

JUNE 2021

The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER
OF SAYBROOK UNIVERSITY



NATIONAL PTSD AWARENESS MONTH

National PTSD Awareness Month is observed annually in June. The month is dedicated to raising awareness about the condition and how to access treatment. June 27th is also National PTSD Awareness Day.

According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime.

Men, women, and children can experience PTSD as a result of trauma in their lives. Events due to combat, accidents, disasters, and abuse are just a few of the causes of PTSD. No matter the reason, PTSD is treatable, but not everyone seeks treatment. There are resources available to help diagnosis PTSD and get help. There is no shame in seeking assistance.

HOW TO OBSERVE

If you are Saybrook Alumni you likely already have firsthand experience on how to help those suffering from symptoms of PTSD. Nutrition, exercise, meditation, therapy, neurofeedback, medication, and more can all be apart of the process. Our job is to help those find those resources. This month see where you can apply that and help one person get onto the road of recovery.

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Co-Chair's Corner



Arielle Dance, Ph.D.



Kelly Wadsworth, Ph.D.

After two years serving as Alumni Council Co-Chairs, it is hard for us to imagine that this chapter has come to an end. The experience of being co-chair has given us both the opportunity to have a seat at tables we never dreamed of. We have worked with the leadership of Saybrook to ignite change, moderated countless panels, and implement our inaugural Mind-Body Wellness Fair.

Thank you, Alumni Council, for allowing us both to represent you for these two years. We are excited to see the mind-blowing work you will do moving forward. Welcome to our new co-chairs, Tori, Shelli, Taylor, and Jiselle. Lead with grace and humility.

A special thank you to Paul, and Jeremiah for your partnership through this term. We are grateful for Christena and Cassondra—the mighty forces that support our work behind the scenes. To Carmen, thank you for your wisdom, guidance, and joyful spirit. You are a beacon and change-maker. Thank you for bringing change to our team.

Be well. Make change.

new
Alumni
Co-Chair



Taylor Williams Capozziello, Ph.D.

Taylor Capozziello has her PhD in psychology, specialization in psychophysiology. She owns a business called Elite Physiology and works with a wide variety of issues using a person's physiology to help them reach their peak performance. For 18 years she was a massage therapist and won best of the bay for 2 years in a row before converting her practice full time into biofeedback and neurofeedback. Her dissertation was on the effect of breathing with hip angle and center of gravity changing. Her other topics of study include studying qEEG (looking at the brain using electrical output of neurons) to see how testosterone when taken as a supplement for gender identification reasons changes the brain's presentation. QEEG can tell us many things about the brain, from the more commonly known epilepsy and traumatic brain injuries, to seeing patterns seen in depression, ADHD, OCD, anxiety, and more.

From here this information can either use to figure out the best medication for the person, and/or move into neuromodulation to start changing their brain to work optimally. Biofeedback works the same, in that we use the person's physiology to retrain them. This can help with a long list of issues including: anxiety, IBS, muscle pain and more.

She is also Vice President of San Francisco Beekeeper's Association and keeps bees at her home in San Francisco. The study of bees and brains overlap quite a bit and is a fascinating area of research that she enjoys learning about in her pastime.

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." -Albert Einstein

New

Alumni Council Co-Chair



Shelli Jackson, Ph.D.

“My first act of free will shall be to believe in free will.”

– William James

I am a mother, pet owner, hiker, beach bum, and lover of zoos and roller coasters. I am also a rebel, advocate, friend, and science nerd.

In addition to earning my doctorate in clinical psychology from Saybrook University in 2019 and becoming a licensed psychologist, I am also a Certified Mental Health Integrative Medicine Provider. This means that I am trained in both traditional evidence based forms of talk therapy, as well as in integrative therapies focusing on sleep, nutrition, exercise, and other holistic approaches to treatment.

I currently have a private practice in the San Diego area while also working with The Halliday Center for Psychotherapy and Wellness, Inc.

I used to be an active member of Toastmasters as well as a teaching assistant and am in the process of creating educational presentations for the general population to enjoy and learn more about how the mind and body co-create our mental health experiences.

New

Alumni Council Co-Chair



Jiselle Esparza, Ph.D.

“We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.” – Mahatma Gandhi

Dr. Jiselle Esparza is a Saybrook University graduate, class of 2015. She studied Humanistic and Transpersonal Psychology and holds a specialization in Person-Centered Expressive Arts Therapy. After graduating from Saybrook, she founded Expressive Arts for Healing, where she developed and facilitated experiential and psychoeducational workshops on the therapeutic effects of Person-Centered Expressive Arts Therapy. Her work is devoted to ameliorating the repercussions from societal and intergenerational trauma for all individuals who are afflicted by the

psychological ramifications of their personal and professional life experiences. She has worked with various organizations by facilitating group workshops that are conducive to their organizational needs. Her experience involves working with a diverse population, stemming from children/adolescents, adults/geriatrics, rehabilitation, domestic violence, sexual assault, human trafficking, and child abuse. She has also worked with veterans in helping them heal from service-connected post-traumatic stress.

New

Alumni Council Co-Chair

*“In the end,
your darkest
battles
become your
brightest
blessings.” -
Tori Bowers*

Dr. Tori Bowers holds a Ph.D. in Clinical Psychology and an M.A. in Psychology from Saybrook University. She is a Registered Psychological Assistant at City Psychology Inc., in Modesto California, where she completed her postdoctoral internship and continues to remain on staff. She works from an existential-humanistic perspective and is trained in psychodynamic theory, Cognitive Behavioral Therapy (CBT), and Dialectical Behavioral Therapy (DBT). Dr. Bowers has clinical experience working with severe mental illness, trauma, domestic violence, sexual assault, homelessness, and treats diverse populations including families, couples, children, and groups. Dr. Bowers is a member of APA Division 36, The Society for the Psychology of Religion and Spirituality where she serves on a task force for early career psychologists. Dr. Bowers is passionate about her clinical work and career and she is always striving for professional growth.



Tori Bowers, Ph.D.

Dr. Bowers is a loving wife and mother of three beautiful teenage daughters. Her family means the world to her. She and her husband were licensed foster parents and completed two successful adoptions in 2012. Dr. Bowers now enjoys advocacy work for underprivileged youth. Through her positions as Peer Lead and Teacher's Assistant at Saybrook University, Dr. Bowers developed a love for educating and plans to pursue a career in academia. Dr. Bowers is proud that she currently serves as an Alumni Cochair for Saybrook University and enjoys working with Saybrook colleagues. Dr. Bowers is an avid writer and passionate researcher. She has published several works on transpersonal psychology topics. She is currently working towards becoming a licensed clinical psychologist and plans to open a nonprofit agency dedicated to education and research for people living with mental illness. Dr. Bowers continues to pursue personal and professional development and she is the happiest when she is in the service of others.

New

Alumni Council Co-Chair



Jeremiah Pearcey, Ph.D.

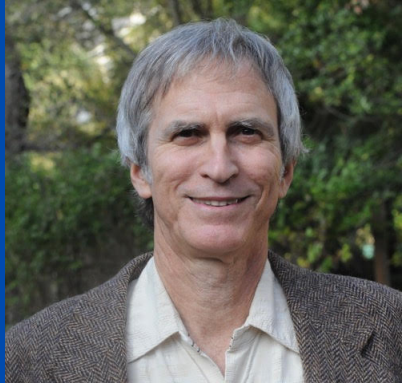
“If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities; in the expert's mind there are few.” – Shunryu Suzuki

Jeremiah is a Doctor of Cognitive Psychology and military veteran, with over 15 years of experience working with veterans, victims in crisis, and students of all backgrounds providing mindfulness and stress management techniques, education, and programs. He specializes in psychophysiological mechanisms of stress, integrative modalities (guided meditation, progressive muscle relaxation, sensory deprivation), heart rate variability, and altered states of consciousness to improve individual livelihood.

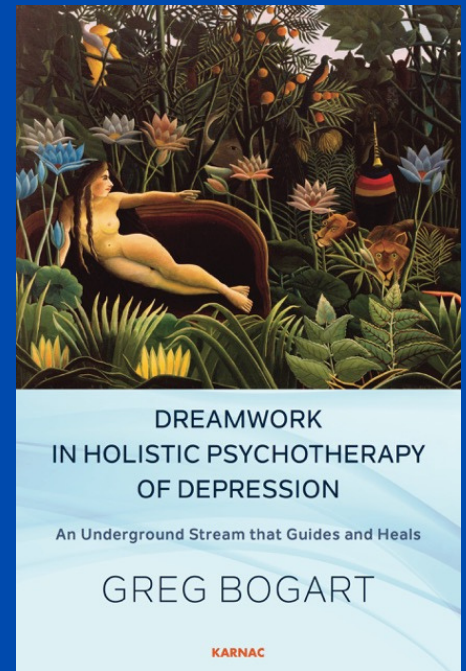
He's a passionate scientist and scholar dedicated to raising awareness about stress, its effects on the body and mind, and providing tools for individuals to understand and overcome life's stressors. He currently works as a Methods and Measures Postdoctoral Fellow at The Institute for Spirituality and Health in Houston, TX, and is the CEO of Corporate Stress Management Initiatives LLC, which works with nonprofit organizations nationwide, designing and teaching stress management programs for an array of populations.

You can find more information about his work at www.brightconnection.me or www.corpstress.com and reach him by email at jpearcey@corpstress.com

Alumni Spotlight



Greg Bogart, Ph.D.



His most recent book: "Dreamwork in Holistic Psychotherapy of Depression" (2017)

Greg Bogart, PhD is a licensed Marriage and Family Therapist in Berkeley, California, and a lecturer in psychology at Sonoma State University, where he teaches courses on adult development, myth, dreams, Jungian depth psychology, and the psychology of yoga. He is the author of *Dreamwork and Self-Healing* (Routledge, 2009), *In the Company of Sages* (Inner Traditions, 2015), and his most recent release, *Dreamwork in Holistic Psychotherapy of Depression* (Routledge, 2017),

Since graduating from Saybrook in 1992, Greg Bogart, PhD, MFT, has maintained a private practice focusing on existential psychotherapy and Jungian depth psychology. In his new book, Greg describes how dream images illuminate the sources and origins of depression. His book describes individuals who utilized the messages and symbols of their dreams to overcome depressive symptoms and to make beneficial life changes.

Visit his website at www.dawnmountain.com or contact Greg by email at gbogart7@sbcglobal.net

News You Can Use!



Tik Tok for your Business

Most of us that are 30 and older hear about Tik Tok and think it is for younger people, or it is one more social media site and you do not want any more in your life. I am here to suggest taking another look at it. Tik Tok has a huge presence of 30 and older on it. Not only is the content provide hours of entertainment that other social media lacks, but it holds your target audience for your work. By starting an account, you can show people what you do and reach others you would never be able to reach. This can work several ways, including referrals, informative for people you want to help, having potential clients feel more comfortable with you and your office, or whatever message you want to convey.

You may even find that once you are on there and following other therapist and people that it changes how you want to do things or add things to your practice. It is a wealth of knowledge out there and it is time for you to add to it. Everyone has their own style, so you do not have to do a dance or anything if that is not your style. Some people just talk to the camera, some people talk over video clips, some people show tips and tricks. It is up to you and what feels right. So, play around, you can set your video to private so no one will even see your practice runs! Then let us know how it went! I bet it will help you or someone else.



Submitted by: Alumna Taylor Cappozziello, Ph.D

