Group photo following a Transformative Social Change session at the Spring 2019 RC. Monterey, CA.
Photo Courtesy of Joel Federman, PhD. Chair, Transformative Social Change

President's Update to the Saybrook University Community
Faculty | Staff | Students | Alumni
Volume 5, Issue 2 | February 2019

News from Saybrook University's Office of the President

February 2019

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Visit our Website
Greetings & Spring 2019 Residential Conference Recap

What a wonderful, connected, and impactful RC - and we even got a couple days of mid-winter Monterey sunshine this time around. I had the pleasure of experiencing our ever-present quality educational sessions and workshops; important and cutting edge events such as our Diversity Luncheon, titled *Encountering the Other: The White Shadow*, and an advanced screening of *Charm City*, followed by a live conversation with Marilyn Ness; as well as tough and important conversations with our community on how we can fully realize the potential of Saybrook University. I left Monterey transformed, and ready for what's next. Thank you for the
Town Hall Takeaways

For those in attendance at this semester’s community town halls, you are aware that some hard conversations were had, and I want to again honor everyone who took part in the dialogue. There are a number of takeaway items that we will be providing follow-up information on in this newsletter, and in my weekly update communications, as we work to address the questions and concerns which were raised in Monterey. The answers to some of these questions will of course be quite complex, and it will take the voices of our entire community to find the solutions. I look forward to working with all of you over the coming months, especially as we enter a new strategic planning process, to ensure that we are paving a path for the future which honors our legacy, and sets Saybrook up for success in the years to come.

While this list is not exhaustive, I am including below a list of key takeaways from the town hall conversations.

- How do we honor our humanistic legacy, dating back to our founding as the Humanistic Psychology Institute in 1970, in the current and future direction, programs, and initiatives of Saybrook University?

- How do we build sustainable, long-term processes that allow for communication across our community, and input from students, faculty, staff, and alumni in decision making at the university?

- How do we maintain and adapt our educational models and approach in the current, competitive climate of higher education? How do we ensure quality experiences and responsive student services while avoiding purely transactional models seen at other institutions?

- As we look ahead to the Pasadena move, how do we honor the work and the impact of staff who will be moving on this year? How do we acknowledge the impact of the relocation, take care of those affected, and build staff continuity in our new location?
• With respect to the Pasadena relocation and TCS affiliation, how does Saybrook maintain its own, distinct brand, while leveraging strategic partnerships and relationships across the affiliate network?

• What changes and improvements are ahead for the Accommodations process at Saybrook? Are there plans to reinstate/reimagine the ADA committee? How do we ensure access in-person at RC events, and on-line in our Canvas shells? How can we ensure communication to hear what is working for students with regards to the accommodations letter process and other policies & procedures, and what can be improved?

• How do we improve the student experience in Canvas? How do we ensure that course-shell navigation is streamlined and intuitive for students?

• How do we define shared governance at Saybrook, and ensure that we have lasting procedures in place for proper input on community issues, such as faculty workload planning?

• How do we ensure that diversity and inclusion initiatives are front-of-mind in our work, and in our hiring and student recruitment practices?

Staff, faculty, and administrative community members enjoy gifts of gratitude from the Saybrook student body at the January 2019 RC (photo by Tracy Sisk, CP 5th year student).

Student + Alumnus Spotlight:
J Daniel Gawrys
J Daniel Gawrys is an organizational consultant with expertise in change management and process improvement. As a Doctoral student studying Organizational Behavior at Saybrook University, the focus of Daniel’s work includes navigating decision-making, divorcing distractions, and ushering leaders and managers to discovering their path toward greater depth and meaning in their work and life.

Daniel is both an alumnus of Saybrook University (MS Mind-Body Medicine, 2016) and a current student, having returned in 2018 to pursue a PhD in Managing Organizational Systems.

We are thrilled to be able to welcome Daniel back to the university for this next phase of his educational journey, and are proud to announce his recent publication in last month's edition of CalSAE's magazine, The Executive. Read 7 Steps to Successfully Navigate the New Year, and join us in congratulating Daniel on this accomplishment!

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**Announcing Dr. Eleanor Criswell Founder's Scholarship**

Recently, we announced the formation of [The Dr. Eleanor Criswell Humanistic Psychology Institute-Saybrook University Founder's Scholarship](#), and the launch of a campaign to seed the newly endowed fund with $25,000. Today, I again ask that you join me in supporting the future of humanistic scholarship and practice at Saybrook University.

Once the $25,000 threshold is reached, Saybrook will begin awarding annual scholarships to incoming and continuing students who demonstrate a deep passion for, and commitment to, the principles of humanistic psychology and philosophy, as
evidenced through their work as scholar-practitioners. Consider making a gift today to help us reach this goal (please select Dr. Eleanor Criswell Founder's Scholarship in the drop-down menu).

Dr. Eleanor Criswell is a leader in the fields of humanistic psychology and holistic health, and was the founding director/president of the Humanistic Psychology Institute, which later became Saybrook University. Recipients of the Dr. Eleanor Criswell Founder’s Scholarship must demonstrate a deep passion for the principles of humanistic philosophy in their scholarship application, along with an articulated commitment to championing these principles in their current or intended course of study at Saybrook, as well as in their future goals.

Recipients will be selected by a committee of faculty, administration, and community members, which will be assembled in collaboration with Dr. Criswell, or her designee.

Make A Gift Today

Dr. Eleanor Criswell
Founding Director/President, Humanistic Psychology Institute

Eleanor Criswell, EdD, C-IAYT, is Emeritus Professor of Psychology at Sonoma State University, where she taught for nearly 40 years. She has a Master’s in Counseling and Guidance (University of Kentucky, 1961) and a Doctorate in Educational Psychology from the University of Florida (1968). She is Founding Director of the Humanistic Psychology Institute (1970) (now Saybrook University, Oakland). Director of the Novato Institute for Somatic Research and Training, she has written Biofeedback and Somatics: Toward personal Evolution, How Yoga Works: An
Introduction to Somatic Yoga, and edited Cram's Introduction to Surface Electromyography. She is one of the pioneers in the field of biofeedback, yoga education in the United States, and somatics. She served as President of the Association for Humanistic Psychology (1976), Division 32 (1999-2000), and the International Association for Yoga Therapists (2010-2013). She founded Freeperson Press in 1975 to publish books relevant to the field of humanistic psychology. She is a California licensed psychologist and practices humanistic psychotherapy. She is originator of Somatic Yoga, Equine Hanna Somatics®, and Canine Hanna Somatics®. She conducts trainings in Hanna Somatic Education. In the past 59 years she has worked with thousands of students and clients, women and men—all from a humanistic orientation. She is the first recipient of the Eleanor Criswell Hanna Award for Outstanding Contributions to Women in Humanistic Psychology given by Division 32—the Society of Humanistic Psychology, American Psychological Association.

College of Social Sciences Updates

DEPARTMENT OF HUMANISTIC & CLINICAL PSYCHOLOGY

Publishing

- Susi Ferrarello, Ph.D., and Nicolle Zapien, Ph.D., co-authored and recently released a new book, titled *Ethical Experience: A Phenomenology*

- A recent article in the Atlantic, titled *What It’s Like to Visit an Existential Therapist*, features work from Rollo May, PhD - one of the founders of the Humanistic Psychology Institute, which later became Saybrook University - as well as contributions from current Saybrook faculty members Drs. Orah Krug and Louis Hoffman

DEPARTMENT OF LEADERSHIP AND MANAGEMENT

Publishing

- Joanne L. Smikle, PhD had an article published in The Journal of Values-Based Leadership. The article, *Connecting Values to Leader and Leadership Development*, explores the role of personal values in cultivating leadership.

Contributions to the World of Practice

- In January, Mary Kay Chess, PhD, hosted an Executive Round Table (ER Call) for health care leaders around the country on increasing the capacity for innovation and creativity in unique networks and community-based shared services organizations. This session was a follow-up to the in-person two-day Innovation Lab led by Dr. Chess during a healthcare summit in 2018.

- Joanne L. Smikle, PhD was in Charleston, SC facilitating executive development sessions for physicians selected to participate in the American Academy of Neurology's Women Leading in Neurology Program and their Diversity Leadership Program. Dr. Smikle’s sessions focused on the competencies required to deliver transformational leadership in the rapidly changing healthcare environment.
Robin Dickey, a doctoral candidate in the Saybrook University Mind-Body Medicine program, has just been awarded a grant to fund a faculty wellness initiative at The University of Texas Health Science Center in Houston. Robin will be collaborating with the Office of Faculty Affairs to offer monthly wellness related activities, including education, exercises, mindfulness, guest speakers, etc.

She will also conduct an appreciative inquiry study with the UT faculty. The appreciative inquiry will include collaborative questioning, pre- and post-participation surveys, and open dialogue with faculty attendees about transformational change potential for the University. This will include exploration into strengths, successes, values, hopes and dreams. We plan to follow the The 5-D Cycle of Appreciative Inquiry: Define, Discover, Dream, Design and Destiny/Delivery to focus on Strategic Planning, Cultural Transformation, Employee Satisfaction, Morale and Retention, and Leadership Development.

The funding for the faculty wellness initiative comes from UTSystem, an entity that oversees the 14 University of Texas educational institutions throughout the state. She hopes to publish the results of this offering in the International Journal of Environmental Research and Public Health's special edition called Participatory Research in Health Promotion that will be published in November.
Allison Winters Fisher’s research is a holistic case study analysis of an existing integrative treatment program. Her recent video features original music by Nathaniel McLaughlin, videography by Elizabeth Freeman, and choreography by Allison herself. View the video [here](#).

An innovative way to explain PhD research, the contest challenges scientists to explain their research without PowerPoint slides or jargon—in fact with no talking at all.

Now in its 11th year, contestants submit a video explaining their Ph.D. research through interpretive dance.

*Science.*

Many military members struggle with symptoms of trauma. The body responds to trauma by over-activating the autonomic nervous system (ANS). Soldiers can remain in a high alert state for long periods of time, which can include continuous, quick, and shallow breathing and a racing heart. It is a burden that is carried in the body, just as a soldier wears a rucksack wherever he or she might go. Mind-body practices, such as diaphragmatic breathing, gentle movement, and relaxation techniques can counteract these automatic physiological responses. Practicing and building mind-body skills increases heart rate variability (HRV) and coherence levels, transforming burden into a new found and lasting sense of calm, balance, and peace.

This video is Allison’s dance interpretation of her Ph.D. dissertation, Dance/Movement Therapy-Based Mind-Body Medicine in an Integrative Medicine Treatment Program for Military Members with Traumatic Brain Injury.

**DEPARTMENT OF INTEGRATIVE AND FUNCTIONAL NUTRITION**

- On behalf of the virtual IFN community, and CIMHS, we’d like to invite everyone to our first webinar of 2019! On Wednesday, February 27, from 5-6:30 pm PST, Dean Donald Moss will present: *Integrative Care for Chronic Conditions: The Pathways Model*
- Join us via computer or phone at 5pm PST, Wednesday, February 27, 2019:
  - Please join my meeting from your computer, tablet or smartphone: [https://global.gotomeeting.com/join/757328773](https://global.gotomeeting.com/join/757328773)
About the Topic: In 2013, McGrady and Moss introduced the "Pathways Model," for integrating basic self-directed wellness practices into both the treatment of ill persons and optimal performance interventions for normal human beings, athletes, and performing artists. The continuum of health suggests that all human beings stand on a continuum between disease and high-level wellness. Human beings with illness begin their recovery by moving from disease to challenged health, but their recovery isn’t complete until they have eliminated negative health behaviors, added positive health behaviors, and dedicated themselves to the pursuit of optimal health. The Pathways Model advocates using a progression of Level I interventions, consisting of self-directed life style changes tailored to personal goals and problems, Level II interventions, based on available community programs and educational resources, and Level III interventions based on professional interventions such as biofeedback, imagery, coaching, and counseling. In 2018, McGrady and Moss extended the Pathways Model, to provide guidelines for the treatment and management of chronic illnesses and chronic conditions. The Pathways Model now also integrates the use of many CAM therapies and spiritually-based interventions.

DEPARTMENT OF INTEGRATIVE WELLNESS COACHING

- Beth Haggett, adjunct faculty for CIMHS Department of Integrative Wellness Coaching, is hosting a corporate retreat in March for the Consortium for Service Innovation the Think Tank in the Customer Service Industry. She has also been invited to conduct her Coach Training and Train the Trainer in Amsterdam in March for TellTales Consulting based in the Netherlands. The trained instructors will be teaching the workshop across Europe and in Las Vegas for a large medical organization. The medical organization will be adopting the Coach Training program to support their change management strategy. Beth is also partnering with a woman who specializes in somatics to conduct a Women’s Wellness Retreat at Riverhouse Ranch.

Anjali Talcherkar Speaks at FDA:
SKY Youth Program + Nicotine Addiction
On January 18th, Saybrook University PhD Mind-Body Medicine candidate, Anjali Talcherkar, spoke at the FDA public hearing in Washington D.C. on Eliminating Youth E-Cigarette & other Tobacco Product Use. Anjali presented alongside Ronnie Newman, Director of Research at IAHV, for the SKY Youth Program for Treatment & Prevention Strategies.

Learn more about the presentation here, and view the Presentation Proposal for more details.

Congratulations, Anjali, on this opportunity to advance impactful research and practices on a national stage!

Mark Your Calendars:
Saybrook Salon Double Feature, NYC
Saybrook Salon: Saturday Double Feature!

Saturday, February 23rd, 2 - 4pm EST

482 West 43rd St., Manhattan Plaza Health Club
1st Fl., Minnesota Conference Room
New York, NY

RSVP: rogerjeff@access.net

Join us for a Saybrook Salon event in NYC featuring presentations and experiential activities by Roger Cunningham and Dr. Ruth Richards. The event is free, and refreshments will be served.

- Focusing - Our Inner Wisdom (Roger Cunningham)
- Intimacy with Everyday Creativity: See it - Free it - Be It (Dr. Ruth Richards)

Each Segment involves cutting-edge activities for self-development and growth in psychology and human consciousness.

IRB Corner:
Reminders for the New Year
The January 2019 IRB newsletter went out over email on 1.30.19 and includes:

- A quick overview of how the Saybrook IRB is working with the new federal human subjects regulations
- The forthcoming revised informed consent template
- A summary reminder about CITI Program training and how to select the “right” training course
- An overview of upcoming IRB Open House sessions and other IRB support.

We are working to have our IRB Newsletters archived, and retrievable online, by March 1. Once this news is archived, we’ll be able provide a direct link to the IRB Newsletter in this section of the monthly newsletter.

If you have any questions about the Saybrook IRB, please contact IRB@saybrook.edu

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Counselor Position Open:
BEing There Counseling, Grand Junction, CO

Being There Enlightenment Systems, Inc is hiring for an Associate Counselor in Grand Junction, Colorado.

Learn More

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Concur Drop-In Hours

If you have any Concur-related questions, please contact Julia Sondej, Saybrook University Concur Administrator. Julia can be reached at 425.633.8713 or via email at jsondej@saybrook.edu

In addition, Concur Drop-in Hours via GTM have been scheduled for:

- **Tuesday, February 5, 2019, 9 am – 10 am Pacific Time**

  Please join the meeting from your computer, tablet or smartphone

  https://global.gotomeeting.com/join/942432677
  You can also dial in using your phone.
  United States (Toll Free): 1 866 899 4679
  United States: +1 (571) 317-3116
  Access Code: 942-432-677

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  Dial: 67.217.95.2##942432677
  Cisco devices: 942432677@67.217.95.2
  First GoToMeeting? Let’s do a quick system check:
  https://link.gotomeeting.com/system-check