

MAY 2021 ISSUE 7

THE SAYBROOK SPIRIT

THE OFFICIAL ALUMNI NEWSLETTER OF SAYBROOK UNIVERSITY

CELEBRATING ALL MOTHERS

Adoptive, foster, or birth mother, they are all commemorated during May. May is the height of spring, where new life abounds. Mothers create, nourish, and sustain life wherever they can.



IN THIS ISSUE

Alumni Spotlight
Co-Chairs Corner
Upcoming Events
Micro-Credentials
Saybrook 50th Memorial Poem



“

DR. BOWERS IS A LOVING WIFE AND MOTHER OF THREE BEAUTIFUL TEENAGE DAUGHTERS. HER FAMILY MEANS THE WORLD TO HER

”

ALUMNI SPOTLIGHT

Tori Bowers, PhD

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.

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 focuses on 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. She is an avid writer and passionate researcher. Dr. Bowers 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 on mental illness. Dr. Bowers continues to pursue personal and professional development and she is the happiest when she is in the service of others.



“

STEPHANIE IS KNOWN FOR HER ADVOCACY WORK AND COMMUNITY PLANNING PROCESSES WITH INDIVIDUALS AND FAMILIES FACING CHALLENGES SUCH AS HOMELESSNESS, POVERTY, COMMUNITY RE-ENTRY AND DISABILITIES.

”

ALUMNI SPOTLIGHT

Stephanie Wheeler, Ph.D

Dr. Stephanie Wheeler oversees the Long-Term Care Ombudsman program for the State of Alaska. Her role as the State Long-Term Care Ombudsman is to advocate for elders living in long-term care settings and seniors in the community. With more than 30 years of experience in the human service profession, Stephanie has worked in non-profit and faith-based social service agencies, and government organizations. In addition, Stephanie serves as an adjunct professor for the Alaska Pacific University. Stephanie is the former Executive Director for the State of Alaska, Office of Faith-Based and Community Initiatives. Stephanie is known for her advocacy work and community planning processes with individuals and families facing challenges such as homelessness, poverty, community re-entry and disabilities.

Stephanie is a human services-board certified practitioner. As a life-long learner, Stephanie holds a Bachelor of Arts Degree in Human Services and a Master of Arts Degree in Leadership and Management in Human Services with an emphasis on Cultural Competency from the Alaska Pacific University. Stephanie earned her Ph.D. in Human Science from Saybrook University in 2019.

Stephanie currently sits on the board for Connections Alaska, a non-profit organization focused on breaking the cycle of recidivism for at-risk young men reentering the community from correctional facilities.

A fifty-year resident of Alaska, Stephanie loves spending time with family, writing poetry, reading and enjoying the outdoors.

Co-Chair's Corner



Join us for a Meditation Circle!

Ease into the summer semester with an hour-long meditation!

Experience the power of awareness:

Zoom Link:

<https://tcsedsystem.zoom.us/j/96555778825?pwd=ZUI2Ykd2eE9pbm9XdU1lOTRjSDMrQT09>

Meeting ID: 965 5577 8825

Password: 182085

May 18th, 2021

5:30 - 6:30 PM PST



Brought to you by Saybrook University
Mind-Body Medicine Department

Email: lfortune@saybrook.edu

presents...

The New Authors Workshop

Getting Started in the Publishing World: Brainstorming to Launch Party

Linda Riebel, Ph.D.

Alumna, Author, Editor



Bio

Dennis Rebelo, PhD

Alumnus, Author, Assistant Professor



Bio

Arielle Dance, PhD

Alumni Co-Chair, Author



Bio

Michael Mayer, Ph.D.

Alumnus, Psychologist, Author, Workshop Leader



Bio

Daniel Sieberg

Saybrook Trustee, Author, Journalist, Business Owner



Bio

Thursday, June 10, 2021

12:00 PM - 1:30 PM (PDT)

[Register Here](#)



EDUCATION BEYOND BORDERS

Good Health and Well-Being in Context: Mexico

Join students, alumni, and faculty from institutions across the globe for a cross-disciplinary, study abroad program that culminates in a 5-day immersive experience in Mexico City Nov. 29 - Dec. 3, 2021*.

* Travel optional for micro-credential program

Education Beyond Borders, Good Health & Well-being in Context: Mexico is offered in two individual tracks. Anchored in the **United Nations Sustainable Development Goal (SDG) #3**, participants can participate in either the online course or the micro-credential program. Below are the specifics about each track.



Online Course

Dates: Oct. 25-Dec. 13, 2021

Credit: 3 credits

Format: 8-week online course with live and asynchronous requirements

Study abroad: Required, 5-day immersion in Mexico City

Cost: 3-credits of tuition from home institution + program fee: \$1,995



Micro-credential

Hosted by The Chicago School of Professional Psychology

Dates: Nov. 5-Dec. 3, 2021

Credit: Digital badge

Format: Asynchronous, self-paced program

Study abroad: Optional, 5-day immersion in Mexico City

Cost: Micro-credential fee: \$140 + program fee: \$1,995

[Learn more and apply](#)

What is Education Beyond Borders?

Education Beyond Borders is a cross-college, international experience rooted in collaboration between TCS Education System partner institutions. These include: **The Chicago School of Professional Psychology, Pacific Oaks College, The Santa Barbara & Ventura Colleges of Law, and Saybrook University.**



The Community Solution in Higher Education®



EDUCATION BEYOND BORDERS

Good Health and Well-Being in Context: Mexico

Join students, alumni, and faculty from institutions across the globe for a cross-disciplinary, study abroad program that culminates in a 5-day immersive experience in Mexico City Nov. 29 - Dec. 3, 2021.

Anchored in the **United Nations Sustainable Development Goal (SDG) #3, Education Beyond Borders, Good Health & Well-being in Context: Mexico** is offered as an online course with a 5-day immersion experience. Below are the specifics.

 **Modality: Online Course**

Dates: Oct. 25-Dec. 13, 2021

Credit: 3 credits

Format: 8-week online course with live and asynchronous requirements

Study abroad: Required, 5-day immersion in Mexico City

Cost: 3-credits of tuition from home institution + program fee: \$1,995

[Learn more and apply](#)

What is Education Beyond Borders?

Education Beyond Borders is a cross-college, international experience rooted in collaboration between TCS Education System partner institutions. These include: **The Chicago School of Professional Psychology, Pacific Oaks College, The Santa Barbara & Ventura Colleges of Law and Saybrook University.**



The Community Solution in Higher Education®



COL Micro-Credentials Summer 2021

AN INTRODUCTION TO THE UNITED STATES LEGAL SYSTEM

June 7- July 3, 2021

This micro-credential introduces students to the overall US legal system by covering the fundamental structures and institutions that allow the US legal system to function. The course will focus on the Legislative, the Judicial, and the Executive branches of government while also exploring key concepts inherent in the US constitutional system such as federalism, the separation of powers, and the rule of law and civil society.

[Learn more and register](#)

BUILDING YOUR ONLINE PRESENCE

June 14- July 2, 2021

In this hands-on micro-credential, you will create a professional Twitter presence and build a basic professional website. The creation process will be supported by faculty and assigned readings. Once your online presence is created, you will receive constructive feedback from both faculty and peers in a focused online discussion.

[Learn more and register](#)

AUTOMATING LEGAL DOCUMENTS

July 12-25, 2021

In this hands-on skills-based course you will build a document automation project of your choosing using a freely available legal tool. The creation process will be supported by faculty, an online skills training tool, and assigned readings. Once your project is created, you will create a video demonstration and receive constructive feedback on your project from both faculty and peers in a focused online discussion.

[Learn more and register](#)

Questions?

Contact engage@tcsedsystem.edu

REST HERE

MEMORIALIZING SAYBROOK UNIVERSITY'S
50TH ANNIVERSARY
1971 - 2021

Rest. Breathe. Renew.
We uplift each other
With each step. . .
. . . co-created together

Rest. Breathe. Renew.
Take a moment by moment by moment
To examine all that you thought you knew
About yourself. . . and the other

Rest. Breathe. Grieve. Love. Learn. Renew.
Re-member your interconnectedness
To all beings and
Pursue a socially just embodiment
Tend to the suffering of our world
Thrive in your curiosity and humility

Rest. Breathe. Renew.
We uplift each other
With each step. . .
. . . co-created together
A just world
A sustainable world
A humane world
Rest. *Hear*. The Call of Human dignity and potential.
Renew.
WITH Saybrook University.



By
Gina Belton, PhD