

NOVEMBER 2021

# The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER  
OF SAYBROOK UNIVERSITY



November is **National Adoption Month**...

## Tori's Adoption Story

In honor of National Adoption Month this November, I would like to share my personal experience of being an adoptive parent. My husband and I started dating during the summer of 2002. One of our favorite things to do together was to go downtown where a Starbucks and Noah's Bagels were adjacent to each other. We frequented this favorite spot every Sunday. Mark and I would each get in line in one of the stores to purchase our coffee and breakfast. We always chose a Venti Latte with soy milk and a bagel, lightly toasted, with lox, and cream cheese. We were in our early twenties, and we knew that we were beginning the rest of our lives together. Every Sunday, we sat outside to enjoy our treats, have wonderful conversations, and people watch. It was very commonplace for us to see dogs and babies. Mark and I would always comment to each other about how cute the variety of puppies and dogs were and how adorable the babies and toddlers were. We gave out lots of compliments too. We thought it was so much fun to spend time here and we were creating a vision of our future family life.

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*Saybrook*  
UNIVERSITY



# Tori's Adoption Story

Mark and I were married and in September 2004, I gave birth to our first daughter Amy. Amy was our pride and joy and life revolved around her. But things weren't perfect. While I was pregnant with Amy, I began suffering with depression. After she was born, the depression worsened, and I was diagnosed with postpartum depression. For over a year, I battled and suffered with the this. I still loved and attended to my mommy duties, but life felt hard and painful. I had a friend named Lynn from church that visited me at my apartment every week. She invited me on long walks around the neighborhood. We would walk and talk while I pushed Amy in her stroller. One afternoon, she shared an experience with me about a thrift store she worked at. She told me that it was a nonprofit store that raised money for people without insurance to have access to counseling and mental health services. I decided that I wanted to work there too. About a week later I had a part-time volunteer job three days a week. I had structure and I was giving service. I began to feel better, and I recovered from my depression.

My life moved forward, and I was happy again. Our family thrived over the next several years. Eventually, we bought a home in the Central Valley in California together. Our home was five bedrooms and there were only three of us. We rescued three incredible dogs Maggie, Dixie, and Leo who became a part of our family. I began thinking about how I would love to have more children. I had always wanted at least a few kids. Amy started second grade. Mark and I both decided we wanted more children, but we also decided we didn't want to risk my mental health with another pregnancy. We began looking into adoption and Mark and I became very excited about it! That winter, we went to go visit my father and family members in Salt Lake City Utah. We enjoyed quality family time with everyone. One evening we went to a family dinner and in conversation, Mark and I discovered that we had two great-nieces that were in foster care placement and needed a forever home.

My husband and I went to meet these two incredible little girls. Marisah and Emma were four and five years old. Our family had a discussion over the next few months about the possibility of Mark and me adopting these girls. Our family decided we would be great parents and the best fit for them. The girl's social worker from Salt Lake called me and told me that we needed to become licensed foster parents before they would consider sending the girls to our home in California. Mark and I began attending the foster parenting classes. We completed the classes, our application, background checks, and interviews. In July 2012, we drove to Utah, picked up Marisah and Emma, and brought them to their new home.

Continued on page 3...





# Tori's Adoption Story

We had a honeymoon phase with the girls for about a month until the girls became extremely difficult to parent, and we felt overwhelmed. They had a trauma history and we worked hard to support them. We persisted with positive parenting strategies and positive reinforcement. We took them to therapy separately and as a sister group. Over time, we bonded as a family and the girls started calling us Mom and Dad. Amy struggled with Marisah and Emma, but she loved her sisters, and she was a wonderful big sister to them. The adoption process included another application, more background checks, and frequent visits by social workers to our home. We loved these girls so much and they were our daughters now.

On December 27, 2012, we finalized the adoption in Salt Lake City Utah for Marisah and Emma. We both cried tears of joy the rest of that day. The girls grew in my heart, not my tummy. Every year, we celebrate this day like we would a birthday. Over the years, the girls have participated in dance lessons, piano lessons, voice lessons, church activities, soccer, and softball. Now our daughters are 14, 15, and 17 years old. They are genuinely happy, well-adjusted, loving, kind, compassionate, intelligent, beautiful, and excelling. Our daughters are our biggest blessing in life. We thank God for them.



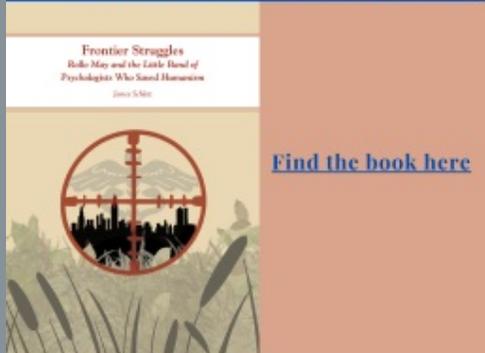
Submitted by: Tori Bowers, PhD

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**James Schlett**



[Find the book here](#)

## Frontier Struggles

Rollo May and the Little Band of Psychologists who Saved Humanism

Nearly two decades before the existential psychologist Rollo May helped establish in 1971 the Humanistic Psychology Institute, which later became known as Saybrook University, he was engaged in a political “war” with organized medicine over psychology’s independence as a profession and the role humanism would play in it. This saga is now told for the first time in a new book: *Frontier Struggles: Rollo May and the Little Band of Psychologists Who Saved Humanism*, by James Schlett and published by the University of Akron Press.

In the early 1950s, May led what he called a “little band of psychologists who were therapists in New York State.” They found themselves up against what was then the nation’s most powerful lobby – organized medicine – and having to annually beat back legislative attacks in Albany that would have handed physicians and psychiatrists control over psychotherapy. As chairman of the Joint Council of New York State Psychologists on Legislation, and guided by his theories on anxiety that would later shape a new American existential psychology, May emerged as a leading voice against the “making of man over in the image of the machine.”

May inspired his fellow pioneering psychologists to withstand the “overwhelming power” of organized medicine and see their profession through its “frontier struggles.” Further, in addition to defeating organized medicine’s attempts to amend New York’s Medical Practice Act and give MDs control over the diagnosis and treatment of mental and nervous disorders, the Joint Council helped lay the legal framework for the humanistic psychology movement that emerged shortly after the enactment of a law regulating the psychology profession in the Empire State in 1956.

*Frontier Struggles* provides the first behind-the-scenes look of the political maneuvers, espionage, infighting, and inspirational fortitude that enabled New York’s psychologists to open the door to the regulation of their profession in New York and beyond. From the alliances the psychologists forged with leading physicians and psychiatrists and even Freud’s nephew, to the strategies the Joint Council deployed to sway legislators and the general public, *Frontier Struggles* follows the crisis that, in May’s words, marked “the change of psychology as a profession in this state from its adolescence to its manhood.”

**Saybrook professor Kurt Schneider** says of *Frontier Struggles*: *“This is an extraordinarily important book about a landmark moment in the history of psychotherapy. Rollo May, whom I had the privilege to know as both student and colleague, was a pivotal figure in the development of existential-humanistic psychology in America. But few people realize how central he was to the professionalization of psychotherapy beyond the province of medicine. In this poignant and superbly detailed volume, Schlett articulates how Rollo May and ‘a little band of psychologists’ not only helped democratize the practice of psychotherapy but salvaged a holistic picture of human transformation.”*

[PositivePsychology.com](https://positivepsychology.com) has a wonderful article about how and why we benefit from regularly journaling about gratitude. They include examples of how to do it, provide some fun prompts, and also provide information about some gratitude apps. This link can help your clients understand and explore journaling in a way that provides them structure and understanding as they ponder the blessings in life.

<https://positivepsychology.com/gratitude-journal/>



**Gratitude Journal: 66 Templates, Ideas, and Apps for Your Diary**

The gratitude journal has become one of the most powerful and well-researched positive psychology interventions out there. Get your own leg going!

Shared By:



Shelli Jackson, PhD  
Alumni Co-Chair



**Mark Murphy**  
Associate Director of  
Institutional Advancement

Mark joined the Saybrook University development staff in October 2021 as Associate Director of Institutional Advancement. With over 7 years of experience in non-profit and higher education development work at various non-profits in New England and at Harvard University, Mark has a passion and energy for advancing the mission of non-profit organizations through the essential work of fundraising and advancement. A native of Burlington, Massachusetts, Mark graduated from St. Charles Borromeo Seminary College in Philadelphia with a Bachelor of Arts degree in Philosophy and he earned a Master of Arts degree in Theology from St. John's Seminary in Boston. Mark is also a military veteran, having served for 10 years as an Officer and Captain in the Massachusetts Army National Guard. He was recognized for his outstanding service by being awarded 2 Massachusetts Service Medals, National Defense Service Medal, Global War on Terror Service Medal, Army Service Ribbon, and 2 Army Reserve Component Achievement Medals. In conjunction with his work in Institutional Advancement at Saybrook, Mark also oversees "Saybrook Serves," a year-round program that coordinates virtual and on-ground volunteer opportunities throughout the nation for the Saybrook community.

Vanessa came to the Saybrook University Advancement team accepting her role of Associate Director of Institutional Advancement in October 2021. She joins us with 15 years' experience in advancement services in both non-profit and higher education with Antioch College in Yellow Springs, Ohio. Vanessa graduated with her MBA from ITT Technical Institute with a focus in technical project management and business administration. She is a mother to one son. With a history of both art and music, Vanessa spent 4 years as 2nd chair violinist for the Lima Symphony, as well as producing Festival of Fire, a fire and arts music festival for 8 consecutive years to help raise funds for the local Native American Shawnee tribe in Ohio. She has a passion for connecting with people and creating systems that help to connect people with their passion of supporting a greater cause. Vanessa is excited to be helping to revive Saybrook's Institutional Advancement program and in addition will be managing alumni relations projects, and networking and fundraising for the University.



**Vanessa Cubano**  
Associate Director of  
Institutional Advancement

**Saybrook Spirit Store - Get your Saybrook Swag Here!**



Dr. Donald Moss, Saybrook University

**Pathways to Health: Living with Cardiovascular Disorders**

This presentation by Donald Moss, PhD, of Saybrook University, was part of the “Integrative Medicine Mental Health Summit,” sponsored by Mensah Medical. Dr. Moss introduced the Pathways Model for integrating self-care practices and lifestyle changes with health care, developed by he and Angele McGrady. He provided the case example of a 49-year old woman living with cardiovascular disease. The narrative shows how this individual utilized a number of mind-body practices, including dietary changes, breathing techniques, and mindfulness and acceptance skills, in combination with an exercise-based cardiac rehabilitation program. This individual made a significant change in her work environment, and committed herself to living as fully as possible, in the presence of her illness.

**<https://www.youtube.com/watch?v=4ly8C34XDNo>**

**Society for Clinical and Experimental Hypnosis Conference**  
([SCEH.US](http://SCEH.US))

Saybrook University faculty and students participated widely in the October 13-17 annual conference of the Society for Clinical and Experimental Hypnosis. CIMHS Dean Donald Moss delivered presentations on ego strengthening, ethical standards, and certification for the Foundations of Clinical Hypnosis training, and facilitated small group hypnosis practice for Foundations students. MBM PhD students Cassandra Jackson and Casey Applegate-Aguilar also facilitated small group practice sessions. Moss moderated a symposium on Research Standards for Efficacy Research in Hypnosis. MBM PhD student Pamela Bonney presented a scientific poster on “The Effectiveness of Hypnosis on Obesity from Binge Eating Disorder” and Cassandra Jackson presented a poster on “The Effects of Hypnotic Interventions on Treatment Outcomes in Adults with Mental Disorders.” APH PhD student Madeline Stein introduced several speakers for the conference and presented a paper on “How Suggestibility and Dissociation Contribute to Symptoms Attributed to Environmental Factors.” Finally, Applied Psychophysiology instructor David Reid co-directed the Advanced Workshops for the conference.



**Donald  
Moss**



**Cassandra  
Jackson**



**Casey  
Applegate  
Aguilar**



**David  
Reid**



**Madeline  
Stein**



**Pamela  
Bonney**



**Upcoming Events!**



## THE SAYBROOK CONNECTION

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HOW TO BUILD AND USE YOUR PERSONAL NARRATIVE TO ILLUSTRATE WHO YOU REALLY ARE



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Facilitated by Dennis Rebelo, PhD  
Saybrook Alumnus, Author, Professor  
website: [www.drdenisrebelo.com](http://www.drdenisrebelo.com)

Did You Miss the Workshop?  
or  
Want to See It Again?

# Recording.

Thank You for Your Support of Saybrook Events!



# THE SAYBROOK CONNECTION

BROUGHT TO YOU BY: STUDENT SERVICES / ALUMNI ASSOCIATION



## Curriculum Vitae CV Workshop II

October 7, 2021

Dr. Nathan Long  
Saybrook President

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this  
workshop?

# Recording



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MONTHLY SPEAKER SERIES

PRESENTS



## Navigating the Complexities of Intersectionality: Wearing All the Hats

November 17, 2021

3:00 pm to 5:00 pm PDT/6:00 pm to 8:00 pm EDT

FEATURING GUEST SPEAKERS

Eugenia Rodriguez, PsyD, LMFT

Register Here:

<https://app.groupize.com/e/navigating-the-complexities-of-intersectionality-wearing-all-the-hats>

Dr. Eugenia Rodriguez is an Administrative Faculty Member and coordinator of both the Latinx Family Studies and LGBTQIA+ Studies Program in the School of Cultural and Family Psychology at Pacific Oaks College and Children's School. Dr. Rodriguez is a Licensed Marriage and Family therapist and has been working as a mental health clinician since 2004. As a former graduate of the Latinx Family Studies program, she is committed to continuing to provide caring, quality mental health services for underserved communities and providing guidance to future clinicians. Dr. Rodriguez' session will focus on the complexities of managing our multiple identities at home, in school, and in the workplace. #

#

Please contact [anti-racismcollab@saybrook.edu](mailto:anti-racismcollab@saybrook.edu) with any questions.

Photo Credit: Dan Tower

Saybrook 50th Anniversary  
Gala and Awards



Doing the work  
since 1971.

YOU ARE INVITED

to join the Saybrook community in virtually celebrating 50 years at our

**50th Anniversary  
Awards and  
Spotlight Gala**

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



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## SHOP & GIVE



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A faint, dark image of several white shopping bags with black handles, positioned behind the URL text.

Join us for  
**Mindfulness Meditation Moments**



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/j/96555778825?pwd=ZUI2Ykd2eE9pbm9XduU1IOTRjSDMrQT09>

**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](mailto:presidentsoffice@saybrook.edu)*

*\*\* We will be audio recording these sessions to provide  
these free of charge to the general public at a later  
date. By joining these sessions, you acknowledge you  
under-stand that these sessions will be recorded.*



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INSIGHTS



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

Nathan Long, President of Saybrook University & Carmen Bowen

Saybrook University has a podcast co-hosted by President, **Dr. Nathan Long**, and Director of University Relations, **Carmen Bowen, MBA** called "Saybrook Insights."

**Fascinating  
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## Thank you, from the Saybrook University Alumni Council Team!



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Alumni Co-Chair



Shelli Jackson, PhD  
Alumni Co-Chair



Tori Bowers, PhD  
Alumni Co-Chair



Taylor Williams Capozziello, PhD  
Alumni Co-Chair



Jiselle Esparza, PhD  
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Thank You for Reading!

Look for the November 2021 edition coming soon!



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