

# THE SAYBROOK SPIRIT

THE OFFICIAL ALUMNI NEWSLETTER OF SAYBROOK UNIVERSITY

## A MESSAGE FROM SAYBROOK'S PRESIDENT

Dear Alumni,

On behalf of our Board of Trustees and the entire Saybrook family, thank you again for being an ongoing part the university community. Our most recent event, homecoming led by our Alumni Council, was truly inspiring emphasizing just one of the many ways we are seeking your continued engagement. While our gathering was virtual, the laughter and trips down memory lane (not to mention the prizes for naming all those songs) made it seem as though we were in the same room together.

.With this inaugural edition of the alumni newsletter, our intention is to stay in continuous connection with each of you, augmenting the fine work that has been done thus far. These results – led by Carmen Bowen along with the Alumni Council - will further reinforce Saybrook's long-term commitment to support all our alumni as each of you continue the cutting-edge, transformational work so needed in today's world.

In addition to all the upcoming events Carmen will be sending out, I am beginning a monthly alumni coffee chat beginning in November. It is all part of us remaining connected in a more ongoing, robust way. As we meet, we will also be seeking your input on how to continuously enhance the alumni and overall university experience. Stay tuned!

Sincerely,

Nathan Long, President



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# Alumni Opportunities

## Mental Wellness 101: Global and Virtual Teams

Presented by TCS and The Chicago School of Professional Psychology

Date: Monday, November 2, 2020

Time: 11:00 am – 3:15 pm Central Standard Time (GMT-6)

Micro-credentials: CEU Eligible + Digital Badge

Cost: \$44 US General, \$34 US for TCS Students

COVID-19 transformed workplaces from physical offices into new virtual, and sometimes even global, dimensions within the context of an unpredictable environment and future. In this workshop, we explore:

- Leading teams who balance work from home with stress of global pandemic.
- Supporting mental wellness remotely.
- Mitigating stress related to global and virtual team formats.
- Identifying cultural-related stigmas and signs of mental illness within a global and virtual work format.
- Resources and support strategies within a disparate team framework.

### REGISTER HERE:

<https://app.groupize.com/e/mental-wellness-101-global-and-virtual-teams>



## Upcoming Events

Mark your calendars for these exciting affairs!

**November 20, 2020 - 2:30- 3:30**

Alumni Connection presented by Crystal Ishihara  
*"Self-Reflective Leadership: Difficult Bosses and How Not to Be One"*

*Register Here: [November Alumni Connection](#)*

**January 10, 2021**

**2nd Alumni Homecoming Event**

We had so much fun at our last Homecoming, we're making it a biannual event! Our next event focuses on the achievements of our Alumni. Register here: [Homecoming](#)

**May 5-7, 2021**

**Mind, Body and Wellness Fair**

*Virtual and in-person*

Register here: [MBW Fair](#)

**July 19-23, 2021**

**Film, Book, and Poetry Festival**

The Saybrook University Film, Book, and Poetry Festival provides the Saybrook community an opportunity to honor its commitment to holism, humanism, and person-centeredness through the creation of art by its faculty, staff, students, and alumni. Please fill out this form to enter a submission: [Film, Book and Poetry Submission](#)

*Saybrook*  
UNIVERSITY

# November News

## Book Donation



One of our distinguished alumni, Don Treichler, Ph.D, has donated 24 of his published works to Saybrook. If you're interested in obtaining a copy, email us at [alumni-saybrook@saybrook.edu](mailto:alumni-saybrook@saybrook.edu)

## Saybrook Alumni Scholarship



Currently a work in progress, the Saybrook Alumni Scholarship will be launching soon and will provide Alumni with the opportunity to support the next generation of practitioners

## Say-Books



Calling all Saybrook authors, poets, researchers, and other creators! Click here to share your accomplishments with the Saybrook Community: [Submission Form](#)  
For faculty, please submit here: [Faculty Submission](#)

# Co-Chair's Corner

Arielle Dance, Ph.D  
Kelly Wadsworth, Ph.D  
Jeremiah Pearcey, Ph.D

## Giving to the Alumni Scholarship Fund: A Graduate's Perspective

For more than 40 years, Saybrook University has championed the humanistic movement. Each and every one of our graduates plays a vital role in the transformation of our fractured world, as you contend with the political and cultural circumstances of the world today. In order to support the next generation of leaders in the community, the Saybrook Alumni Council has launched the Saybrook Alumni Scholarship Fund. Now, we need your help to continue the good work that the university has begun.

Arielle Dance, Ph.D remembers how Saybrook gave her the opportunity she needed. "They took a chance on me"; she recalls, "they said 'Yes!' to me and the kind of research I wanted to do when other schools wouldn't."

The scholarship is intended to be used during the dissertation phase, a portion of the program in which many students struggle financially as they complete their work. As was the case for Arielle, the research project can be expensive, and the outcome of the research can be affected when finances are a barrier. Arielle remarks, "My research involved using a recording device to create a meditation video with audio and visual elements. However, my audio lacked the crispness and clarity that would have made the meditation process more fulfilling and my data more accurate".



Jeremiah Pearcey, Ph.D

We are thrilled that Jeremiah has joined our team! As an alumni of Saybrook, a father, and a military veteran, Jeremiah is excited to bring his skills and knowledge to the Alumni Council.

In these difficult times, we urge you to imagine how this scholarship may have helped you during your time at Saybrook. Even the smallest donation makes a difference. Please consider contributing to our fund. For more information on giving, follow this link:



Arielle Dance, Ph.D



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**BY MAKING  
COMPLEMENTARY AND  
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## ALUMNI SPOTLIGHT

**Margie P. Torres, M.A.**

Margie Torres received her M.A. in Psychology in 2007, thereafter she continued her design and architecture business. Recently, Margie established the Empower.Me Strong! Foundation (EMS). This is a health and healing organization designed to support women overcoming cancer by subsidizing services from Complementary and Integrative Health (CIH) providers. EMS creates a sanctuary for women to discover their healing journeys and to share their stories, by offering experience-based programs to heal, body, mind and spirit.

Five years ago, Margie was diagnosed with early stage breast cancer and underwent a bi-lateral mastectomy with two surgeries, six months apart. After her surgeries, she experienced massive fatigue, sleeplessness, weight gain, high blood pressure, and chronic pain. Her medical doctors couldn't help her, so she pursued CIH therapies, but it took four years to find the right combination of practitioners. Margie's goals for EMS is to streamline the process for other women cancer survivors and make services more affordable.

This month EMS launches its first crowdfunding campaign. To learn more or offer support, visit their website: <https://empowermestrong.org>



# Keep in touch

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