

ICP Staff will be throwing a Halloween Party this October 20th in Namaste Hall. Last year's party was a great success, with some folks staying into the wee hours, dancing the night away. This year, we're going all out again and adding a twist: Costumes! There will be music, games, food and libations, and a costume contest. Please join us, bring your dancing shoes, and come decked out in your ghoulish best! [\\_\\_\\_](#)

We are still updating our [events webpage](#), but you can use this link as a reference for more information in the near future.



## Recommended Readings

### [The Schopenhauer Cure](#)

by Irvin Yalom

Recommended by Philip Brooks

### [The Transforming Power of Affect: A Model for Accelerated Change](#)

by Diana Fosha

Recommended by Daniela Koenig

### [In the Realm of Hungry Ghosts: Close Encounters with Addiction](#)

by Gabor Mate

Recommended by Judy Hess

### [Desire: The Tantric Path to Awakening](#)

by Daniel Odier

Recommended by Barbara Morrill

### [The Unsayable: The Hidden Language of Trauma](#)

by Annie Rogers

Recommended by Nathan Lupo

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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 Nathan Lupo, ICP Program Manager, at (415)575-6225  or [nlupo@ciis.edu](mailto:nlupo@ciis.edu). For the ICP Weekend program, contact Sparlha Swaby, ICPW Program Coordinator, at (415)575-6130  or [sswaby@ciis.edu](mailto:sswaby@ciis.edu).

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We wish you a wonderful spring semester. If you have any questions please don't hesitate to contact us.

**Warmly,**  
Barbara, Sparlha, Daniela and Nathan  
CIIS Integral Counseling Psychology Department

[Forward email](#)



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