

THE SAYBROOK SPIRIT

THE OFFICIAL ALUMNI NEWSLETTER OF SAYBROOK UNIVERSITY

THE BEGINNING OF A NEW YEAR

Looking forward

2020... what a year! Although it has brought suffering and sorrows for many, our hearts are inclined towards the brightness of the hope that a new year brings. May this year bring you the peace and joy that your soul so deeply desires!



Welcome 2021!



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Homecoming Slideshow Included



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PERHAPS THE OVERARCHING THEME HERE IS THAT STUDENTS WILL MEET AND CONNECT WITH MANY PEOPLE DURING THEIR STUDIES AT SAYBROOK. TAKING ONE'S RESEARCH OUT INTO THE WORLD, THROUGH CONFERENCES AND PUBLICATIONS AND WEBSITES, WILL MAKE MORE CONNECTIONS AND PRESENT MORE OPPORTUNITIES.

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ALUMNI SPOTLIGHT

Dr. Denita Benyshek

Dr. Denita received both her MA and PhD in Humanistic and Transpersonal Psychology from Saybrook University, after having already completed an MFA in painting. Her dissertation, titled Contemporary Artists as Shamans, can be found here: https://www.academia.edu/25182315/Contemporary_Artists_as_Shamans_Archival_Exploration_full_text_and_references.

Her interest in Shamanic practice at Saybrook encouraged her to explore processional conferences, and she received a scholarship to attend the Society of Shamanic Practitioners conference in Santa Fe. Since 2009, Dr. Benyshek has been presenting at the conference, integrating acting, poetry, visual arts, and PowerPoint animations in her presentation on healing works of art and prayers. She also has presented twice at the International Society of Shamanistic Researchers. Currently, she is working on a chapter to be included in a book published by Cambridge Scholars. In 2018, she was initiated as a shaman by Korean mudang Kim Junghee.

Dr. Benyshek serves as an editor and reviewer of submitted research articles for the journal, Coreposis: Journalisms of Myth and Theatre. Recently, she has published an article on life during coronavirus and BLM, and also published a poem about the wildfires in this journal. She is also co-editing a book on psychology and shamanism with Ron Boyer. Dr. Benyshek serves as an editor and reviewer of submitted research articles for the journal, Coreposis: Journalisms of Myth and Theatre. Recently, she has published an article on life during coronavirus and BLM, and also published a poem about the wildfires in this journal. She is also co-editing a book on psychology and shamanism with Ron Boyer.

Alongside these accomplishments, Dr. Benyshek finds time to develop her artistic passion. Her artwork is inspired by her travels, her shamanism, and her joy for life. You can see her artwork here: <https://www.denitabenyshek.com/>

Co-Chairs Corner

Arielle Dance, Ph.D
Kelly Wadsworth, Ph.D
Jeremiah Pearcey, Ph.D

Thank you to everyone who participated in our Virtual Winter Alumni Homecoming with guest speaker Dr. Eleanor Criswell! Below, we've included our slides from the event with links and the Alumni Spotlight features.



Homecoming Highlights

Virtual Winter Alumni Homecoming - January 10, 2021

Scroll Down to see slides of "Alumni Spotlights" individual tiles

Go to our Facebook Page to view the event recording!





Thank you for attending the Alumni Homecoming!

We appreciated the opportunity to connect and share accomplishments with you. In these slides, you will find the Alumni Features with links, as well as information regarding our upcoming events. Have a wonderful day!



Alumni Spotlight

Ashley Nash, M.A.

Ashley Nash is the founder of Not All Scars Heal(N.A.S.H), a place for healing and breaking down mental health misconceptions. Her website is linked here: <https://www.notallscarsheal.com/>. Ms. Nash has co-authored an article in the Journal of Creativity in Mental Health, titled, “Using expressive arts in online education to identify feelings” (Warren & Nash, 2018). She has also been featured in the blog Always Phrea, a place for young adult empowerment. Her interview with Keep it Loc’d can be found here: https://www.facebook.com/315200489085320/posts/377934036145298?sfn_s=mo. Ms. Nash also participated in the Black Doctoral Network in their Conversation Starter: Black Girl Magic series. You can watch the interview here: <https://www.facebook.com/BlackPhDNetwork/videos/938417253322789/>. Along with these accomplishments, Ashley Nash is the author of two books, *Words for Warning*, and *The Miseducation of the Privileged*. Both are available on Amazon. Please consider purchasing and supporting our Alumni!



Alumni Spotlight

Judith Sugg, Ph.D

Judith Sugg, Ph.D is a writer, teacher, licensed counselor, and yoga instructor. Recently, she published a book on problem gambling and how it affects the personal circle of the addict. The book, titled, *Lost and Found: Help for Families Harmed by Problem Gambling*, draws from Dr. Sugg's many years of experience in helping individuals heal through practical guidance, based on a foundation of awareness, balance and connection. The book is available on [Amazon](#). Dr. Sugg was also invited to speak at Washington's Evergreen Council on Problem Gambling, covering the topic of family treatment and recovery. You can watch a preview here: [Judith Sugg and Renee Siegel](#).



Alumni Spotlight

Michael Mayer, Ph.D

Dr. Michael Mayer has the privilege of being among the first to graduate from Saybrook University, obtaining his degree in 1977. He loves to tell the story of how, during his time at Saybrook, he was able to get credit for doing a 40 day Vision Quest in the woods alone to help focus on his dissertation topic. Dr. Mayer, now a licensed psychologist who is in private practice in San Francisco, has dedicated his life to integrating ancient sacred wisdom traditions with psychotherapy and Western bodymind healing methods. He has published a variety of articles and books, including a section on his own practice modality, Bodymind Healing Psychotherapy, in the book, *Holistic Treatment in Mental health: A Handbook of Practitioner Perspectives* edited by Fracasso, Krippner, & Friedman(2020). One of his books, titled, *A Mystery of Personal identity*, won the world astrology prize in 1979 for its contributions to the field of astrology. For a full list of publications from Dr. Mayer, please see his biography here: <https://bodymindhealing.com/who-we-are/official-bio/>



Alumni Spotlight

Greg Bogart, Ph.D

Dr. Greg Bogart is a psychotherapist in private practice, as well as a lecturer in psychology at Sonoma State University. His work focuses on integrating meditation, hatha yoga, Jungian dreamwork, existential psychotherapy, and psychosynthesis with the cyclical wisdom and archetypal symbolism of astrology. Among his numerous publications are the books *Dreamwork in Holistic Psychotherapy of Depression*, *In the Company of Sages*, and *Dreamwork and Self-healing*. These books in particular illustrate how Jungian and existential principles can be incorporated with the power of the spiritual realm to promote well-being. For details on these books, please follow this link: <http://www.dawnmountain.com/>



Alumni Spotlight

Susan Gordon, Ph.D, LMT.

Susan Gordon is a Saybrook graduate with a degree in the History and Philosophy of Psychology; Mind/Body Medicine. Not only is Susan an academic psychologist, but she is also a Core Adjunct Professor in the Department of Psychology at National University, Research Director of the Southbury Clinic for Traditional Medicines, a Licensed Massage Therapist, and an existential-humanistic Counselor. Her work in research and publications has focused on mind/body medicine, psychoneuroimmunology, and the neurophenomenology of well-being. She has authored and co-authored many publications in these topics, such as *Neurophenomenology and its Applications to Psychology*, “*Psycho-Neuro-Intracrinology: The Mind-Body Continuum*” in *The Healing Power of Nature: The Foundations of Naturopathic Medicine and Ecology of Healing: Primary Care for the Twenty First Century*, and, “*Humanistic Neuropsychology: The Implications of Neurophenomenology for Psychology*”, in *The Handbook of Humanistic Psychology: Leading Edges in Theory, Research, and Practice*. For more details on her research and background, please follow this link: <https://southburyclinic.com/our-team/dr-susan-gordon-phd/>

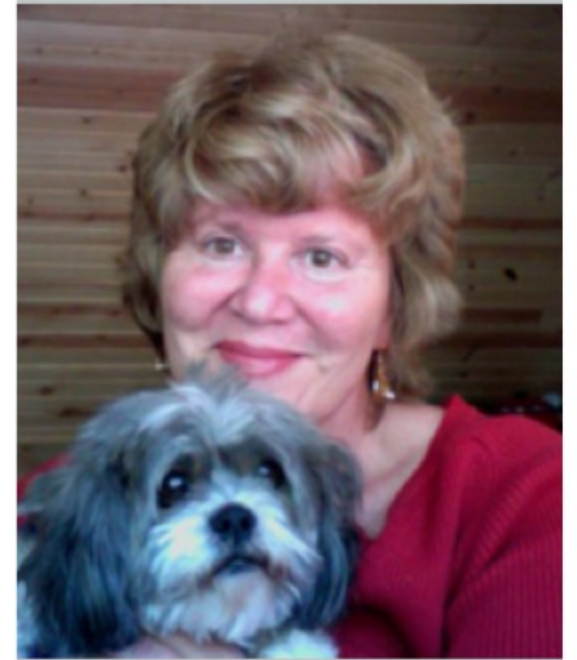
Alumni Spotlight

Sandy Sela-Smith, Ph.D

Dr. Sandy Sela-Smith earned her Ph.D. in psychology after a 15-year healing journey that took her into the depths of her internal world, as well as into many cultures and countries in the external world. Dr. Sela-Smith has taught at Saybrook for almost twenty years. She has traveled the world to make presentations on the integration of mind-body and spirit, and has written many books, including a trilogy titled, *The Meaning of Three*. In 2020, she received the Humanistic Exemplar award from the Rocky Mountain Humanistic Counseling & Psychological Association. Despite her recent cancer diagnosis, Dr. Sela-Smith has found the opportunity to draw from her experiences and is working on a book that integrates East and West in dealing with cancer.



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since 1971.



Upcoming Events:

Saybrook's 50th Anniversary

- Year-long Celebration

Film, Book & Poetry Festival

- July 19th – July 24th

Alumni Connection: CV
Workshop

- January 15th

Mind-Body Wellness Fair

- May 5th – May 7th

Next Alumni Homecoming

- Fall 2021



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Thank you for attending!

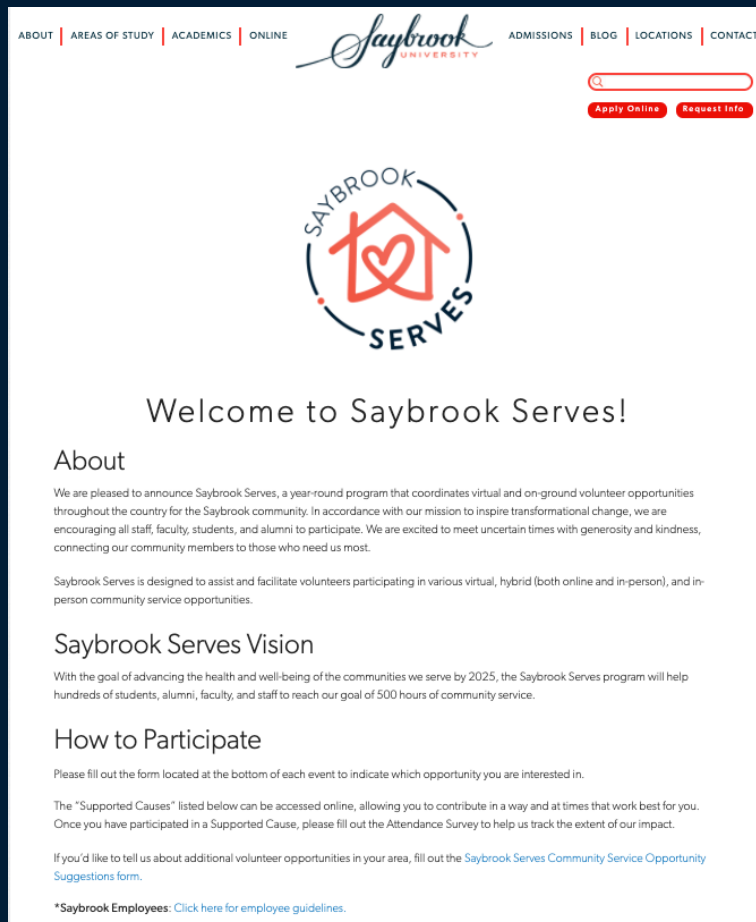
- The Saybrook Alumni Association -




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SAYBROOK SERVES IS LIVE!


Check out our brand-new website below:
www.saybrook.edu/saybrookseves/



The screenshot shows the homepage of the Saybrook Serves website. At the top, there is a navigation menu with links for ABOUT, AREAS OF STUDY, ACADEMICS, ONLINE, SAYBROOK UNIVERSITY (with a logo), ADMISSIONS, BLOG, LOCATIONS, and CONTACT. Below the navigation is a search bar and two buttons: 'Apply Online' and 'Request Info'. The main content area features the Saybrook Serves logo, which consists of a house icon with a heart inside, surrounded by the text 'SAYBROOK' and 'SERVES'. Below the logo is the heading 'Welcome to Saybrook Serves!' followed by an 'About' section. The 'About' section contains two paragraphs of text. Below that is the 'Saybrook Serves Vision' section, followed by a paragraph of text. The 'How to Participate' section follows, containing three paragraphs of text. At the bottom of the page, there is a footer with the Saybrook University logo and a '50th ANNIVERSARY' logo.

ABOUT | AREAS OF STUDY | ACADEMICS | ONLINE |  | ADMISSIONS | BLOG | LOCATIONS | CONTACT

[Apply Online](#) [Request Info](#)



Welcome to Saybrook Serves!

About

We are pleased to announce Saybrook Serves, a year-round program that coordinates virtual and on-ground volunteer opportunities throughout the country for the Saybrook community. In accordance with our mission to inspire transformational change, we are encouraging all staff, faculty, students, and alumni to participate. We are excited to meet uncertain times with generosity and kindness, connecting our community members to those who need us most.

Saybrook Serves is designed to assist and facilitate volunteers participating in various virtual, hybrid (both online and in-person), and in-person community service opportunities.

Saybrook Serves Vision

With the goal of advancing the health and well-being of the communities we serve by 2025, the Saybrook Serves program will help hundreds of students, alumni, faculty, and staff to reach our goal of 500 hours of community service.

How to Participate

Please fill out the form located at the bottom of each event to indicate which opportunity you are interested in.

The "Supported Causes" listed below can be accessed online, allowing you to contribute in a way and at times that work best for you. Once you have participated in a Supported Cause, please fill out the Attendance Survey to help us track the extent of our impact.

If you'd like to tell us about additional volunteer opportunities in your area, fill out the [Saybrook Serves Community Service Opportunity Suggestions form](#).

*Saybrook Employees: [Click here for employee guidelines](#).





Cheers



TO THE NEW YEAR

Brighten up your holiday with this non-alcoholic spritzer from theorganickitchen.com!

Lemon Basil Spritzer

non alcoholic-"mocktail"



www.theorganickitchen.org

Spritzer recipe:

3 leaves fresh basil

2 lemon wedges

2 tablespoons freshly squeezed lemon juice

2 tablespoons simple syrup or 4-5 drops liquid stevia

3/4 cup cold sparkling water

basil leaves or lemon wedges for garnish

To make drink: place a few basil leaves and 2 lemon wedges in bottom of glass, muddle, crushing the lemon wedges and basil together. Add lemon juice and either simple syrup or stevia drops, and muddle more. Then pour tonic water into glass. Add a few ice cubes, and garnish with additional basil and lemon wedges if desired.