

OCTOBER 2021

The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER
OF SAYBROOK UNIVERSITY



October is ADHD Awareness Month...



Attention-Deficit/Hyperactivity Disorder [ADHD] has been defined as a brain disorder (NIMH, 2012), a neurodevelopmental disorder (American Psychiatric Association [APA], 2013), a neuropsychiatric disorder (Bush, 2010), and a neurobehavioral developmental disorder (Frank-Briggs, 2011) that manifests itself through inattention, hyperactivity, and impulsivity (APA, 2013; NIMH, 2012). Experts estimate between 3% and 8% of the general population has ADHD (APA, 2013; Bush, 2010; Frank-Briggs, 2011).

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Saybrook
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[Visit our Alumni Website Page](#)

October is ADHD Awareness Month Continued...



Originally thought to be a condition of childhood, there is evidence that the symptoms of ADHD continue to be problematic for many people into adulthood (APA, 2013; NIMH, 2012). Able et al., (2014) state that 65% of individuals diagnosed with ADHD during childhood continue experiencing symptoms into adulthood. Hyperactivity (56%), impulsivity (62%), inattentiveness (64%), and disorganization (44%) were still negatively affecting adult participants surveyed by Brod et al. (2012). Teicher et al. (2012) also found evidence that hyperactivity continues into adulthood. Adults may be better at hiding outward behaviors commonly associated with childhood presentations of ADHD, but that does not mean that they are not continuing to struggle internally.

As therapists, it is important that we remain well informed in order to properly diagnose, treat, and support this community as they move through adulthood. October is ADHD Awareness Month. Check out the following links for additional information.

<https://chadd.org/awareness-month/>

<https://add.org/adhd-awareness/>

<https://www.adhdawarenessmonth.org/>



Shelli Jackson, PhD

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[Click Here to Visit the Alumni Relations Portal](#)

Alumni Spotlight

I have been fascinated by the power of dreams for most of my life. I believe that our dream life is one of the most undervalued resources of our time. I'm passionate about introducing others to the incredible potential for growth, healing, and creativity that can be accessed through dreams.

While I was obtaining my MA in Counseling Psychotherapy with a focus in Depth Psychotherapy at Pacifica Graduate Institute, I published a thesis looking at the healing properties of dream work, focusing on PTSD and other types of unprocessed wounds, including sexual trauma. My claims were based on both personal experience and an exhaustive review of the literature on the topic. I addressed these same issues in my private practice with clients and in my speaking engagements with larger audiences.

When I was later diagnosed with cancer, my treatment experience—chemotherapy, radiation, and surgery—was extremely painful and traumatic, and left me at absolute zero. Looking back, I can see that my diagnosis was a traumatic event and much of my suffering during treatment was the result of that emotional trauma. And once I had the gift of hindsight, I could also share my story with other cancer patients and share the process of working with dreams to cultivate growth and healing. I have been working with cancer patients for the past 4 years.

As a Mind Body Medicine practitioner, I am deeply interested in therapies that stimulate one's capacity for self-knowledge and self-healing through self-care. I focus on the interactions between the brain, mind, body, and personality, and the powerful ways in which mental, social, spiritual, and behavioral factors affect health and happiness.

I have my doctorate in Mind Body Medicine from Saybrook University with a specialization in Integrative Mental Health, and I received my MA in Counseling Psychotherapy, with an emphasis in Depth Psychology, from Pacifica Graduate Institute. I am also trained in using hypnosis as an integrative treatment method. I maintain a private practice in Palo Alto, California.

I am also a certified Embodied Imagination® practitioner, a consultant, and a speaker—both in the U.S. and internationally, as well as a devoted mother and wife.



Dr. Katherine Lawson

Certified Embodiment Therapist

www.dreamsheal.com

[Find the book here](#)

THE DREAMWORK SERIES

DREAMWORK for GROWTH & HEALING



A GUIDED DREAM JOURNAL
by Dr. Katherine Lawson

Saybrook Featured...



Israel Espinosa, PsyD
Department Chair
Humanistic Psychology

[Click Here to Read
the Article](#)

Dr. Espinosa was quoted in School Nutrition's September edition in the article Unmasking Microaggressions! Dr. Espinosa's quotes are included on pages 27, 29, and 30 discussing microinvalidations and how to dismantle microaggressions.



[Saybrook Spirit Store - Get your Saybrook Swag Here!](#)



Dear Saybrook Authors:

Saybrook University is Celebrating its 50th year (1971 - 2021), and we have planned a virtual gala on November 10, 2021. We want to raise money for student scholarships during the gala, and we are seeking raffle basket donations. The Saybrook scholarships we are focusing on for this event are:

- Marlene Chance Mental Health and Creativity Memorial Scholarship
- Nancy Anne Moss Integrative Medicine and Health Sciences Scholarship
- Dr. Eleanor Criswell Founder's Scholarship
- Alumni Association Scholarship Fund (All students)
- Dr. Marc Pilisuk Transformative Social Change and Leadership Scholarship

We are raffling various themed baskets, and we are making unique literary baskets featuring Saybrook authors. You may donate bound or digital certificates. Once the baskets are complete, we will post them on our Gala site, along with donor or sponsor credit.

To Coordinate donations, please get in touch with me at cbowen@saybrook.edu. Mail your contribution to Saybrook University, c/o: Carmen Bowen, 55 W Eureka Street, Pasadena, CA 91103

To donate directly to the scholarship, please go to Giving to Saybrook - Saybrook University and choose the scholarship you wish to support.

As a 501(c)(3) independent nonprofit institution of higher education incorporated in the state of California, you will receive a mailed letter for tax purposes.

Saybrook is proud of its legacy of humanistic education. Through our students, Saybrook's vision for a more just, humane, and sustainable world is a movement that will impact not only the world we live in now but also the future of many generations to come.

kindest Regards,

A handwritten signature in dark ink, appearing to read "C Bowen", followed by a horizontal line and the letter "A".

Director of University Relations

Pronouns: she/her

o. 626-316-5312 m. 214-284-1153 | cbowen@saybrook.edu | saybrook.edu

Saybrook University | 55 W Eureka Street, Pasadena, CA 91103

Give to the Saybrook Alumni Scholarship @ www.saybrook.edu/giving

Co-Chair's Corner

Emotional Wellness & Climbing

Emotional wellness can mean something different to each person. According to the National Institutes of Health (NIH, 2021), emotional wellness is defined as “the ability to successfully handle life’s stresses and adapt to change and difficult times.” The pandemic, its outstretched tendrils writhing toward 2022, is one such difficult time. A study recently found that 1/5 of all those that had contracted COVID-19 developed depression within three months – even when they did not have a prior depressive diagnosis (Taquet et al., 2021). As of September 14th, 2021, over 3.8 million Americans have contracted the disease and over 219 million worldwide. Meaning, roughly 570,000 Americans and 33 million people worldwide are likely to struggle with depression as a result of COVID-19 if they are not already.

Thus, the significance of emotional wellness and self-care will only increase as the pandemic surges onward. Finding ways to maintain emotional wellness are imperative to mitigating depressive symptoms and other potentially debilitating mental health issues.

I discovered indoor rock climbing recently – May. It has served as one of the best stress relievers and impact factors for my emotional wellness. This is for several reasons:

- 1) It’s easy to social distance (at least at my local gym)
- 2) It is a full-body workout and, frequently, includes light/moderate cardio, which has shown to reduce overall levels of cortisol and adrenaline – two hormones involved in the stress response (Harvard Health Publishing, 2020)
- 3) It can be a team or individual sport. I can climb by myself using devices known as auto-belays that keep you secure if you fall, or I can grab friends and take turns climbing, while the non-climber(s) belay (secure the rope and intake slack to keep the person from falling)
- 4) In climbing, the routes you climb are known as “problems.” These are very much like mathematical problems, and in many cases, there is only one way to climb a route. So it requires problem-solving skills – how to position your body, which hand should be where, and how to leverage your feet to reduce arm strain.



Co-Chair's Corner

Emotional Wellness & Climbing...Continued

5) Lastly, you are competing against the course. This means that as your skill increases and your muscles adapt, you will begin to see and feel progress. Things that were difficult a few months prior are now easily scalable. It boosts confidence, it makes each successful climb an achievement, and these personal successes translate into emotional wellness and a sense of progression. This is largely due to our goal-reward system releasing dopamine each time you complete a problem. You get a rush of excitement at checking off boxes, and each route is a box to be checked that parallels your increasing skills. A study by Wooley et al. (2018) found that people who received immediate, frequent rewards for completing small tasks reported more satisfaction over a period of time versus those who received a reward upon completion of a longer task.

Climbing is one tool of many that I use to tick those life-satisfaction boxes to gain a sense of progression and achievement, while the exercise and focus on stretching has led to my body feel 10 years younger. So, I ask you: What tools are you using to safeguard your emotional wellness, and are they pushing you out of your comfort zone?

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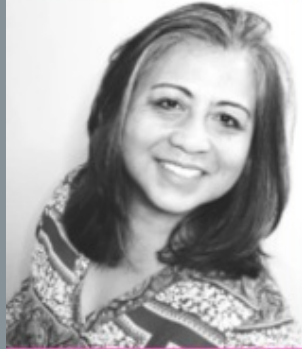
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Jeremiah Pearcey, PhD
Alumni Co-Chair

Complementary and Integrative Medicine and Expressive Arts for Healing Cancer



Margie P. Torres, MA Psychology
Saybrook Alumna

"I walked out of the radiology department after my annual mammogram. It felt odd. The imaging was a bit more uncomfortable, a bit more aggressive than I remembered. I felt like I just came out of a rigorous dance class, but I didn't. The next day, I received a call...."we're calling due to the results of your mammogram. There is an unknown mass in your left breast; the doctors would like to run a diagnostic mammogram. Can you come in tomorrow?" I felt a rush of adrenaline emerge from my stomach to face – this is a dream, I said to myself; I'll wake up soon. "Hello, are you still there?" said the nurse on the other end of the line. "Yes, I'm here, shaking, as I looked at my calendar. Yes, I can come tomorrow." As we ended the call, the nurse tried to extend hope – "there is a 30% chance the mass is nothing." I wish, I could believe her, but this was all too familiar to me because my mother died of breast cancer. This is the only experience I have of this disease...do I hold the same fate?"

Sharing this moment in time when I received the unexpected results from a routine breast exam, changed my life forever.

There is a common saying in amongst breast cancer support groups, "Welcome to Club Med – a diagnosis of cancer is required for membership". These support groups attract women, who seek guidance during their cancer journeys. Their stories sound similar, but the combination of what is felt and experienced are vast and uniquely different. When women gather to share their cancer journeys, these stories are pointed and brief. There is a universal understanding, a sisterhood, a shared experience that bonds these women together. Facing cancer is like a knotted ball of string that is ready to unravel with a slight tug of one strand. Emotions can be like a bicycle wheel, traveling in a circular motion; feelings oscillate between struggle, hope, fear, courage, anger, love, victimhood, warrior and others. Sometimes there are no words to describe the depth of emotions; they sit together in empathic silence. Women who face cancer are strong and resilient; they find a way to realize their path to wellness.

October is the celebration of Breast Cancer Awareness Month. This article shares further understanding of how complementary and integrative medicine (CIM) and the expressive arts (EXA) are being used to assist cancer patients and survivors during recovery and survivorship. Services are still very limited for racial and ethnic groups in comprehensive cancer centers and community hospital settings. The Empower.Me Strong! Foundation provides information on their healing programs to help close the access gap to CIM services within these communities.



Complementary and Integrative Medicine and Expressive Arts for Healing Cancer...Continued

Cancer Statistics and History of CIM

The American Cancer Society outlines that 38 out of 100 women in the U.S. are impacted by cancer in their lifetimes. Cancer usually develops as we age with 80% of all cancers in the United States diagnosed in people 55 years of age or older. The chances for a woman to develop invasive breast cancer some time in her life is 1 in 8. The risk doubles, if a woman has a first-degree relative, such as a mother, sister, daughter, who has been diagnosed with breast cancer. Other cancers show a national average of Lung and Colon/Rectum at 10% and 8%, respectively.

The National Cancer Institute states cancer affects all populations in the U.S., however certain groups may assume cancer disproportionately compared to other groups. Disparities are often considered by race and ethnicity, but other groups may experience high levels of disparities such as disability, gender/sexual identity, geographic location, income, education, and other characteristics. Research has shown minority racial and ethnic groups in the U.S. are more likely to experience invasive cancer. Amongst the races includes white women having the highest rates, followed by African-Americans, Hispanics, Asians, and Pacific Islanders, and Native Americans.

The National Institutes of Health (NIH) originated the definition of CIM, which includes all services and therapies under integrative health, integrative medicine, and functional medicine. These different services include and focus on natural healing, psychological and social health, mental/mind focus, addressing diet and nutrition for curing illness. The trends for allopathic cancer care approach include healing the whole cancer patient expanding beyond the removal of tumors to easing stress, relieving pain, and promoting a sense of well-being.

Underutilization of CIM and Need

Women facing cancer travel a two-part journey, where the first segment starts from diagnosis to the end of cancer treatment, and the second segment is the transition from active treatment to recovery, referred to by medical professionals, as survivorship (Rowland, J.H. et al). The first segment is the oncological treatment plan, which is based on specifics of the tumor i.e., size, stage, type, etc. This treatment plan has a prescribed timeframe and may include a combination of surgery, chemotherapy, radiation and maintenance therapy i.e., hormonal therapy or targeted therapy. The second segment, the survivorship phase, is more unpredictable, as the immediate symptoms of the cancer treatment may subside, other symptoms may emerge i.e., fatigue, sexual dysfunction, memory problems, weight gain, etc., can persist indefinitely; the risk of more chronic conditions may develop months or years later, i.e., cardiac dysfunction, osteoporosis, diabetes, and recurrence or second cancers (Rowland, J.H., & O'Mara, A.). Because of these unknowns, cancer and its treatment have the ability to impact more than the physical body, but every aspect of a woman's life, including psychological, social, economic and existential health and function" (Rowland, J.H., & O'Mara, A.). Studies reveal that cancer survivors choose to self-refer themselves to Complementary and Integrative Medicine (CIM) to address these health issues, manage symptoms and gain more control over their medical treatments (Larbi, M. et al, Lee, R.T., & Greenlee, H.). Discussions between patient and clinician are infrequent despite the increased use of CIM by patients (Lee, R.T. et al). Another systemic problem is the availability of CIM for minority populations, a comparison study was made for the availability of CIM in community hospitals and comprehensive cancer centers and found that community hospitals offered fewer integrative medicine therapies at a ratio of 3-to-1 (Desai, K., et al). Since community hospitals serve more minority and ethnic populations, this indicates the limited availability of CIM services creates significant health care inequalities (Desai, K., et al.). Therefore, it is critical to broaden the available practitioners beyond the hospital setting to serve these groups.



Expressive Arts: healing without words

Expressive arts, particularly music therapy, have increased because more studies are evaluating the effects of these modalities during the healing process. Research studies have identified these main benefits of the expressive arts when offered to cancer patients: 1) provided a safe place to share; 2) an opportunity to reflect; 3) enhance communication for reducing pain, distress and anxiety and 4) providing subjective well-being. Furthermore participants, who have difficulty expressing their feelings with words, have the ability to share their cancer journeys and deepest emotions beyond words using the expressive arts with an esthetic physical piece of art (Morrison, P., et al).

Empower.Me Strong! Foundation

Empower.Me Strong! Foundation is a 501c(3) public charity nonprofit, headquartered in Oakland, CA, that helps women healing from cancer gain insight and give voice to their lived experiences of cancer. They are focused in supporting women, from young adults to seniors including those from disproportionate racial and ethnic groups, who fall within low-to-moderate income households. They currently serve the San Francisco Bay Area only. However, expansion to other cities are planned in the future.

Healing Programs

The Empower.Me Strong! Healing Care Program offers women access to affordable CIM services received from their Provider Network of independent practitioners. Women qualify for subsidies by meeting certain criteria and are required to certify yearly. The Expressive Arts Healing Program and Runway Show affords a place for women to dive into salient themes about facing cancer, within a small group setting of 8-10 participants (models). The themes are further expressed in choreographed scenes, utilizing the dramatic arts and dance-movement. Coaching sessions are offered within a group setting and 1-1 sessions to help models select their outfits from their personal wardrobes, learn to style their hair and apply makeup for the Runway Show.

As Empower.Me Strong! grows, they would like to offer the Healing Care Program and Provider Network in different regional areas across the country as well as bring the Expressive Arts Healing Program and Runway Show to large metropolitan cities.

For more information visit their website at <https://empowermestrong.org> or call: 510.501.7923



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Rest In Peace



IN MEMORIAM: SAYBROOK ALUMNA & FACULTY
SANDY SELA-SMITH, PH.D.
1944 - 2021

[Obituary: Click Here](#)

Upcoming Events!





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Dr. Nathan Long
Saybrook President

Curriculum Vitae

CV Workshop II

Virtual

October 7, 2021

12:00 - 2:30 PM (PST)

Dr. Long will discuss how to create, edit and gain insight on the essential elements for a competitive CV.

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November 10, 2021 ~ 4-7 p.m. PST

Events of the evening to include:

Awards (student, staff, alumni, and volunteer)

Alumni Co-chair installation ceremony

Scholarship presentations

Raffles and more

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DR. DENNIS REBELO



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Facilitated by Dennis Rebelo, PhD
Saybrook Alumnus, Author, Professor
website: www.drdennisrebelo.com

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EDUCATION BEYOND BORDERS

Good Health & Well-being in Context

Promoting cross-affiliate collaboration and furthering international education, TCS Community & Global Engagement invites you to join us for

Education Beyond Borders 2021: Good Health & Well-being in Context.

For the first time ever, Education Beyond Borders will be offered as a virtual 4-week micro-credential program. This self-paced experience includes online modules addressing the topic of good health & well-being from a cross-disciplinary and global perspective and live expert lectures.

Upon completion, participants of the program will be awarded an *Education Beyond Borders* digital badge.



- **Online Asynchronous Program**
- **Start Date:** November 5, 2021
- **Close Date:** December 3, 2021
- **Format:** 4 weeks of self-paced modules and optional live expert lectures
- **Fee:** This is a FREE opportunity for our TCS Community!
- **Eligibility:** TCS Affiliate Alumni and Students

Application Deadline: October 25, 2021

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Sep 10th - Dec 10th, 2021
Mondays
Fridays



Facilitated by the
Mind-Body Medicine
Faculty and guest Alumni
of Saybrook University



9:15 am Pacific
11:15 am Central
12:15 pm Eastern

Zoom Link:

<https://tcsedsystem.zoom.us/j/96555778825?pwd=ZUI2Ykd2eE9pbm9XduU1IOTRjSDMrQT09>
Meeting ID: 965 5577 8825
Password: 182085

To Join by Audio Only: Find your local number:

<https://tcsedsystem.zoom.us/u/ac2sGhpBw2>

**Facilitated by the Mind-Body Medicine Faculty
and guest Alumni of Saybrook University**

If you miss the live meditation, we invite you to refer to recorded
podcasts as often as you like to practice on your own at :
<https://saybrookinsights.buzzsprout.com/>

*** There will be no audience interaction with the
facilitator. How-ever, please reach out to us following
the event if you have questions by emailing
presidentsoffice@saybrook.edu*

*** We will be audio recording these sessions to provide
these free of charge to the general public at a later
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Continuing the Conversation Surrounding Racial Injustice

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PRESENTS



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Cassandra Jackson, M.A.

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Photo Credit: Dan Stover

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Day 1

July 19, 2021

Day 2

July 20, 2021



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**UNBOUND: Saybrook
Insights with President
Nathan Long & Carmen
Bowen**

Nathan Long, President of Saybrook University & Carmen Bowen

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Thank you, from the Saybrook University
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Tori Bowers, PhD



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