

MARCH 2021 ISSUE 5

THE SAYBROOK SPIRIT

THE OFFICIAL ALUMNI NEWSLETTER OF SAYBROOK UNIVERSITY

A MESSAGE FROM OUR DIRECTOR OF ALUMNI RELATIONS, CARMEN BOWEN

Celebrating Women's History Month

March is National Women's History Month, which we should rename "National Women's Herstory Month," because history often omits and downplays herstory. During this month, Saybrook wants to highlight the accomplishments of women in history and the present, especially those in our programmatic areas of study. We will be sharing on our social media pages featured women each week in March. Additionally, we will be hosting panels and podcasts to discuss the continued challenges and successes women face presently. Please join us for the "Women in Leadership Panel" March 11th and "Women in Mental Health" March 30th.

You are welcome to share with me any content regarding a phenomenal Saybrook woman that we should showcase at email: alumni-saybrook@saybrook.edu.

"I raise up my voice- not so I can shout, but so that those without a voice can be heard...we cannot succeed when half of us are held back." -Malala Yousafzai

Kind Regards,
Carmen Bowen, MBA
Director of University Relations



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SAYBROOK SPOTLIGHT



“ I’M A PROFESSIONAL PERSONAL HISTORIAN. LEGACIES IN INK IS MY BUSINESS, BUT IT’S NOT MY JOB. IT’S MY PASSION—MY GIFT TO THE WORLD. ”

Judith Kolva, Ph.D

Dr. Judith Kolva is a proud Saybrook graduate, who discovered that her gift to others was the ability preserve multigenerational family stories and business histories. She has traveled all over the world to help others discover the stores that shape them, and turn those stories into lasting legacies. Her business, Legacies In Ink has a support team of professional transcribers, graphic artists, and book binders/printers that are involved in her time-tested, proven process to help people immortalize their history in a story.

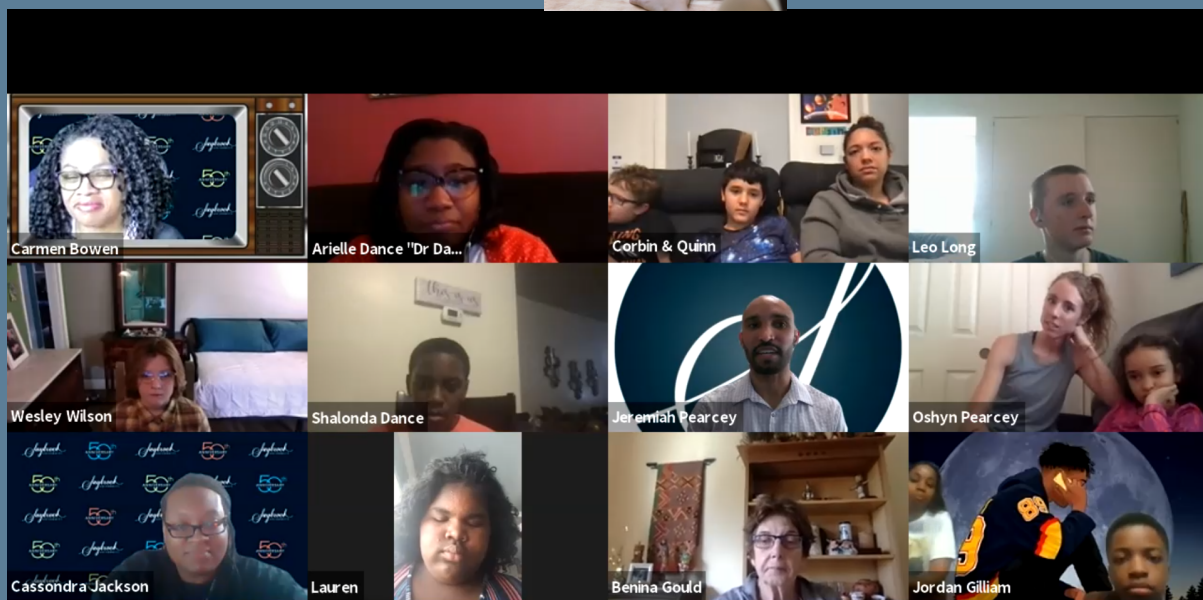
One of the books closest to her heart is her book on Saybrook History, written especially for Saybrook's 40th anniversary. The book, titled, "What Does it Mean to be Human?" is a tribute to Saybrook in pictures and narratives. "I have learned that our stores shape us", she says. "They beat out the rhythm of life. They teach us who we were, who we are, and who we can be. They, indeed, teach us what it means to be human". Dr. Kolva can be contacted via her website: <https://www.legaciesink.com/who-are-we/>



Co-Chairs Corner

ARIELLE DANCE, PH.D
JEREMIAH PEARCEY, PH.D
KELLY WADSWORTH, PH.D

Recently, two of our co-chairs hosted an informative chat with children to discuss Black History Month. Check out the screenshot below, and [video link](#) from the event.



CAREER OPPORTUNITIES

JOB POSTINGS FOR SAYBROOK ALUMNI

[Post Doctoral Fellow](#)

[CPD Therapist Position](#)

Post-doctoral Fellow

Job Description

The Center for Personal Development team is a group of Chicago therapists committed to the psychological wellness and growth of our clients. We focus on helping people clarify their goals and expand their way of thinking. We aim to help our clients feel empowered to handle previously overwhelming problems or difficulties by providing them the space and the psychological tools to grow in a nurturing environment. CPD is a well-established and thriving multi-specialty group practice, serving clients throughout the lifespan with two locations in Chicago.

The Center for Personal development is currently seeking two postdoctoral fellows in clinical psychology for a 2-year, full-time position with the potential to become a long-term position. The ideal candidate will have a particular interest and practical experience in providing short-term and long-term psychotherapy with adult populations with a desire to further develop and refine therapeutic skills. It is a benefit if the ideal candidate possesses diagnostic and assessment skills and an interest in providing assessment services. Start date of the position is negotiable depending upon the needs of the candidate and practice.

Duties Include:

- Providing short-term and long-term therapy to a diverse clientele
- 40 hour work week
- Maintaining timely and accurate paperwork associated with clinical duties
- Providing diagnostic assessment services for children, adolescents and adults
- Performing administrative duties for the practice
- Opportunity to develop and lead therapeutic groups

Benefits Include:

- \$45,000 initial salary for first year of full-time work; then, a competitive percentage based salary thereafter
- Access to various Blue Cross Blue Shield PPO medical plans with a \$200 monthly stipend towards the premium
- Access to various competitive Dental Plans
- 3 hours of individual and group supervision per week
- Biweekly staff consultation
- Electronic billing and record-keeping system
- In-house billing and access to billing staff
- Eligibility to sit for licensure after first full-year of fellowship
- Steady stream of CPD provided referrals
- Opportunity to work in 3 Chicago locations (downtown, Lakeview, Evanston)
- Advanced training in psychodynamic theory and therapy
- Extensive training in diagnostic assessment

[Email: steven.nakisher@gmail.com](mailto:steven.nakisher@gmail.com)

To learn more about our practice, please visit <https://www.chicagotherapist.com/>

Interested applicants should respond to job posting by sending an email to steven.nakisher@gmail.com with the following materials:

- Cover Letter
- Curriculum Vitae
- 2 Letters of Recommendation from clinicians well-acquainted with your graduate training and clinical work
- Redacted writing sample of a psychological evaluation
- List of diagnostic tests and measurements previously administered

Job Type: Full-time

Pay: \$45,000.00 per year

[Email: steven.nakisher@gmail.com](mailto:steven.nakisher@gmail.com)

CPD Therapist Position

Job Description

The Center for Personal Development team is a group of Chicago therapists committed to the psychological wellness and growth of our clients. We focus on helping people clarify their goals and expand their way of thinking. We aim to help our clients feel empowered to handle previously overwhelming problems or difficulties by providing them the space and the psychological tools to grow in a nurturing environment.

The Center is looking to hire part-time or full-time licensed clinical psychologists or master's level therapist (licensed or unlicensed) in our downtown and Lakeview locations (405 N Wabash and 1300 West Belmont). Essential duties include the practice of long-term psychotherapy with mainly an adult, diverse population (modalities include individual, couples and/or family therapy), diagnostic testing, overseeing supervision of postdoctoral and licensure-seeking staff, and participation in our biweekly staff consultation. Unlicensed staff will also receive weekly supervision.

The ideal candidate will possess a background that contains experience in working with long-term clients, experience in diagnostic testing, familiarity with providing supervision, and an interest in working with diverse populations that include an LGBTQ and trauma-informed focus. The ability to work 2 or more evenings may be required in this position. IL licensure or license-eligible individuals encouraged to apply. A minimum of a masters or doctoral degree in psychology, counseling, social work or related field required.

The Center will provide in-house administrative support alongside electronic billing and record keeping duties, a beautiful downtown office from which to practice, marketing services, a steady stream of referrals, and robust clinical consultation. Participation in our BCBS PPO medical plan and our Humana dental plan is also an option. Compensation is negotiated based on experience and is based from a percentage model that includes yearly or biyearly raises. The Center also offers short-term and long-term disability benefits, continuing education development, and a matching 401K plan.

Please take a look at our website for more information about The Center for Personal Development:
<https://www.chicagotherapist.com/>

If you are interested in applying, please email steven.nakisher@gmail.com with a cover letter and current CV that includes at least 2 references.

Job Types: Full-time, Part-time

Pay: \$70,000.00 - \$200,000.00+ per year

COVID-19 considerations:

The Center is committed to keeping our clients and staff safe during COVID-19, and currently we are providing telehealth therapy services to ensure our commitment to providing support.

[Email: steven.nakisher@gmail.com](mailto:steven.nakisher@gmail.com)

UPCOMING EVENTS!

Women in Leadership Panel

A Candid Discussion with Dynamic Women In Leadership

March 11, 2021

3:00 - 4:30 PM (PST)

[Register Here!](#)



Dr. Rhondra Willis
Naval Criminal Investigative
Service (NCIS)



Dr. Karla Sapp



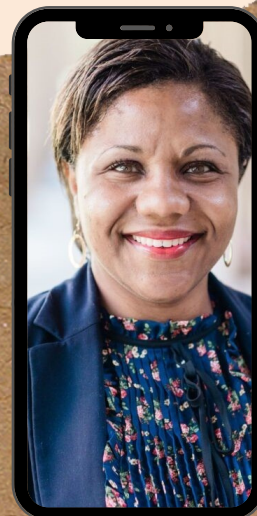
Sara Kanig
NY Life Insurance



Amy Evans
Founder of
AlignWomen



Sally Bell, MBA



Dr. April Taylor
Dean, College of Arts
and Sciences

The Saybrook Connection

Presented By: Alumni Affairs & Student Services

STRENGTHS FINDER WORKSHOP



Kelly Soifer

Leadership
Development Consulting & Coaching

Strengths Finder is a proven leadership development tool for leaders, whether they are leading a university, a corporation, a non-profit organization or a local business.

March 19, 2021

2:30 - 4:00 pm (PST)

[Register Here](#)

[Click here for Clifton Strengths Top 5:](#)

- ONLY \$19.99
- INFO ON YOUR STRENGTHS
- ASK KELLY RELATED QUESTIONS
- FIGURE OUT WHAT STRENGTHS COMPLIMENT YOURS
- SUBMIT YOUR RESULTS BY MARCH 14 TO:

[KELLY.SOIFER@KSLEADERSHIPDEVELOP.ME](mailto:kelly.soifer@ksleadershipdevelop.me)

Email:
alumni-saybrook.@saybrook.edu

Get the most out of this workshop by taking the **Top 5 Clifton Strengths** to discover your top 5 strengths. Knowing your strengths during workshop allows you to better understand and empower you maximize your "strengths!"

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50th
ANNIVERSARY



MICRO-CREDENTIAL

21st Century Social Impact Strategies for Global Leadership

Facilitated by Senior Faculty of Milpark Education, South Africa, & Saybrook University, United States of America

21st century professionals continue to face highly complex, globally interdependent challenges in response to world shifting changes to our political, economic, and environmental conditions. The essential capabilities of team leaders and individual contributors in this ever-evolving milieu include the five core leadership strategies in alignment with the United Nations 2030 Agenda for Sustainable Development.

Presented by cutting edge thought leaders from both the United States and South Africa, this micro-credential includes weekly live discussions and leadership development exercises. The program culminates in a leadership action plan incorporating the five core leadership strategies to help learners become inspired leaders and change agents.



Program Dates: March 30- April 27, 2021

Weekly live sessions: Tuesdays at 5-6 PM SAST
8 -9 AM PST/ 10-11 AM CST/ 11 AM – 12 PM EST

Eligibility: This program is appropriate for working professionals and university students of all levels.

Program Fee: \$140 USD General Registration, \$120 USD for current students at Milpark and TCS Affiliates (Saybrook, Pacific Oaks, The Chicago School of Professional Psychology, Colleges of Law)



Time Commitment: Each week has a one hour live session. Participants should expect to spend an additional hour on independent work. Optional readings provided.

Micro-credential: Participants who complete all modules will receive a digital badge.

Skills Modules

- Week 1: Neuro-plasticity
- Week 2: Cultural Humility
- Week 3: Design Thinking
- Week 4: Agility & Resiliency Coaching
- Week 5: Diversity, Equity, & Belonging



[Click here to sign up for the info session!](#)

Registration Required by March 23, 2021

LEARN MORE & REGISTER NOW





MICRO-CREDENTIAL

Responsible Conduct for Research

Developed and Instructed by:

Laura Brewer, PhD, Director of Research and the Institutional Review Board
Saybrook University



- **Program Dates:** March 1- May 9, 2021
This program is self paced. Registration will stay open until April 1. All program work must be completed by May 9.
- **Format:** Modules 1-9 are self paced, Module 10 is a live session. You will be contacted to choose your session date and time.
- **Micro-credential:** Digital badge
- **Program Fee:** \$140 USD, \$120 USD for TCS Community students, alumni, faculty and staff (includes SAY, TCSP, PO, COL, KHSC and TCS)
- **Time Commitment:** An estimated 2-3 hours of program work is expected per module. There are 10 modules.

The Responsible Conduct of Research (RCR) micro-credential is valuable extended learning for any researcher, from novice students to alumni post-docs, through experienced faculty. The RCR micro-credential program consists of ten modules. Nine modules involve self-paced learning associated with global research ethics and aligned with the responsible conduct of research topic areas required by the US federal funding agencies: 1) collaborative research, 2) conflicts of interest, 3) data acquisition and management, 4) human research protections, 5) animal welfare, 6) mentoring, 7) responsible authorship, 8) peer review, and 9) research misconduct. The tenth module centers on the ethical decision-making process and involves participation in one live, real-time, virtual discussion around a research ethics case. Three live case study options will be offered and facilitated by national research ethics experts.

Registration accepted until April 1, 2021

LEARN MORE AND REGISTER NOW!



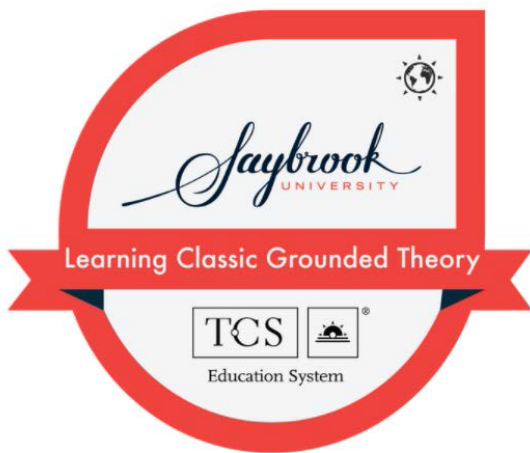


MICRO-CREDENTIAL

Learning Classic Grounded Theory

Developed by:

Kara Vander Linden, EdD, Research Faculty, Saybrook University



- **Program Dates:** April 16-May 2, 2021
- **Micro-credential:** Digital badge
- **Program Fee:** \$44 General, \$34 for TCS students, staff, faculty and alumni (includes TCSP, PO, SAY, COL and KHSC)
- **Requirements:**
Participants must:
 - Attend 4 sessions of the Classic Grounded Theory International Virtual Conference held April 16-18. Participants can choose to attend live or view recordings.
 - Participate in online discussion boards.
 - Complete an assessment.
- **Time Commitment:** Learners should allot 4-6 hours for the conference sessions and an additional 2-4 hours for online discussion and assessment.

The Learning Classic Grounded Theory micro-credential will provide an overview of classic grounded theory and each step of the process of conducting a study from start to finish. This program will be useful for novice and student researchers, academics who are interested in learning more about the method, and dissertation committee members who are serving on dissertations using classic grounded theory. Participants will need to view 4 sessions from the Classic Grounded Theory International Virtual Conference (either live on April 16-18 or view a recording), participate in online discussion and complete an assessment to receive a badge.

Registration Required by April 9, 2021

LEARN MORE & REGISTER NOW

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MIND-BODY WELLNESS FAIR



Virtual Event



May 5th & 6th: 10:00 AM - 2:00PM
May 7th: 2:00 PM - 6:00PM

Themes:

Wednesday - Integrative Wellness Coaching and Integrative and Functional Nutrition

Thursday - Integrative Social Work

Friday - Psychophysiology and Mind-Body Medicine

Submission Fees:

Poets and Authors - \$20 • Short Films - \$25
Feature Films - \$35

Attendance Fee:

Free. Suggested donation for
scholarships: \$5 or more

Vendor Fees:

Booth Only

External - \$30 per day or \$45 for multiple days
Saybrook Vendors - \$20 or \$35 for multiple days
(Not including departments)
Student Fee - \$10 (1-3 days)

Vendor Fees Continued:

Speaker ONLY

External Speaker: \$25
Saybrook: \$15
Student: \$5

Bundles:

External Speaker + Booth: \$50 set price
Saybrook: \$40 set price
Student: \$15 set price

Register here:

<https://app.groupize.com/organizations/saybrook/events/saybrook-university-mind-body-and-mental-health-fair>



SURVIVORSHIP FASHION SHOW
FEATURING WOMEN CANCER SURVIVORS

Memories

A YEAR OF REMEMBRANCE
celebrating survivors and those we lost to cancer and covid19

A VIRTUAL EXPERIENCE

FRIDAY. MAY 7. 2021

OUR COMMUNITY CLOSING CELEBRATION WITH THE MIND-BODY WELLNESS FAIR

in collaboration with

Jaybrook | UNBOUND

**MIND-BODY WELLNESS
FAIR**

HELP US PREPARE FOR OUR CLOSING CELEBRATION! A CALL FOR VOLUNTEERS

AVAILABLE OPPORTUNITIES

EXPRESSIVE ARTS GROUP ASSISTANT

We are seeking a group assistant for our Expressive Arts Healing Program eight-weekly virtual group sessions, who will work with the Team Lead to hold the circle for our women cancer survivor models and assist during group reflections and sharing.

PRE-SHOW SUPPORT

Do you live beyond the San Francisco Bay? We have several volunteer opportunities that can be done remotely.

EVENT SUPPORT

Do you live within the San Francisco Bay Area? We have volunteer opportunities during our in-person rehearsals and professional video shoot being held in the East Bay near Oakland + Livermore.

learn more | sign up at
EMPOWERMESTRONG.ORG

Empower.Me Strong! © 2021

Saybrook UNIVERSITY | UNBOUND

FILM, BOOK & POETRY FESTIVAL

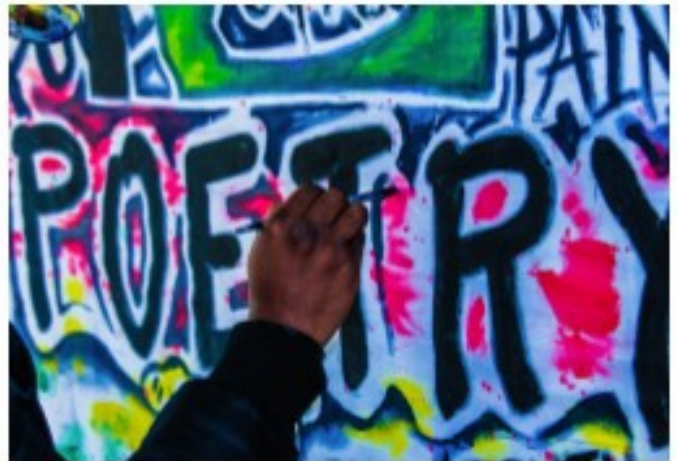


July 19th – July 24th, 2021



Virtual Event

Register here: <https://app.groupize.com/e/saybrook-university-film-book-and-poetry-festival>



Saybrook
UNIVERSITY

ARE YOU A FILMMAKER,
AUTHOR, OR POET? SAYBROOK
UNIVERSITY IS LOOKING FOR
YOU!

**Now Accepting Submissions for
Saybrook Film, Book, and Poetry Festival
March 1st - April 30th.**

For more information visit

<https://app.groupize.com/organizations/saybrook/events/saybrook-university-film-book-and-poetry-festival>



Giving to Saybrook

Saybrook Alumni Association Scholarship Fund:

The Saybrook Alumni Association Scholarship Fund is made possible by the generous donations of alumni, who desire to support the next generation of humanistic leaders in the community. This scholarship will be made available to all students, and priority given to those who are entering the dissertation phase or have undertaken their Master's project, capstone or thesis, in order to offer financial relief during this challenging term. Students from all programs and areas of study are encouraged to apply.

[Click Here to Pay-it-Forward](#) and choose "Alumni Association Scholarship Fund (All Students)" to support a Saybrook Student complete their graduate degree.



www.saybrook.edu/giving/