

AUGUST 2021

The Saybrook Spirit

**THE OFFICIAL ALUMNI NEWSLETTER
OF SAYBROOK UNIVERSITY**

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August is National Wellness Month...

Spiritual Well-Being in Difficult Times

In times of great suffering such as the current COVID-19 crisis, people have been experiencing pain, loss, grief, economic and financial hardship, tragedy, isolation, and sadness. Humility has become a part of most people's lives because they have found gratitude in the small things that may have previously gone unnoticed. Throughout the pandemic, people have searched for answers and meaning despite the hardships they experience. Many people have looked for ways to be of service or to make a positive impact on others. Some have focused more on quality time with family members and found a greater meaning in their love towards those closest to them. The attainment of spiritual and mental well-being is one of the most key aspects of human existence (Wong, 2011). People in need of well-being have turned inward to cultivate meaning, and some have embarked on a spiritual journey towards something greater than themselves.

Continued on page 2

IN THIS ISSUE:

Alumni Spotlight
News You Can Use
Upcoming Events

Saybrook
UNIVERSITY



Spiritual Well-Being in Difficult Times - Continued

Developing spiritual well-being enriches and energizes life with feelings of joy and meaning (Wong, 2011). Frankl (1985) found that when an individual pursues meaning rather than happiness, they find a truer happiness as a byproduct of seeking meaning. Sources for spiritual well-being include the pursuit of meaning, achievement, relationships, self-transcendence, self-awareness, and compassion (Wong, 2011). Spiritual well-being is an umbrella for happiness, health, and flourishing in both good and difficult times. A deeper understanding of well-being allows for negative emotions and suffering. Finding joy during suffering and having unwavering deep happiness is possible through spiritual growth.

Through seeking out meaning and spiritual growth, personal spirituality often emerges helping an individual find peace and contentment in life (Bowers, 2019). Jung (1912) taught that people have a spiritual nature and are in search of meaning making experiences. When searching for meaning, people strive for something greater than themselves (Bowers, 2019). In this striving, people develop connectedness with others and themselves, compassion, self-awareness, attunement with life, and peace with oneself and the world. Deeper happiness is a result of spiritual meaning-making in life. This kind of happiness is cultivated by spiritual existential capabilities (Wong & Bowers, 2018). Finding meaning in suffering, experiencing joy, inner calmness and contentment is happiness in its deepest form. Spirituality is the pillar that supports true happiness.



By Victoria L. Bowers, Ph.D.

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Alumni Spotlight

Dr. Siri Khalsa-Zemel



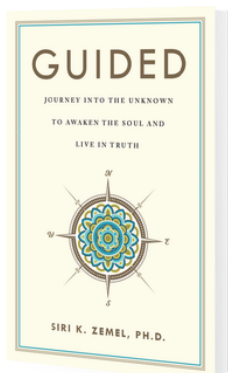
Siri K. Zemel, PhD is a Saybrook alumna who received her doctorate in Mind Body Medicine with a concentration in Healthcare Systems in 2016. Dr. Zemel holds both undergraduate and graduate degrees in Nutrition Science from the University of Tennessee, with a graduate minor in Counseling Psychology. She began her early career as a Registered Dietitian, passionate about integrative weight management. Since that time, she has served in behavioral healthcare leadership for the past 15 years, and she is currently the Chief Strategy Officer of Focus Treatment Centers, a residential center for addiction and eating disorder recovery in Tennessee. Earlier this summer, Dr. Zemel published her first book, *Guided: Journey into the Unknown to Awaken the Soul and Live in Truth*. In this chronicle of mystical-psychic phenomenon, she eloquently shares her own paradoxical journey (full of debate and struggle) accepting her lifelong gift as a spiritual medium. Dr. Zemel is an advocate for integrative healing, including the incorporation of mystical experiences alongside traditional physical and mental healthcare. Learn more or connect with her at www.sirizemel.com.

Guided is available through all major book retailers including Amazon, where it hit Best Seller and #1 New Release status in its first 30 days. Here is the book description:

If you have ever been touched with a profound mystical experience, the daily grind of ordinary life can feel soul crushing at times. You might find yourself wearing an outer mask of normalcy, separating you from an extraordinary force that remains dormant within. How can you thrive in the here and now—managing career, family, and social life—while surrendering the ego and embracing a power from beyond?

Guided: Journey into the Unknown to Awaken the Soul and Live in Truth reveals an unexpected passage from fragmentation to wholeness, from hiding to being seen, and from fear to love.

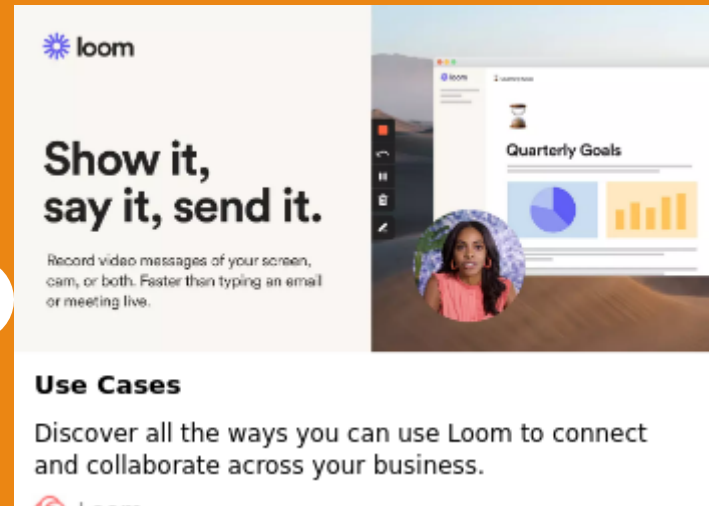
Through astonishing channeled communications, and with a generous dose of vulnerability, Dr. Zemel lights the way, illuminating a striking dance through the seemingly divergent worlds of professionalism, shamanism, motherhood, and marriage.



Find the book and share your own review here:
<https://geni.us/Guided>

News You Can Use!

[LOOM.COM](https://www.loom.com)



loom

Show it, say it, send it.

Record video messages of your screen, cam, or both. Faster than typing an email or meeting live.

Use Cases

Discover all the ways you can use Loom to connect and collaborate across your business.

Zoom fatigue is real but remote work is here to stay. Smart leaders recognise that synchronous meetings risk losing engagement and productivity in their team, even when they are short, sharp and on point. Asynchronous collaboration means far more flexibility and less battling with time zones and scheduling conflicts. Send screen capture alongside video commentary in context, mark up your screen and embed video in email and chat. It's simple to personalise presentations, demos and feedback. You can easily see who has (and hasn't!) viewed each video. Comments are collated seamlessly including video responses from your colleagues. Some great use cases spell out how each business function can benefit the most from using this helpful tool: <https://www.loom.com/use-case>

Co-Chair's Corner



THE GIFT OF SERVICE

GLOBAL VOICES FOR
CHANGE: POLICING
FOR THE COMMON
GOOD

A VIRTUAL READER EDITED
BY GINGER CHARLES, PH.D.
& JONATHAN SMITH, PH.D.

© Ginger Charles, PhD

<https://www.globalvoicesforchange.com>

PROLOGUE

Our Dream

Police services across the world working in harmony with the diverse communities they serve.

Police services across the world that are outward looking, and share and collaborate with others in order to achieve this harmony and continually improve.

A DISCUSSION OF SOCIAL JUSTICE ISSUES IN RURAL COMMUNITIES

Jiselle Esparza, PhD

“The need for change to current policies in rural communities' educational institutions is more evident as racial disparity issues and minority exclusion impact children's health belonging to underprivileged groups (e.g. BIPOC, physical disabilities, low socioeconomic status, LGBTQ). Deprivation of resources and support in small rural communities is another challenge. They are often excluded from receiving opportunities within their communities due to limited action for justice...[resulting from] continued discrimination and inadequate support system offered by the "powers that be" (e.g. community leaders and education authorities). These discriminating corollaries continue to have a debilitating impact on children's health as they face their reality and struggle to thrive in a marginalized world of underprivileged groups. The need to reexamine and change current policies are essential...[to] remediating the ramifications caused by social injustices...”



Jiselle Esparza, PhD

August 30th is "Grief Awareness" Day...



Coping with grief and loss during COVID-19



Walking through the journey of grief and loss is tough by itself. Add the COVID-19 pandemic and how it changed the face of being by loved one's side or honoring loved ones after their death, and a hodgepodge of anxiety, guilt, and anger is exasperated. Because grief is generally associated with the death of loved ones rather than loss of job, lifestyle, or way of life. Giving Sometimes grief is viewed through the lens of an expiration date. Meaning this should be over by now. However, I have discovered it is a daily journey. Sometimes grief fills the eyes with tears, other times with laughter, anger, anxiety, guilt, regret; as a grief counselors and advocates, we offer tools and safe spaces for those to express, heal, and embrace their pain, it is an individual journey. Sometimes, people aren't aware that grief is what they're experiencing: Giving grief a name can be a relief and help put what they're feeling into context.

Making sense of loss and death is a process of reconstructing our world, our roles in our world, and how we engage with one another and the belief that good things, things other than loss, are still possible. (Grief Uncovered). However, the pandemic has pushed another layer of loss and grief in many families.

Learning to see grief not as something that needs fixing but to live through it, is pivotal transition in how we walk through grief. The resistance and dread towards the journey begin to dissolve. Support Groups (Online) are a healthy place to support you through the process of grief, reminding you are not alone. For more intense work grief counseling is another support system. "The reality is that you will grieve forever. You will not get over the loss of a loved one; you will heal, and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to."
– Elisabeth Kubler Ross and David Kessler.

There is no quick 1, 2, 3, and it's over. Instead, it is a lifetime of literally learning to breathe again with the longing, ache, and pain of death and or loss. Learning to inhale and exhale while riding the wave of emotions without guilt or suppression. Healing in grief lies right at the precious intersection of honoring our deep disappointment, our sadness, our rage, and leaning into the feelings and emotions.



Lurinda Sumpter

MA Student Clinical Mental Health Counselor

Certificate for Grief in the DSM-5: Changes in Diagnosing Grief-Related Disorders

Certificate for Grief Treatment: Current Evidence-Based Approaches to Care Across the Lifespan

Events & Stuff

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Saybrook University Self-Care

Self-care is one key to good health and wellness that comes in many shapes and sizes. Some practices aim to support body, mind, and spirit with a simple routine,...

 YouTube

Mindful Moments is taking a summer break.

Mindful offerings will return on Monday, August 30 to open the Residential Conference (RC) at 8:30 am PT, and at the close of the RC on Friday, Sept 3 at 8:30 am PT.

We will return to our weekly schedule of Mondays and Fridays at 9:15 am PT after Labor Day and through Fall Semester.

The **recorded sessions are available** on Spotify and the Saybrook website. <https://www.saybrook.edu/mindfulness-moments/>

A selection of recordings are also available on the Saybrook Self-Care YouTube Channel.

https://www.youtube.com/channel/UCuPctVN1XikyRE_W_bxvyWQ



Congratulations to the Winners!

Best Poem

Bo Aucoin for the poem

"I didn't kill her"



Best Author

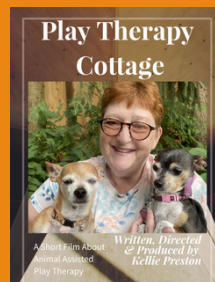
Shannon McLain Sims for her book titled "Your Key to Mind-Body Wellness."



Best Short Film

Kellie Preston for

"Animal Assisted Play Therapy"



Best Featured Film

Val Smith & JC Thomas

for the documentary

"The Rhythm of Blue."





EDUCATION BEYOND BORDERS

Good Health and Well-Being

Dear Alumni,

For those I have not had the opportunity to meet, my name is Dr. Breeda McGrath and I am an Associate Campus Dean for The Chicago School's Online campus. I am writing to you today to share an upcoming micro-credential opportunity through [Education Beyond Borders 2021: Good Health and Well-being.](#)

Education Beyond Borders explores the concepts of health and well-being within a global and community context. We will use psychological, business, social, educational, legal, health care and inter-cultural frameworks as we navigate the ambiguities of a post-pandemic world. Participants will become global agents of change and impact their local and global communities, engaging in cross-disciplinary learning and exploring meaningful service projects.

This micro-credential includes online modules addressing the topic of good health & well-being from a cross-disciplinary, global perspective. Modules open on November 5, and are to be completed by December 3, with the option to add-on in-country travel to Mexico City. Upon completion, participants of the micro-credential will be awarded an **Education Beyond Borders** digital badge. This micro-credential is open to students & alumni at TCS partner institutions and global partner network.

Program fee:

Micro-credential only: **\$140 USD**

Micro-credential and travel to Mexico City: **\$1,995 USD (Micro-credential fee is waived for those who travel)**

The [application](#) deadline is September 5, 2021.

Hear from past participants in the video below from **Education Beyond Borders 2019** in Tokyo, Japan.





Please **reach out** with any questions or email engage@tcsedsystem.edu.

We hope you are able to participate in this unique and enriching opportunity!

Best,

Breeda McGrath, PhD

Associate Campus Dean Online

The Chicago School of Professional Psychology

Education Beyond Borders 2021

**Apply for the
Education Beyond Borders
Micro-credential**



Thank you, from the Saybrook University Alumni Council Team!



Jeremiah Pearcey, PhD



Shelli Jackson, PhD



Tori Bowers, PhD



Taylor Williams Capozziello, PhD



Jiselle Esparza, PhD



Carmen Bowen, MBA
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