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Greetings

Dear Saybrook Community,

Happy new year, and best wishes for a happy, successful 2019. As is always the case this time of year for Saybrook, we are looking forward to having the opportunity to connect with our community - in person - as we convene in Monterey for the Spring Residential Conference. I look forward to the opportunity to hear about hopes for the new year, and to kick off another transformative semester for our community.

2019 brings the promise of new opportunities and rewarding experiences - cutting edge research, and transformational practice. In that spirit, I want to take a moment to congratulate the Saybrook recipients of this year’s TCS Global Grant awards. Congratulations to Dr. Luann Fortune, Dr. Robert Flax, and Dr. Jacquie Lewis. Bravo, and we can’t wait to see where these opportunities take you and the university.

Please read on for important updates and event details for the month ahead. Looking forward to seeing many of you in just a couple weeks’ time.

Onward,

Nathan Long, President
Saybrook University

Vice President for Academic Affairs:
Welcome Devin Byrd, Ph.D.

I want to once again thank the search committee as well as all of our trustees, faculty, staff, and students who participated in reviewing two incredibly talented candidates. I am pleased to announce that Devin Byrd, Ph.D. has accepted our offer of employment and will begin with Saybrook University beginning February 18, 2019. He brings an enthusiasm for the position and a deep passion for the mission of Saybrook.
His background in Clinical Psychology along with his wealth of experience from accreditation to program development to academic quality initiatives make him an excellent choice as we move Saybrook forward.

Dr. Byrd is a Clinical Psychologist and currently serves as the Associate Vice Chancellor for Academic Affairs for South University, Dean for the College of Arts and Sciences, and Dean for College of Health Professions. His responsibilities include oversight for programs offered across eleven campuses, one learning site (Orlando, FL), and the online division. In his role as Dean, his responsibilities include ensuring the academic integrity for all academic programs, oversight for programmatic accreditation, development of five-year financial projections (Pro-Formas) and market analyses for proposed programs, managing curricular/policy adjustments, and approving system-wide hires within the College.

Dr. Byrd graduated from the University of North Carolina Chapel Hill with a Bachelor of Science degree in Psychology and from Virginia Tech with MS and PhD degrees in Clinical Psychology. During his graduate studies, he completed his pre-doctoral internship at Brown University where he served as the Intern Representative for the Child track and completed rotations at the VA PTSD clinic, Bradley School, Child/Adolescent Inpatient facility, and the Child/Adolescent Anxiety Disorders clinic. Prior to joining South University in 2006, he served as a professor and researcher at the University of South Carolina Aiken in the Department of Psychology. His research interests include the biopsychosocial examination of depression and anxiety and children, adolescents, and young adults.

His current community involvement includes serving on the Board of Directors for the Riverview Health and Rehabilitation Center, the Richmond Hill Soccer Club, Richmond Hill High School Softball team (Vice President) and the Richmond Hill High School Club Girls Lacrosse team (Vice President). His personal interests include spending time with his family and friends, traveling, boating, golf, and home projects.

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Alumni Spotlight:
Arielle Dance, Ph.D.

Arielle Dance, Ph.D. is a 2017 graduate of the Mind Body Medicine PhD program. A member of the Fall 2013 cohort, Arielle was introduced to Saybrook University’s MBM program when her friend and East Coast colleague was accepted. After being rejected by a dozen doctoral programs, each of which could not support her unique research
ideas, Arielle finally found a home in Saybrook University. It was a breath of fresh air to find a haven that understood the language she used and recognized that her work is possible.

Since crossing the stage in August 2017, Arielle remains connected to the Endometriosis research community. Just 10 days after passing her dissertation oral defense, Arielle presented her pilot study research at the World Congress on Endometriosis in Vancouver, Canada. Earlier this year, Arielle was published in the BMJ along with scholars from George Mason University and the Endometriosis Foundation of America. The research investigates how adolescents in the New York area perceive endometriosis symptoms. Most recently, Arielle has been appointed to the Board of Directors for a developing non-profit, Sunday Born Flags, that focuses on the art of healing through movement, touch, and empowerment. Additionally, Arielle is an aspiring children’s literature author and has two children’s books pending publication. Both books aim to explain invisible illnesses, compassion, and inclusive family structure to young children.

Publication:


Student Spotlight:

Leneé Braxton

This month’s student spotlight is Leneé Braxton. We asked the brand new Mind-Body Medicine Ph.D. student about her journey to Saybrook.
Leneé has been dancing since she learned how to walk. Born in Los Angeles, CA (a worldwide dance hub) and raised in Durham, NC (home of the American Dance Festival), movement is a part of Leneé’s spirit. In 1996, Leneé made history as the youngest captain for the Inaugural NFL Carolina Panthers Cheerleader Squad. In August of 2000, after experiencing paralysis on the left side of her body, Leneé received a heartbreaking diagnosis of Multiple Sclerosis. Grateful to utilize her dance and Kinesiology education, Leneé regained mobility and strength in what her doctors deemed "record timing". Leneé is a Two-Time (2016 & 2017) "Best Barre Instructor" Nominee in Best Self Atlanta Magazine and a Featured Contributor/Writer for Best Kept Self Magazine. Leneé obtained her Bachelor's Degree in Dance in 1997, her Master's Degree in Exercise Science with a concentration in Sport Psychology in 2018, and believes that she was drawn to Saybrook’s Ph.D. in Mind-Body Medicine as a way to further her education and become more empowered to inspire others through her life experiences and health challenges.

Leneé says that she never knew that a doctoral program in Mind-Body Medicine existed. According to Leneé, “I knew that I wanted to further my education and utilize my passions of dance, movement, psychology, and science to help others. However, I never imagined that I could actually focus on ALL of these areas in one Ph.D. program. I feel as if Saybrook is a dream come true. I have finally found “my tribe”. The relationships that I formed during our first Residential Conference have been life-changing. Instructors are always accessible. My first semester with Saybrook has been the most enriching academic experience that I have ever had.”

Leneé says that she looks forward to delving into her Integrative Wellness Coaching Specialization coursework during the January 2019 Residential Conference. She also looks forward to re-connecting with classmates and professors in person.

Leneé is passionate about sharing the life changing benefits of therapeutic exercise with others, especially those facing illness, injury, or body image challenges. Leneé currently resides in Atlanta, GA with her husband and daughter.

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**College of Social Sciences Updates**

**DEPARTMENT OF HUMANISTIC & CLINICAL PSYCHOLOGY**

- Jacque Lewis has a chapter, "Monte Ullman and Group Dream Appreciation" to be published in: *Dreams: Understanding Biology, Psychology, and Culture*, published by ABC-CLIO. This title is scheduled to publish later this month.

- In November, Stanley Krippner participated in HOMINUS 18, an international psychology conference held in Havana Cuba. Steve Pritzker and Stanley presented a paper on the experience of "flow" in sport psychology.

  In Stanley's words:
  "I was able to make my comments in Spanish, much to the delight of the audience. I also presented a paper on Saybrook student Paula de Franco's "Monitoring Mechanism Model," a type of dialectical cognitive therapy. This one I presented in English but there was simultaneous translation. The convention center was a splendid venue, with excellent facilities and inexpensive food. The surrounding area was badly in need of repairs, due to the loss of the Soviet subsidy and the U.S. embargo. The taxis were very reliable and most were U.S. cars from the 1950s, kept in pristine condition through the ingenuity of their owners. We stayed in a bed-and-breakfast, privately owned, at a
bargain rate, and splendid hospitality. The Cuban people, for the most part, are happy, congenial, and extremely helpful. The art and music were highlights of the trip.”

DEPARTMENT OF LEADERSHIP AND MANAGEMENT

Virtual Faculty Exchange

- On Nov 27, Dr. Charles F. Piazza was a virtual guest presenter at SRH University, Berlin, Germany. He conducted an engaging dialogue on virtual teams which went very well, benefiting students in developing their understanding and virtual relationship building and socializing skills.

- The 60-minute session was an interactive dialogue with students exploring how networks can become a "dynamic person-to-person workPLACE" where professionals meet, develop vibrant working relationships, and evening hold casual socializing conversations. It was a great exchange where practical concepts where presented, challenges examined, and students sharing their questions and insights. Networking with the instructor and students will continue to follow-up on related ideas and practical applications.

Publishing

Jeffrey Shepard, PhD had an article published in a top tier medical journal. The article reflects several years of research. The citation for the article follows:


*Kudos to Dr. Shepard on this significant contribution to the world of scholarship!*

College of Integrative Medicine & Health Sciences Updates

Dr. Eric Willmarth’s abstract has been accepted for the: ‘HYPNOSIS: NEW GENERATION 2019’ Congress in Budapest:

**Title:**
- Is Hypnosis an Altered State of Consciousness?

**Method:**
- Panel Discussions

**Authors:**
- Willmarth, Eric Ph.D. (Saybrook University,
DEPARTMENT OF MIND BODY MEDICINE

- Anjali Talcherkar, final-year MBM/IMH PhD student, was the recipient of a scholarship to the California College of Ayurveda (CCA) Ayurvedic Health Counselor I Program. Talcherkar’s dissertation is on the use of CAM, specifically Ayurveda, in Addiction Treatment.

Student Highlight: Ruth Moore
MBM Student, Ruth Moore, Parlays Practicum to Provider Position

After a successful 3-week practicum for her doctoral studies, Ruth Moore, a PhD. student in Mind-Body Medicine, has been invited to join the practice of Life Source Family Chiropractic in Ellsworth, Maine beginning this month. Ruth, as a student practitioner in Mind-Body Medicine, will provide Holistic Health options including Clinical Aromatherapy services, Native Healing Options, Health and Wellness coaching, Energy and Bodywork through the practices of QiGong, Tsubo, and Therapeutic Touch, and both Guided Imagery and Meditation Sessions.

As she works in this capacity, Ruth will continue her studies in Mind-Body Medicine while she practices in an integrative fashion with other complementary practitioners. Her goal is to explore treatment options for rural patients and empower veterans who do not have timely access to medical care in Maine. Both Ruth and the providers of Life Source Family Chiropractic hope to create a national model of care that can be duplicated in other parts of the United States.
DEPARTMENT OF INTEGRATIVE AND FUNCTIONAL NUTRITION

- Congratulations to Carol Jean (CJ) Miller (MS IFN student) who was awarded a travel scholarship to attend Today’s Dietitian Spring Symposium in Scottsdale, AZ in May 2019! Thanks to the Virtual Community in Nutrition students for supporting the nutritional needs of the underserved across the United States. Time was donated to organizations that provide prepared meals to low-income and homeless populations; fresh and non-perishable groceries to anyone in need; and integrative nutrition care to neurologically and physically impaired children. By sharing their experiences with classmates, we were all reminded of the immense need for food, shelter, housing, healthcare, and emotional support across the country. Thank you!

- Congratulations to the 7 soon-to-be graduates of the Master of Science in Integrative & Functional Nutrition: Holle Cambell, Kathryn Clayton, Kelly DiFabio, Jennifer McCalib, Sydney Miccucci, Donna McNeal, and Betty Murray (Don’t forget to add that M.S. behind your name!). The Department of Integrative & Functional Nutrition is excited to officially launch the new PhD IFN. Check out the new webpage and share it with anyone who may be interested!

For more info on current conversations and research in the IFN department, be sure to check out The Great Food Divide in the latest issue of Unbound

Mark Your Calendars: January Alumni Council Meeting

Thank you to everyone who has joined us for a Council meeting in 2018. At the December meeting, we discussed the Community Mapping Project, as well as several other project ideas as we closed out the year. Please mark your calendars for our next meeting - all alumni are welcome and encouraged to attend!

Saybrook will host the next Alumni Council meeting on:

Tuesday, 1/29, 5:30 – 7:00 PM PST

GTM Info. Join from your computer, tablet or smartphone

- https://global.gotomeeting.com/join/827740773

Join by phone

- United States (Toll Free): 1 877 309 2073
- Access Code: 827-740-773

First GoToMeeting? Let's do a quick system check

- https://link.gotomeeting.com/system-check

Doctoral Grants Available: Founder Region Fellowship Application

Announcing 2019 Doctoral Grants through the Founder Region Fellowship. Applications are now available at the Founder Region Fellowship Website and are
Founder Region Fellowship advances the Soroptimist mission by giving grants to women in the final phase of their doctoral degree.

More info can be found [HERE](#).

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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 the days listed below:

- **Monday, January 28, 2019, 10 am – 11 am Pacific Time**
- **Wednesday, January 30, 2019, 4 pm – 5 pm Pacific Time**
- **Tuesday, February 5, 2019, 9 am – 10 am**

Please join the meeting from your computer, tablet or smartphone (the same log-in for all meetings)

[https://global.gotomeeting.com/join/942432677](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**

Joining from a video-conferencing room or system?

Dial: 67.217.95.2##942432677
Cisco devices: [942432677@67.217.95.2](http://942432677@67.217.95.2)
First GoToMeeting? Let's do a quick system check:

[https://link.gotomeeting.com/system-check](https://link.gotomeeting.com/system-check)

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**Happy New Year & Thank You to Our Donors**