



SPRING 2020
RESIDENTIAL ORIENTATION
& CONFERENCE

San Diego Sheraton
Hotel & Marina

JANUARY 9th-15th, 2020



KEY TO ABBREVIATIONS:

APH = Applied Psychophysiology Degree Program

CES = Counselor Education and Supervision Degree Program

CIMHS = College of Integrative Medicine & Health Sciences

COUN = Counseling Degree Program

CP = Clinical Psychology Degree Program

CS = Creativity Studies Specialization

CSIH = Consciousness, Spirituality, and Integrative Health Specialization

CSS = College of Social Sciences

DLM = Department of Leadership and Management

EHP = Existential-Humanistic Psychology Specialization

HCP = Department of Humanistic and Clinical Psychology

IRB = Institutional Review Board

IWC = Integrative Wellness Coaching Degree Program

MBM = Mind-Body Medicine Degree Program

PSY = Psychology Degree Program

RES = Research

TSC = Transformative Social Change Degree Program

Mission Statement

Saybrook University provides rigorous graduate education that inspires transformational change in individuals, organizations, and communities, toward a just, humane, and sustainable world.

Core Principles and Values

1. We value life and embrace our responsibility to facilitate the potential of every living being to thrive in a just, inclusive, healthy and sustainable world.
2. We are scholar-practitioners who seek and apply knowledge to solve problems and foster social transformation.
3. We live and conduct our affairs with integrity. We hold ourselves accountable for honoring commitments to ourselves and to one another, to Saybrook University, and to the constituencies and communities within which we live and work, including the natural world.
4. We insist upon operational and academic rigor in order to provide an exceptional educational experience for you.
5. We seek diversity because we recognize that there are many ways of knowing and there are inherent strengths in multiple perspectives.
6. We approach what we do with a system, or holistic, perspective based on a belief in the inherent interconnection of all things.
7. We create relationships and communities built on compassion, respect, authentic voice, deep listening, reflective awareness, support and challenge leading to responsible action.
8. We are creative, risk-taking leaders who challenge assumptions and imagine new possibilities.
9. We recognize that dynamic tensions and fundamental paradoxes are essential aspects of being human and we commit to find ways to work with them productively.
10. We celebrate life, striving to bring fun and joy to our individual and collective existence.

Saybrook University's
Residential Orientation
January 9- 10, 2020

ORIENTATION

Thursday, January 9, 2020

Agenda - University, HCP, TSC, & COUN

Times	Meeting Name/Function/Description	Location
7:00am - 9:00am	Registration - Please register by 9:00am and collect your name badge, which is to be worn for the duration of the meeting.	Bay View Foyer- Main lobby level
7:00am - 8:15am	Breakfast Welcome Announcement	Harbor Island Ballroom 2- Main lobby level
8:30am - 5:30pm	CIMHS: Mind-Body-Spirit Integration Seminar, <i>Day 1 of 4</i> CLOSED	Executive Conference 1 - Main lobby level
9:00am - 11:45am	CSS Orientation	Harbor Island Ballroom 1 - Main lobby level
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
1:30pm - 4:15pm	HCP: CSS Department meeting	Harbor Island Ballroom 1 - Main lobby level
1:30pm - 4:15pm	COUN: CSS Department meeting	Spinnaker 1 - Main lobby level
1:30pm - 4:15pm	TSC: CSS Department meeting	Marina 3 - Main lobby level
4:30pm - 6:00pm	Afternoon Break	
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level

ORIENTATION

Friday, January 10, 2020

Agenda - University, HCP, DLM, TSC, COUN, & CIMHS

Times	Meeting Name/Function/Description	Location
7:00am - 9:00am	Registration - Please register by 9:00am and collect your name badge, which is to be worn for the duration of the meeting.	Bay View Foyer- Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 10:00am	Student Services: Student Affairs, FA, Registrar (CSS only)	Harbor Island Ballroom 1 - Main lobby level
<i>8:30am - 9:45am</i>	<i>Faculty event: Updates</i>	Spinnaker 1 & 2 - Main lobby level
8:30am - 5:30pm	CIMHS: Mind-Body-Spirit Integration Seminar <i>Day 2 of 4</i> CLOSED	Executive Conference 1 - Main lobby level
<i>10:00am - 12:00pm</i>	<i>All Faculty Meeting</i>	Spinnaker 1 & 2 - Main lobby level
10:15am - 11:00am	Library Orientation (CSS only)	Harbor Island Ballroom 1 - Main lobby level
11:00am - 11:45am	Student Canvas Training (CSS only)	Harbor Island Ballroom 1 - Main lobby level
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
12:15pm - 1:15pm	CSS Student Panel	Harbor Island Ballroom 3 - Main lobby level
1:30pm - 3:30pm	Writing Center- Authentic Writing (CSS only)	Harbor Island Ballroom 1 - Main lobby level
3:45pm - 5:45pm	RES: Introduction to the Doctoral Research Sequence (RES 2100 Students)	Marina 2 - Main lobby level
3:45pm - 5:45pm	RES: Introduction to Master's Research Sequence (RES1500 Students)	Marina 3 - Main lobby level
6:00pm - 7:15pm	Dinner (New students & faculty/staff only)	Harbor Island Ballroom 2- Main lobby level

Closed Session

Faculty Sessions

Saybrook University's
Residential Conference
January 11- 15, 2020

Saturday, January 11, 2020

Agenda - University, HCP, DLM, TSC, & CIMHS

Times	Meeting Name/Function/Description	Location
6:00am - 7:00am	Morning Yoga Session	Executive Conference 4 - Main lobby level
7:00am - 9:00am	Registration - Please register by 9:00am and collect your name badge, which is to be worn for the duration of the conference.	Bay View Foyer- Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 10:50am	CS: Specialization Meeting	Nautilus 1 - Lower level
8:30am - 10:50am	EHP: Specialization Meeting	Nautilus 2 - Lower level
8:30am - 10:50am	CSIH: Specialization Meeting	Nautilus 3 - Lower level
8:30am - 5:30pm	CIMHS/HCP: Day One: The Therapeutic Impact of Music and Artistic Expression <i>Day 1 of 2</i>	Harbor Island Ballroom 1 - Main lobby level
8:30am - 5:30pm	APH: Anatomy and Physiology Dissection Lab: The Brain CLOSED	Marina 1 - Main lobby level
8:30am - 5:30pm	APH: Presentation Boot Camp, Part I & 2 CLOSED	Marina 2 - Main lobby level
8:30am - 5:30pm	CIMHS: Mind-Body-Spirit Integration Seminar CLOSED <i>Day 3 of 4</i>	Executive Conference 1 - Main lobby level
8:45am - 9:45am	DLM: Community Welcome CLOSED	Marina 4 - Main lobby level
9:00am - 11:45am	TSC: Transformative Social Change Department Meeting CLOSED	Marina 3 - Main lobby level
9:30am - 11:30am	DLM: Envisioning and Managing Contemporary Organizations Launch - ORG 7030 CLOSED	Marina 4 - Main lobby level
10:00am - 12:00pm	RES: Statistics Kick Off - RES 1110 Students CLOSED	Nautilus 5 - Lower level
11:00am - 12:00pm	RES/PSY: Overview of Revised Research Sequence for Psychology CLOSED	Nautilus 1 - Lower level
12:00pm - 1:15pm	Lunch Opening Ceremony	Harbor Island Ballroom 2- Main lobby level
12:00pm - 1:15pm	<i>IRB Committee Member Lunch CLOSED</i>	Executive Boardroom - Main lobby level
1:30pm - 3:15pm	Peer Learning Event: Person-Centered Cannabinoid Therapy (PCCT)	Nautilus 1 - Lower level
1:30pm - 3:15pm	Proseminar: Journal Club: Critical Review of Research Article	Nautilus 2 - Lower level
1:30pm - 3:15pm	ProSeminar: Transpersonal Landscapes: Jungian and Grofian Cartographies of the Psyche	Nautilus 3 - Lower level
1:30pm - 4:30pm	DLM: Managing and Engaging Human Resources: Domestic and International Principles, Practices and Issues Launch - MAM 8004 CLOSED	Marina 4 - Main lobby level

Saturday, January 11, 2020

3:15pm - 3:45pm	Afternoon Break	
3:45pm - 5:45pm	ProSeminar: Humanistic Psychology and Religious and Spiritual Diversity	Nautilus 1 - Lower level
3:45pm - 5:45pm	Peer Learning Event: Global Opportunities for Transformative Learning: How Your Next Vacation Could Help Change the World	Nautilus 2 - Lower level
3:45pm - 5:45pm	ProSeminar: Clinical Approaches to Structuring Trauma Therapy	Nautilus 3 - Lower level
3:45pm - 5:45pm	ProSeminar: Everyday Creativity and The Healthy Mind: Dynamic New Paths for Self and Society	Nautilus 4 - Lower level
4:30pm - 6:00pm	DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations CLOSED	Marina 4 - Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level
6:00pm - 7:15pm	CP: Required Dinner Meeting for Students and Faculty CLOSED	Harbor Island Ballroom 3- Main lobby level
7:15pm - 9:00pm	Movie Night: Lessons Gleaned from the Documentary 13th	Nautilus 4 & 5 - Lower level

Closed Session

Saybrook University's Residential Conference January 11- 15, 2020		
Sunday, January 12, 2020		
Agenda - University, HCP, DLM, TSC, & CIMHS		
Times	Meeting Name/Function/Description	Location
6:00am - 7:00am	Morning Yoga Session	Executive Conference 4 - Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 3:15pm	CS/CSIH: Finding Ourselves: Exploring our Deeper Human and Creative Potential, <i>Day 1 of 2</i>	Nautilus 1 - Lower level
8:30am - 3:15pm	CP: Culture Racism and Political Activism in Clinical Practice of Analytical and Depth Psychology	Nautilus 3 - Lower level
8:30am - 3:15pm	CP: Effectively Managing the Ethical and Clinical Implications When Faced with Ethical Dilemmas in Clinical Practice	Nautilus 5 - Lower level
8:30am - 3:15pm	CP: Major Depressive Disorder: Treatment Considerations	Seabreeze 1 - Main lobby level
8:30am - 3:15pm	EHP/CP: Personal and Professional Growth Process Group Experience: Deepening our Relationship with Ourselves and Others	Harbor Island Ballroom 3 - Main lobby level
8:30am - 5:30pm	CIMHS/HCP: Day Two: Applications of and Research on Music and Artistic Expression in Psychological, Coaching, and Medical Settings, <i>Day 2 of 2</i>	Harbor Island Ballroom 1 - Main lobby level
8:30am - 5:30pm	APH: Intermediate Hypnosis, <i>Day 1 of 2</i>	Marina 1 - Main lobby level
8:30am - 5:30pm	MBM: Mindfulness and Compassion-Based Leadership in Healthcare - MBM 5523, <i>Day 1 of 2</i> CLOSED	Marina 2 - Main lobby level
8:30am - 5:30pm	CIMHS: Mind-Body-Spirit Integration Seminar, <i>Day 4 of 4</i> CLOSED	Executive Conference 1 - Main lobby level
8:30am - 5:30pm	CP:Cognitive Assessment Lab - PSY 8231, <i>Day 1 of 2</i> CLOSED	Executive Conference 4 - Main lobby level
8:30am - 5:30pm	IWC: Evidence-Based Coaching - COA 5628, <i>Day 1 of 2</i> CLOSED	Seabreeze 2 - Main lobby level
8:30am - 5:30pm	APH: Psychophysiological Recording/Intermediate Biofeedback	Suite # 415 – Fourth floor
8:45am - 9:15am	DLM: Community Gathering CLOSED	Marina 4 - Main lobby level
9:30am -11:30am	TSC: Overview of TSC 6590: Peace and Justice Studies	Marina 3 - Main lobby level
9:30am -11:30am	DLM: Analyzing Complex Organizational Situations: A Systems Perspective Launch - ORG 7032 CLOSED	Marina 4 - Main lobby level

Sunday, January 12, 2020

12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
12:00pm - 1:15pm	<i>DIVERSITY LUNCHEON In Sciences We (Should Not Blindly) Trust: On How to Resist Colonization and Decolonize Our Disciplines</i>	Harbor Island Ballroom 1- Main lobby level
1:30pm- 3:15pm	TSC: Student Academic Support Process CLOSED	Marina 3 - Main lobby level
1:30pm - 4:30pm	DLM: The Network Organization: Evolving Communication Systems and Strategic Partnerships Launch - MAM 8006 CLOSED	Marina 4 - Main lobby level
3:15pm - 3:45pm	Afternoon Break	
3:45pm - 5:45pm	CP: Clinical Practicum and Internship CLOSED- <i>Required for 1st semester students only</i>	Marina 3 - Main lobby level
3:45pm - 5:45pm	RES: Overview of the Research Sequence (RES 2300 Students)	Nautilus 2 - Lower level
3:45pm - 5:45pm	RES: IRB Updates: Student Session	Nautilus 3 - Lower level
3:45pm - 5:45pm	RES: Advanced Research Methods -- Preparing for the Dissertation	Nautilus 4 - Lower level
4:30pm - 6:00pm	DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations CLOSED	Marina 4 - Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level

Closed Session

Saybrook University's Residential Conference January 11- 15, 2020		
Monday, January 13, 2020		
Agenda - University, HCP, DLM, TSC, & CIMHS		
Times	Meeting Name/Function/Description	Location
6:00am - 7:00am	Morning Yoga Session	Executive Conference 4 - Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
7:15am - 8:15am	HCP: Dream Table: Ullman's Approach to Working with Dreams	Harbor Island Ballroom 3 - Main lobby level
8:30pm - 12:00pm	APH: Introduction to Psychophysiological Recording	Executive Conference 2B - Main lobby level
8:30pm - 12:00pm	APH: Advanced Psychophysiological Recording: Pain Assessment	Executive Conference 3A - Main lobby level
8:30am - 3:15pm	CS/CSIH: Finding Ourselves: Exploring our Deeper Human and Creative Potential, <i>Day 2 of 2</i>	Nautilus 1 - Lower level
8:30am - 3:15pm	CSIH: The Pursuit of Holiness: The Sanctified Heart and the Christian Walk with God	Nautilus 3 - Lower level
8:30am - 3:15pm	EHP/CP: Breaking through Homeostatic Stuck Points in Relationships: An Experiential, Spontaneous, Collaborative, and Transtheoretical Approach	Nautilus 4 - Lower level
8:30am - 3:15pm	CP/MA Coun: Child Abuse and Reporting Laws, 7-Contact Hours: Reporting as a Clinical Intervention	Nautilus 5 - Lower level
8:30am - 5:30pm	APH: Intermediate Hypnosis, <i>Day 2 of 2</i>	Marina 1 - Main lobby level
8:30am - 5:30pm	MBM: Mindfulness and Compassion-Based Leadership in Healthcare - MBM 5523, <i>Day 2 of 2</i> CLOSED	Marina 2 - Main lobby level
8:30am - 5:30pm	APH: QEEG Lab CLOSED	Executive Conference 3B - Main lobby level
8:30am - 5:30pm	CP: Cognitive Assessment Lab - PSY 8231, <i>Day 2 of 2</i> CLOSED	Executive Conference 4 - Main lobby level
8:30am - 5:30pm	APH: QEEG Lab CLOSED	Executive Conference 3B - Main lobby level
8:30am - 5:30pm	IWC: Evidence-Based Coaching - COA 5628, <i>Day 2 of 2</i> CLOSED	Seabreeze 2 - Main lobby level
8:45am - 9:45am	DLM: Community Gathering CLOSED	Marina 4 - Main lobby level
9:30am -11:30am	TSC: Overview of TSC 6615: Transformative Social Change Interventions	Marina 3 - Main lobby level
9:30am -11:30am	DLM: First Semester Workshop for DLM Students	Marina 4 - Main lobby level
9:30am - 11:30am	DLM: Continuing Semester Workshop for DLM Students CLOSED	Suite # 415 – Fourth floor
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
12:00pm - 1:15pm	CP: Comprehensive Exam - PSY 4000	Spinnaker 1 - Main lobby level
1:30pm - 4:30pm	DLM: Practicum Prep CLOSED	Marina 4 - Main lobby level
1:30pm - 4:30pm	DLM: Strategic Information Systems, Knowledge Ecologies, and Technology Launch - MAM 8007	Suite # 415 – Fourth floor

Monday, January 13, 2020

1:30pm - 3:15pm	TSC: Introduction to TSC 6510 Theory and Practice of Nonviolence	Marina 3 - Main lobby level
3:15pm - 3:45pm	Afternoon Break	
3:45pm - 5:45pm	RES: The Dissertation Process: Everything You Wanted to Know but Were Afraid to Ask (Panel Discussion)	Spinnaker 1 - Main lobby level
3:45pm - 5:45pm	TSC: Introduction to TSC 6530: Social Impact Media: Stories for Change	Marina 3 - Main lobby level
4:30pm - 6:00pm	DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations CLOSED	Marina 4 - Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level

Closed Session

Saybrook University's Residential Conference January 11- 15, 2020		
Tuesday, January 14, 2020		
Agenda - University, HCP, DLM, TSC, & CIMHS		
Times	Meeting Name/Function/Description	Location
6:00am - 7:00am	Morning Yoga Session	Executive Conference 4 - Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
7:15am - 8:15am	HCP: Dream Table: Ullman's Approach to Working with Dreams	Harbor Island Ballroom 3 - Main lobby level
8:30am - 12:00pm	APH: Starting out in Psychophysiology	Executive Conference 3A - Main lobby level
8:30am - 3:15pm	CP: Foundations in Telehealth Therapy: Humanistic, Multicultural and Social Justice Stance, <i>Day 1 of 2</i>	Nautilus 1 - Lower level
8:30am - 3:15pm	CP: Introduction to the Life and Work of C. G. Jung	Nautilus 2 - Lower level
8:30am - 3:15pm	CSIH: Altruism, Heroism, and Heroic Journeys and Sensibilities	Nautilus 3 - Lower level
8:30am - 3:15pm	CS: Journey of Self-Discovery through the Portal of Expressive Arts, <i>Day 1 of 2</i>	Nautilus 5 - Lower level
8:30am - 3:15pm	CP: Clinical Intervention II- PSY 3045B (Required) CLOSED	Suite # 514 – Fifth floor
8:30am - 3:15pm	CP: Clinical Intervention I – PSY 3045A (Required) CLOSED	Suite # 515 – Fifth floor
8:30am - 5:30pm	CIMHS: Applications of Music and Artistic Expression in Therapeutic Process <i>Day 3 of 3</i>	Seabreeze 1 & 2 - Main lobby level
8:30am - 5:30pm	APH: Basic Training and Education in Biofeedback, <i>Day 1 of 2</i> CLOSED	Executive Conference 3B - Main lobby level
8:30am - 5:30pm	MBM: Movement Modalities for Wellness - MBM 5616, <i>Day 1 of 2</i>	Executive Conference 4 - Main lobby level
8:30am - 5:30pm	MBM: Mind-Body Spirit Applications in Psychotherapy, <i>Day 1 of 2</i> CLOSED	Marina 1 - Main lobby level
8:45am - 9:45am	DLM: Community Gathering CLOSED	Marina 4 - Main lobby level
9:00am - 3:15pm	TSC: Embracing the Stranger: Transforming Political and Cultural Narratives Around Immigration, <i>Day 1 of 2</i>	Marina 3 - Main lobby level
9:30am - 11:30am	DLM: Scholarly Writing Intensive Part 1 & 2, <i>Day 1 of 2</i>	Marina 4 - Main lobby level
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
12:15pm - 1:15pm	CS: Creativity Studies Luncheon Expressive Arts: Ways of Knowing, Reclamation and Social Justice	Harbor Island Ballroom 3 - Main lobby level
1:30pm - 4:30pm	DLM: Essay Prep CLOSED	Marina 4 - Main lobby level
1:30pm - 5:30pm	APH: Case Study Presentations	Executive Conference 3A - Main lobby level
3:15pm - 3:45pm	Afternoon Break	
3:45pm - 5:45pm	TSC: Immigration and Social Justice Course Introduction - TSC 6592	Marina 3 - Main lobby level
3:45pm - 5:45pm	CP: Practicum/Internship & Licensure Workshop - Open to all but first semester students	Nautilus 2 - Lower level

Tuesday, January 14, 2020

3:45pm - 5:45pm	RES: Selecting Committee Members	Nautilus 4 - Lower level
4:30pm - 6:00pm	DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations CLOSED	Marina 4 - Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level
6:00pm - 9:00pm	APH: Dinner and Town Hall for Applied Psychophysiology CLOSED	Harbor Island Ballroom 3 - Main lobby level
7:15pm - 8:30pm	HCP: Town Hall Meeting	Nautilus 4 & 5 - Lower level

Closed Session

Saybrook University's Residential Conference January 11- 15, 2020		
Wednesday, January 15, 2020		
Agenda - University, HCP, DLM, TSC, & CIMHS		
Times	Meeting Name/Function/Description	Location
6:00am - 7:00am	Morning Yoga Session	Executive Conference 4 - Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
7:15am - 8:15am	HCP: Dream Table: Ullman's Approach to Working with Dreams	Harbor Island Ballroom 3 - Main lobby level
8:30am - 12:00pm	APH: Special Topics: Respiration and Posture: The Foundation of Health and Functioning	Executive Conference 3A - Main lobby level
8:30am - 3:15pm	CP: The Practice of Clinical Supervision	Harbor Island Ballroom 1 - Main lobby level
8:30am - 3:15pm	CP: Foundations in Telehealth Therapy: Humanistic, Multicultural and Social Justice Stance, <i>Day 2 of 2</i>	Nautilus 1 - Lower level
8:30am - 3:15pm	CSIH: The Scent of the Numinous: Consciousness, Spiritual Experiences, and Life's Meaning	Nautilus 2 - Lower level
8:30am - 3:15pm	EHP: Re-Search is a Dirty Word: Decolonizing Approaches to Re-Righting Relationships with the Academe	Nautilus 4 - Lower level
8:30am - 3:15pm	CS: Journey of Self-Discovery through the Portal of Expressive Arts, <i>Day 2 of 2</i>	Nautilus 5 - Lower level
8:30am - 5:30pm	APH: Basic Training and Education in Biofeedback, <i>Day 2 of 2</i> CLOSD	Executive Conference 3B - Main lobby level
8:30am - 5:30pm	MBM: Movement Modalities for Wellness - MBM 5616, <i>Day 2 of 2</i>	Executive Conference 4 - Main lobby level
8:30am - 5:30pm	MBM: Mind-Body Spirit Applications in Psychotherapy, <i>Day 2 of 2</i> CLOSD	Marina 1 - Main lobby level
8:30am - 5:30pm	APH: Basis Training and Education in Hypnosis	Marina 2 - Main lobby level
9:00am - 3:15pm	TSC: Embracing the Stranger: Transforming Political and Cultural Narratives Around Immigration, <i>Day 2 of 2</i>	Marina 3 - Main lobby level
9:30am - 11:30am	DLM: Scholarly Writing Intensive Part 1 & 2, <i>Day 2 of 2</i>	Marina 4 - Main lobby level
12:00pm - 1:15pm	Lunch Closing Ceremony	Harbor Island Ballroom 2- Main lobby level
1:30pm - 5:30pm	APH: Special Topics: Stress Profiling Strategies	Executive Conference 3A - Main lobby level
3:15pm - 3:45pm	Afternoon Break	
3:30pm - 4:45pm	CP: Program Evaluation & Student Assessment – Updates – RES/CP: Review of Revised Research Sequence (Required for all CP students)	Harbor Island Ballroom 1 - Main lobby level
3:45pm - 5:45pm	RES: Candidacy Essays and the Research Practicum	Marina 4 - Main lobby level

Closed Session

Saybrook University's
Residential
Conference
January 11- 15, 2020

COUNSELING

Saturday, January 11, 2020

Times	Meeting Name/Function/Description	Location
7:00am - 9:00am	Registration	Bay View Foyer- Main lobby level
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 12:00pm	COUN Town Hall	Spinnaker 1 & 2 - Main lobby level
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
1:30pm - 5:30pm	COUN: Child and Adolescent Counseling Day 1 of 2	Spinnaker 1 - Main lobby level
1:30pm - 5:30pm	COUN: Relationship and Family Counseling Day 1 of 2	Spinnaker 2 - Main lobby level
1:30pm - 5:30pm	COUN: Professional Orientation and Ethics Day 1 of 2	Suite # 514 – Fifth floor
1:30pm - 5:30pm	COUN: Doctoral Coursework Day 1 of 5	Suite # 511 – Fifth floor
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level

Sunday, January 12, 2020

Times	Meeting Name/Function/Description	Location
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 5:30pm	COUN: Child and Adolescent Counseling Day 2 of 2	Spinnaker 1 - Main lobby level
8:30am - 5:30pm	COUN: Relationship and Family Counseling Day 2 of 2	Spinnaker 2 - Main lobby level
8:30am - 5:30pm	COUN: Professional Orientation and Ethics Day 2 of 2	Suite # 514 – Fifth floor
8:30am - 5:30pm	COUN: Doctoral Coursework Day 2 of 5	Suite # 511 – Fifth floor
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level

Monday, January 13, 2020

Times	Meeting Name/Function/Description	Location
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 12:00pm	COUN & CP: Child Abuse and Reporting Laws, 7-Contact Hours: Reporting as a Clinical Intervention	Nautilus 5 - Lower level
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level

Tuesday, January 14, 2020		
Times	Meeting Name/Function/Description	Location
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 5:30pm	COUN: ProSeminar Workshops Day 1 of 2	Executive Conference 1
8:30am - 5:30pm	COUN: ProSeminar Workshops Day 1 of 2	Executive Conference 2A
8:30am - 5:30pm	COUN: ProSeminar Workshops Day 1 of 2	Executive Conference 2B
8:30am - 5:30pm	COUN: Doctoral Coursework Day 3 of 4	Suite # 511 – Fifth floor
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level
6:00pm - 7:15pm	Dinner	Harbor Island Ballroom 2- Main lobby level
Wednesday, January 15, 2020		
Times	Meeting Name/Function/Description	Location
7:00am - 8:15am	Breakfast	Harbor Island Ballroom 2- Main lobby level
8:30am - 12:00pm	COUN: ProSeminar Workshops Day 2 of 2	Executive Conference 1
8:30am - 12:00pm	COUN: ProSeminar Workshops Day 2 of 2	Executive Conference 2A
8:30am - 12:00pm	COUN: ProSeminar Workshops Day 2 of 2	Executive Conference 2B
8:30am - 12:00pm	COUN: Doctoral Coursework Day 4 of 4	Suite # 511 – Fifth floor
12:00pm - 1:15pm	Lunch	Harbor Island Ballroom 2- Main lobby level

Event & Course Descriptions

Saturday, January 11, 2020

APH: Anatomy and Physiology Dissection Lab: The Brain (Closed Session)

C. Kerson, R. Sherman, M. Mullen

Brain Dissection Lab for all APH New/First RC students. Full day learning the basics of dissection, and brain anatomy and physiology.

APH: Presentation Boot Camp, Part I & II (Closed Session)

J. Devore, E. Willmarth

Professional presentations are an important part of a professional career. This workshop will allow participants to give brief presentations or Posters and receive detailed feedback. All APH students who have already completed the brain dissection lab should attend.

CIMHS: Mind-Body-Spirit Integration Seminar – MBM 0505 Day 3 (Closed Session)

S. Vega, C. Smyth, S. McLain-Sims, K. Noblin

New students enrolled in the Mind-Body Medicine and Integrative Wellness Coaching degree programs attend a four-day “Mind-Body-Spirit Integration Seminar,” which is a required component of their first residential conference. The seminar is organized around a series of lectures, experiential exercises, and small group sessions that are led by expert facilitators. Students will be introduced to the research and principles supporting the use of mind-body-spirit practices and self-care. Throughout the sessions, students will practice the skills, discuss their experiences within the group, and discover ways to integrate these approaches personally and professionally. Attendees are expected to participate each day.

CIMHS/HCP: Day One: The Therapeutic Impact of Music and Artistic Expression

G. Tucek (IMC Krems), D. Moss, D. Cotter-Lockard, T. Goslin-Jones, E. Willmarth, R. Sherman, J. DeVore

This is an international seminar in collaboration between Saybrook University and IMC Krems, Austria. Day one will examine the therapeutic impact of music and artistic expression. Day two will explore applications of and research on music and artistic expression in psychological, coaching, and medical settings. This event satisfies PSY1011, PROSEMINAR Humanistic Psychology.

Using music, mirroring, and movement experiences, participants will gain an understanding of how classical musicians enter into the mutual tuning-in relationship and be able to apply their learning to other group relationships. Engage in the exploration of an intermodal approach to music and expressive arts for the purpose of accessing various levels of healing, wellness and human potentials. Explore music’s capacity to capture our imagination and lead to inner experiences of the kind typically described as psychedelic.

Examine the options for Saybrook University students who want to incorporate music into their therapeutic work. Review and discuss research methods and research strategies for investigating the effects of musical expression and artistic expression on health, well-being, and human performance. discussion of research approaches and research methods applicable to better understand the health effects of musical expression and artistic expression. psychophysiological interventions to help musicians overcome obstacles to optimal performance.

CP: Required Clinical Psychology Degree Program Dinner Meeting for Students and Faculty (Closed Session)

Clinical Psychology Degree Program Faculty

This is a required event for clinical psychology students and faculty to come together as a community in order to welcome new students, celebrate accomplishments of returning students, acknowledge faculty, share program

updates, and hear from the student body. This session is conducted over dinner, so please pick up your meal from the buffet and proceed to the room.

DLM: Community Welcome

DLM Faculty

A learning community gathering for students and faculty where an opportunity is created to facilitate introductions, check-ins with each other, and access to announcements.

DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations (Closed Session)

DLM Faculty

DLM students may meet with faculty one-on-one for coaching, mentoring, and consultations, as well as self-organize into small peer groups to discuss and engage in learning activities.

DLM: MAM 8004 Managing and Engaging Human Resources: Domestic and International Principles, Practices and Issues Launch (Closed Session)

T. Hayashi

A launch seminar for students to be oriented to the course structure, process, and content in the MAM 8004 Managing and Engaging Human Resources: Domestic and International Principles, Practices and Issues.

DLM: ORG 7030 Envisioning and Managing Contemporary Organizations Launch

M. K. Chess

A launch seminar for students to be oriented to the course structure, process, and content in the ORG 7030 Envisioning and Managing Contemporary Organizations.

HCP: Specialization Meetings: Creativity Studies (CS), Consciousness, Spirituality, & Integrative Health (CSIH), Existential-Humanistic Psychology (EHP)

T. Goslin-Jones, M. Smirnova, F. Kaklauskas

Separate session per specialization, which is designed for students at all different stages of their graduate studies. You can be an advanced student in either specialization or a first semester student with a desire to take specialization courses for electives.

Creativity Studies: This 2.5 -hour session is designed for students at all different stages of their graduate studies. You can be an advanced student in Creativity Studies or a first-semester student with a desire to take creativity courses for electives. This session will include an experiential creative process offered by Aelgyrr Sonstegard Creativity Specialization student. The field of creativity studies has a direct application in virtually every professional area, including the arts, counseling, business and government, coaching, education, health, and social transformation. Join us for an exploration of the impact of the creative process. No experience needed.

CSIH: This CSIH Specialization Meeting is open to all CSIH Specialization Students and to students who are interested in exploring CSIH Specialization and its domains—Consciousness, Spirituality, and Integrative Health, as well as Transpersonal Psychology.

EHP: This EHP Specialization Meeting is open to all EHP Specialization Students and to students who are interested in exploring EHP Specialization and its domains. The meeting will be informational as the program lead will be available to answer questions about the specialization. Students will be encouraged to provide feedback about courses and the curriculum. The second half of the meeting will be a discussion of the existential themes in the early work of filmmaker Ingmar Bergman focused on the films *The Seventh Seal*, *The Silence*, *Winter Light*, and *The Virgin Spring*. Students are encouraged to watch the films beforehand, and ideally to gather in small groups during the evening of the RC and watch them together. Program lead will join if available to watch with students.

HCP/RES: Overview of Revised Research Sequence for Psychology

L. Brewer, D. Spaeth

This meeting is to provide an overview of the research sequence specific to the MA and Ph.D. in psychology. Both faculty and students are strongly encouraged to attend.

Peer Learning Event: Global Opportunities for Transformative Learning: How Your Next Vacation Could Help Change the World

M. Stillwell, R. Johnson

A discussion of how the presenters travel experiences have informed their passion for a more just, humane, and sustainable world. The transformative impact of these experiences will be examined through the perspectives of a researcher, a clinician, and the participants. Including a dialogue of how cultural explorations contribute to psychological practice and how attendees' experiences can be translated into opportunities for future application in practice.

Peer Learning Event: Person-Centered Cannabinoid Therapy (PCCT)

R. Sobkowitz

This would be a presentation of my Master's project, which examines the need for a new type of therapy, a combination of person-centered therapy and cannabinoid use to create an exemplary model for effective therapy. This new therapy would be called person-centered cannabinoid therapy (PCCT). There is a broad spectrum of mental illnesses that can be treated through the use of PCCT.

Proseminar: Clinical Approaches to Structuring Trauma Therapy

P. Rawles

This workshop will give an overview of the various clinical models for structuring/conducting therapy when working with clients with various severity and presentation of trauma and traumatic stress. These models will be explored in regard to structural competency, and the humanistic perspective. Also, the implications of co-occurring clinical presentations will be examined and the treatment implications for the various models. The implications of this exploration concerning clinical interventions and best clinical practices will be discussed.

Proseminar: Everyday Creativity and The Healthy Mind: Dynamic New Paths for Self and Society

R. Richards

Explore remarkable discoveries with EVERYDAY CREATIVITY: not just product, but WHO WE ARE.

UNIVERSAL POTENTIAL: Let's learn to see it! We all have this universal potential but may completely miss our own creating. We need awareness to develop our possibilities. HEALTH, and HEALING. This creativity is phenomenally HEALTHY for us all and in many ways, not just as individuals but as interconnected beings in the larger context of our lives, involving mind-body medicine as well as larger systems issues based in chaos theory. IT TAKES US HIGHER—Good as it gets, deep spiritual implications—WE are the creation.

Proseminar: Humanistic Psychology and Religious and Spiritual Diversity

D. Spaeth

This proseminar presents an overview of my chapter in the book, *Humanistic Approaches to Multiculturalism and Diversity*, edited by Louis Hoffman, Heatherlynn Cleare-Hoffman, Nathaniel Granger, and David St. John. It will focus on contemporary issues and aspects associated with the relationship between humanistic psychology and religious and spiritual diversity through lecture as well as large and small group discussions. First, the relationship between religion and spirituality will be discussed. Second, contemporary developments in humanistic psychological understanding of this relationship will be described and evaluated. Third, the role of indigenous psychology and the critical importance of decolonizing humanistic psycho-spirituality will be addressed. Concluding discussions will summarize lessons learned and future directions.

Proseminar: Journal Club: Critical Review of Research Article

K. Serafini

Many academic settings offer 'journal clubs' in order to practice critical thinking in 'real-time'. One major goal of graduate study is to prepare students to be a thoughtful consumer of scientific research. In this journal club, a faculty member will guide you through a critical appraisal of a research article. You will be given 30 minutes to read a scholarly article provided by the instructor during the time slot. The remaining time will be used for discussion of the article. Together we will identify: the journal impact factor, the problem statement, the purpose statement, the research question, the study design, the recruitment method, the predictor variables, the outcome variables, the results (interpretation of statistical tests), and conclusions. We will discuss possible biases, confounding variables, measurement issues, clinical significance, transportability of research, and future research questions. This same article was discussed at the Midterm RC in Washington State in October 2019.

Proseminar: Transpersonal Landscapes: Jungian and Grofian Cartographies of the Psyche

M. Smirnova

This pro-seminar focuses on transpersonal landscapes (maps and experiential territories), giving particular attention to the cartographies of the psyche explicated by Carl Gustav Jung and Stanislav Grof and to their relevance to one's psychospiritual journey.

RES: Statistics Kick-Off (RES 1110 Students)

K. Thomas

This workshop is only open to students enrolled for RES1110: Statistics for Spring 2020. Students will receive an overview of RES1110 and will be provided with resources and strategies for success.

TSC: Transformative Social Change Department Meeting (Closed Session)

J. Federman, J. Meeker

The meeting of the Transformative Social Change (TSC) Degree Department includes students and faculty in the TSC MA and PhD programs, the Social Impact Media MA Specialization and the Peace and Justice Studies MA Specialization, as well as continuing students in the Psychology-Transformative Social Change Specialization.

The Department Meeting will feature a fishbowl discussion of TSC students who are at different stages of developing their research question for their Ph.D. dissertation or M.A. project, facilitated by TSC faculty member Joy Meeker.

University: Movie Night: Lessons Gleaned from the Documentary 13th

C. Smyth, A. Jennings, K. Williams, A. Vaughan

13th is a 2016 documentary by director Ava DuVernay that explores the legacy of the Thirteenth Amendment to the United States Constitution with regard to the "intersection of SES, race, justice, and mass incarceration in the United States" (Dargis, 2016). The film highlights the significant historical events that promulgated the current practice of mass incarceration and the present sociopolitical implications of these historical events in the United States. After viewing the documentary, panelists will engage the audience in a critical discussion of the implications of the film for how we practice across disciplines and settings when considering the current social-political context, the societal consequences of mass incarceration and the rise in hate crimes throughout America. As a collective, we will identify potential micro/macro strategies for change.

Yoga Session

J. DeDecker

Morning yoga classes will be conducted by a certified yoga instructor. Bring your yoga mat as they are limited.

Sunday, January 12, 2020

APH: Intermediate Hypnosis Day 1 of 2 (Closed Session)

D. Reid, E. Willmarth

This two day workshop is required for students taking the Intermediate Hypnosis course. Students must have completed the Basic Hypnosis Course prior to participation.

APH: Psychophysiological Recording/Intermediate Biofeedback (Closed Session)

K. Kerson

Required Lab for students taking APH5101 or APH5627. (Psychophysiological Recording or Intermediate Biofeedback)

CIMHS: Mind-Body-Spirit Integration Seminar – MBM 0505 Day 4 (Closed Session)

S. Vega, C. Smyth, S. McLain-Sims, K. Noblin

New students enrolled in the Mind-Body Medicine and Integrative Wellness Coaching degree programs attend a four-day “Mind-Body-Spirit Integration Seminar,” which is a required component of their first residential conference. The seminar is organized around a series of lectures, experiential exercises, and small group sessions that are led by expert facilitators. Students will be introduced to the research and principles supporting the use of mind-body-spirit practices and self-care. Throughout the sessions, students will practice the skills, discuss their experiences within the group, and discover ways to integrate these approaches personally and professionally. Attendees are expected to participate each day.

CIMHS/HCP: Day Two: Applications of and Research on Music and Artistic Expression in Psychological, Coaching, and Medical Settings

G. Tucek (IMC Krems), D. Moss, D. Cotter-Lockard, T. Goslin-Jones, E. Willmarth, R. Sherman, J. DeVore

This is an international seminar in collaboration between Saybrook University and IMC Krems, Austria. Day one will examine the therapeutic impact of music and artistic expression. Day two will explore applications of and research on music and artistic expression in psychological, coaching, and medical settings. This event satisfies PSY1011, PROSEMINAR Humanistic Psychology.

Using music, mirroring, and movement experiences, participants will gain an understanding of how classical musicians enter into the mutual tuning-in relationship and be able to apply their learning to other group relationships. Engage in the exploration of an intermodal approach to music and expressive arts for the purpose of accessing various levels of healing, wellness and human potentials. Explore music’s capacity to capture our imagination and lead to inner experiences of the kind typically described as psychedelic.

Examine the options for Saybrook University students who want to incorporate music into their therapeutic work. Review and discuss research methods and research strategies for investigating the effects of musical expression and artistic expression on health, well-being, and human performance. discussion of research approaches and research methods applicable to better understand the health effects of musical expression and artistic expression. psychophysiological interventions to help musicians overcome obstacles to optimal performance.

CP: Culture Racism and Political Activism in Clinical Practice of Analytical and Depth Psychology

A. Vaughan

This seminar examines the nature of depth psychology through the agency of theory and practice of Analytical psychology. We look at: models of consciousness; the structure and dynamics of psyche and personality; and move into definitions and interrogation of the phenomena and phenomenology of culture, racism and political activism in the field of psychology and within the transference and countertransference in clinical practice. We will engage around didactic material, documentary film, discussion, and experiential exercises. Join us!

CP: Effectively Managing the Ethical and Clinical Implications When Faced with Ethical Dilemmas in Clinical Practice.

P. Rawles

Often when faced with ethical dilemmas in the clinical setting, the critical clinical implications are missed and/or not fully understood and/or not properly managed. This workshop will explore effective approaches for identifying not only the ethical/legal challenges of such situations but the key clinical aspects of the various situations. Also, a strategy for effectively resolving such situations will be presented. Additionally, common hindrances to ethical/clinical decision-making will also be discussed and means for avoiding such vulnerabilities. This will be a highly interactive workshop. Please come prepared to fully critique and explore the APA Code of Ethics along with the various clinical nuances associated with various disorders, presenting problems, psychosocial stressors, multicultural identities, and clinical presentations.

CP: Major Depressive Disorder: Treatment Considerations

K. Serafini

Major Depressive Disorder is one of the leading causes of disability worldwide. There are a variety of clinical treatments that are available to treat depression, and this lecture will address three approaches: psychopharmacology, cognitive behavioral therapy, and lifestyle changes. Together we will review the evidence for each of these approaches, and we will discuss how to decide and implement a treatment course from a biopsychosocial-spiritual, client-centered perspective, as well as role-play or the utilization of clinical vignettes.

CP: PSY8231 Cognitive Assessment Lab Day 1 of 2

K. Thomas

This lab is required enrollment in the term in which the student is enrolled in PSY8230 Cognitive Assessment. Full attendance during the residential conference offering is required. The residential lab experience is designed to support students in understanding the theoretical and empirical basis for the Wechsler Adult Intelligence Scales, 4th Edition (WAIS-IV), as well as how to administer, score and interpret this instrument to assess intelligence and cognitive functioning. Discussion of domains of cognitive functioning and the assessment of neurocognition and intelligence. In vivo practice administration of the WAIS-IV assessment of intelligence. Due to the extra time needed to practice the assessments, the lab is an extended time period both days (8:30 – 5:30).

CS/CSIH: Finding Ourselves: Exploring our Deeper Human and Creative Potential Day 1 of 2

R. Richards, B. Schmitt

This seminar highlights poignant possibility through talks and experiential activities; participants seek new insights into life and self, re (1) EVERYDAY CREATIVITY AND HEALTH—from new award-winning book, offering higher potential for self and society, expanding consciousness and offering a spiritual path; (2) EVOLUTIONARY ASPECTS OF LIFE PURPOSE, greater health and spiritual knowing; (3) POWER AND CONNECTION—tales of complementarity of agency and community, in health and creative empowerment, despite a society devoted to individuality and rigid roles; (4) POETRY AND EXPRESSION TOWARD DEEPER KNOWLEDGE OF SELF, OTHER and CONTEXT - Meaning-making draws on depth, and presence toward new creative openings. Guest speakers will include alumni Dr. Suzanne Tuckey and doctoral student Gayle Byock.

DIVERSITY LUNCHEON: In Sciences We (Should Not Blindly) Trust: On How to Resist Colonization and Decolonize Our Disciplines

O. Yakushko

Histories of Western sciences are replete with examples of using scientific methods and rhetoric to support oppression and justify social inequalities. Moreover, Western sciences, especially those grounded in social Darwinism and eugenics, have been directly responsible for violence toward millions worldwide. This presentation will invite the audience to re-connect with this history and recognize its long-standing impact on scientific practices and narratives today (e.g., scientific racism, scientific sexism). In the words of James Baldwin, "the great force of history comes from

the fact that we carry it within us, are unconsciously controlled by it in many ways, and history is literally present in all that we do." This reminder will serve as an invitation to dialogue about ways to decolonize Western sciences and our own scientific imagination, in order to foster new knowledge and discoveries.

DLM: Community Gathering (Closed Session)

DLM Faculty

A learning community gathering for students and faculty where an opportunity is created to facilitate introductions, check-ins with each other, and access to announcements.

DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations (Closed Session)

DLM Faculty

DLM students may meet with faculty one-on-one for coaching, mentoring, and consultations, as well as self-organize into small peer groups to discuss and engage in learning activities.

DLM: MAM 8006 - The Network Organization: Evolving Communication Systems and Strategic Partnerships Launch (Closed Session)

M. Chess

A launch seminar for students to be oriented to the course structure, process, and content in the MAM 8006 - The Network Organization: Evolving Communication Systems and Strategic Partnerships

DLM: ORG 7032 Analyzing Complex Organizational Situations: A Systems Perspective Launch (Closed Session)

G. Metcalf

A launch seminar for students to be oriented to the course structure, process, and content in the ORG 7032 Analyzing Complex Organizational Situations: A Systems Perspective.

EHP/CP Personal and Professional Growth Process Group Experience: Deepening our Relationship with Ourselves and Others

F. Kaklauskas

Process groups provide an opportunity to reflect on our feelings, thoughts, motivations, and desires. We practice skillfully addressing how others impact us, and we learn how we impact others. What goes unseen by us, often appears clearer to others. Learning our impact makes us more effective as leaders, therapists, and all forms of change agents. This program is open to any students attending the RC regardless of the degree program. The willingness and ability to be curious, vulnerable, and hold confidentiality is required.

IRB Updates: Student Session

L. Brewer, K. Rockefeller

In this student session, we will discuss improvements to the Saybrook IRB review process and strategies to support student success with the IRB process. Please come with your IRB questions.

IWC: Evidence-Based Coaching –COA 5628 Day 1 of 2 (Closed Session)

J. Cerrato, R. Dickey, V. Worthington

Evidence Based Coaching COA 5628 Required RC Component - 2 day onsite intensive. The purpose of this 2-day residential seminar is to teach participants specific competencies and skills that are fundamental for coaches as they facilitate effective coaching conversations and support the coaching process and outcomes. The learned skills and competencies help practitioners such as counselors/therapists, nurses, physicians, nutritionists, consultants, managers, and educators to positively enhance communications, relationships, and coaching approaches with clients and colleagues. Some people may want to use this opportunity for their own enrichment and integrate these skills within their repertoire of communication tools, whereas, others may want to explore a professional credentialing path that leads to another career pathway.

MBM: Mindfulness and Compassion-Based Leadership in Healthcare – MBM 5523 Day 1 of 2

D. Cotter-Lockard, L. Fortune

This 2-day workshop introduces three cornerstones of mindful leadership: awareness of self, awareness of others, and organizational mindfulness. The workshop format will combine presentation and discussion of current principles and theories from the literature, with individual and group experiential exercises that can be applied in the field and also used as a foundation for future study. All Saybrook students and faculty are welcome to participate. This training is a requirement for individuals enrolled in MBM 5523. Advance readings will be available, so pre-registration is encouraged.

RES: Advanced Research Methods -- Preparing for the Dissertation

W. Ladd

This workshop is designed to provide an overview of the advanced method course choices and how these courses are designed to prepare students for the dissertation. Particular focus will be on how each research design choices are aligned with particular research questions and research purposes. Invited guests include students who have recently completed advanced methods as well as faculty who teach our advanced methods course options.

RES: Overview of the Research Sequence (RES 2300 Students)

K. Vander Linden

Doctoral students receive an overview of the entire Saybrook University research sequence, from the foundation courses, through advanced research courses, to the doctoral dissertation. Students will also receive a brief introduction and orientation to RES 2300.

TSC: Overview of TSC 6590: Peace and Justice Studies

J. Meeker

This session is an introduction to the course, TSC 6590: Peace and Justice Studies. This course engages the theory and practice from the social sciences in the study of peace, conflict, violence and justice. A primary goal of the course is to consider peace and justice at the interpersonal, group, national and international levels, as well as to consider nonviolent efforts to challenge militarism, inequality, and injustice. Course learning objectives, assignments, and expectations will be covered. The primary course themes will be reviewed and interactively explored with session participants. Students who are interested in finding out more about the course for future enrollments are invited to attend as well.

TSC: Student Academic Support Process

J. Federman, J. Meeker

This session is designed to enhance the Transformative Social Change (TSC) Department Academic Support process, which involves monthly meetings during the fall and spring semesters. Students will engage in a participatory learning activity to consider their future academic goals. We will also discuss tangible steps to support academic success for the up-coming semester. *This session is open to Transformative Social Change students only.

Yoga Session

J. DeDecker

Morning yoga classes will be conducted by a certified yoga instructor. Bring your yoga mat as they are limited

Monday, January 13, 2020

APH: Advanced Psychophysiological Recording: Pain Assessment (Closed Session)

R. Sherman, J. DeVore

For Applied Psychophysiology students. Learn the essential knowledge and skills needed to assess and treat pain.

APH: Intermediate Hypnosis Day 2 of 2 (Closed Session)

D. Reid, E. Willmarth

This two day workshop is required for students taking the Intermediate Hypnosis course. Students must have completed the Basic Hypnosis Course prior to participation

APH: Introduction to Psychophysiological Recording

S. Kohlenberg

For all new Psychophysiology students and other interested students. Demonstration, practice and education on the basics of Psychophysiological Recording.

APH: Optimal Functioning Lab

J. DeVore

Psychophysiological aspects of optimal functioning in sports, performance and other areas

APH: Orientation to Applied Psychophysiology Program and Research (Closed Session)

R. Sherman, E. Willmarth

For all new Psychophysiology students or APH students attending their first Saybrook RC. Learn the overview of the program and the field of psychophysiology.

APH: QEEG Lab (Closed Session)

C. Kerson

For Advanced Psychophysiology and Biofeedback Students. Education, Demonstration and Practice with QEEG Neurofeedback.

CP: Clinical Psychology PSY4000 Comprehensive Exam

K. Serafini

This meeting is for students enrolled in the Clinical Psychology department's comprehensive exam. Attendance is mandatory for those students that are enrolled in the course. During this meeting, I will orient students to the comprehensive exam components and protocol.

CP: Major Depressive Disorder: Treatment Consideration

K. Serafini

Major Depressive Disorder is one of the leading causes of disability worldwide. There are a variety of clinical treatments that are available to treat depression, and this lecture will address three approaches: psychopharmacology, cognitive behavioral therapy, and lifestyle changes. Together we will review the evidence for each of these approaches, and we will discuss how to decide and implement a treatment course from a biopsychosocial-spiritual, client-centered perspective.

CP: PSY8231 Cognitive Assessment Lab Day 2 of 2

K. Thomas

This lab is required enrollment in the term in which the student is enrolled in PSY8230 Cognitive Assessment. Full attendance during the residential conference offering is required. The residential lab experience is designed to

support students in understanding the theoretical and empirical basis for the Wechsler Adult Intelligence Scales, 4th Edition (WAIS-IV), as well as how to administer, score and interpret this instrument to assess intelligence and cognitive functioning. Discussion of domains of cognitive functioning and the assessment of neurocognition and intelligence. In vivo practice administration of the WAIS-IV assessment of intelligence. Due to the extra time needed to practice the assessments, the lab is an extended time period both days (8:30 – 5:30).

CP/MA COUN: Child Abuse and Reporting Laws, 7-Contact Hours: Reporting as a Clinical Intervention

T. Jackson

This course will review the signs of physical abuse, sexual abuse, emotional abuse and neglect, with special attention to theoretical comprehension and cultural contextualization. It will build upon the expertise and/or experiences of the attendees. This skill-building workshop will draw upon didactic lecture, illustrative vignettes, experiential exercises and video to afford the attendees practical tools that are applicable across theoretical orientations. Additionally, in alignment with humanistic principles, reporting will be conceptualized as a patient-centered intervention with specific attention to collaborative processes with families, child protective services, educators, and other healthcare providers. This workshop satisfies pre-licensing requirements for the California Board of Psychology and the Board of Behavioral Sciences. It may also satisfy other state requirements. Students are encouraged to review the state regulations and consult with instructor accordingly.

CS/CSIH: Finding Ourselves: Exploring our Deeper Human and Creative Potential Day 2 of 2

R. Richards, B. Schmitt

This seminar highlights poignant possibility through talks and experiential activities; participants seek new insights into life and self, re (1) EVERYDAY CREATIVITY AND HEALTH—from new award-winning book, offering higher potential for self and society, expanding consciousness and offering a spiritual path; (2) EVOLUTIONARY ASPECTS OF LIFE PURPOSE, greater health and spiritual knowing; (3) POWER AND CONNECTION—tales of complementarity of agency and community, in health and creative empowerment, despite a society devoted to individuality and rigid roles; (4) POETRY AND EXPRESSION TOWARD DEEPER KNOWLEDGE OF SELF, OTHER and CONTEXT - Meaning-making draws on depth, and presence toward new creative openings. Guest speakers will include alumni Dr. Suzanne Tuckey and doctoral student Gayle Byock.

CSIH: The Pursuit of Holiness: The Sanctified Heart and the Christian Walk with God

M. Smirnova

The Scripture calls one to holiness with decisive encouragement and admonition, “Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord” (NIV, Hebrews 12:14). What does it mean and what does it take to be holy? How does justification by Grace through faith and the pursuit of holiness toward full sanctification inform one’s daily life and the art of one’s Christian living? What is the significance and the role of the Holy Spirit, God’s Grace, God’s discipline, and self-discipline in the process of sanctification? This one-day, experiential workshop explores these (and other) psychospiritual questions and spiritual warfare realities that shape and strengthen one’s embodied, Christian, walk with God and allow professional helpers to support and to nurture such walk in their clients.

DLM: Community Gathering (Closed Session)

DLM Faculty

A learning community gathering for students and faculty where an opportunity is created to facilitate introductions, check-ins with each other, and access to announcements.

DLM: Continuing Semester Workshop for DLM Students (Closed Session)

G. Metcalf

This academic seminar is intended to give continuing students support in their program progression. Faculty lead for the program will be assigned to cover practical techniques to help students engage in their course assignments and to meet their key program milestones.

DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations (Closed Session)

DLM Faculty

DLM students may meet with faculty one-on-one for coaching, mentoring, and consultations, as well as self-organize into small peer groups to discuss and engage in learning activities.

DLM: First Semester Workshop for DLM Students (Closed Session)

M. Chess

This academic seminar is intended to give new students a jump start to their first semester in their programs. Faculty lead for the program will be assigned to cover practical techniques to help students engage in their course assignments.

DLM: MAM 8007 - Strategic Information Systems, Knowledge Ecologies, and Technology Launch (Closed Session)

DLM Staff

A launch seminar for students to be oriented to the course structure, process, and content in the MAM 8007 - Strategic Information Systems, Knowledge Ecologies, and Technology

DLM: Practicum Prep (Closed Session)

G. Metcalf

This academic seminar is focused on supporting students entering into their practicum of the candidacy status. Faculty lead for the program will be assigned to cover practical techniques to help students to engage in their research concepts and design.

EHP/CP: Breaking through Homeostatic Stuck Points in Relationships: An Experiential, Spontaneous, Collaborative, and Transrational Approach

F. Kaklauskas

Over time relationships find routines, interpersonal habits, and often the dyad implicitly agrees on what is allowed in and what is forbidden. This balance may be functional but limited, or worse dysfunctional and destructive. In this workshop, we will role play those close to us in our lives (family, friends, co-workers, clients) that we want to understand better. Others will role-play us. Through this enlivening practice, we are often able to gain perspective. The outside group offers ideas, suggestions, propose unacknowledged feelings and distill thoughts to bring a spirit of creativity and exploration into the process. Theoretical ideas will be drawn from existential-humanistic psychology, psychodynamic thought, multicultural counseling, and other traditions

HCP: Dream Table: Ullman's Approach to Working with Dreams

M. Smirnova

Ullman Method for working with Dreams.

IWC: Evidence-Based Coaching – COA 5628 Day 2 of 2 (Closed Session)

J. Cerrato, R. Dickey, V. Worthington

Evidence Based Coaching COA 5628 Required RC Component - 2 day onsite intensive. The purpose of this 2-day residential seminar is to teach participants specific competencies and skills that are fundamental for coaches as they facilitate effective coaching conversations and support the coaching process and outcomes. The learned skills and competencies help practitioners such as counselors/therapists, nurses, physicians, nutritionists, consultants,

managers, and educators to positively enhance communications, relationships, and coaching approaches with clients and colleagues. Some people may want to use this opportunity for their own enrichment and integrate these skills within their repertoire of communication tools, whereas, others may want to explore a professional credentialing path that leads to another career pathway.

MBM: Mindfulness and Compassion-Based Leadership in Healthcare – MBM 5523 Day 2 of 2

D. Cotter-Lockard, L. Fortune

This 2-day workshop introduces three cornerstones of mindful leadership: awareness of self, awareness of others, and organizational mindfulness. The workshop format will combine presentation and discussion of current principles and theories from the literature, with individual and group experiential exercises that can be applied in the field and also used as a foundation for future study. All Saybrook students and faculty are welcome to participate. This training is a requirement for individuals enrolled in MBM 5523. Advance readings will be available, so pre-registration is encouraged.

RES: The Dissertation Process: Everything You Wanted to Know but Were Afraid to Ask

L. Brewer, W. Ladd, K. Vander Linden, K. Rockefeller

Learn all about the dissertation process from a panel of faculty experts. Topics will include preparing for the dissertation, types of dissertations, parts of a dissertation, selecting faculty chairs and committee members, how to manage data, and steps to completion.

TSC: Introduction to TSC 6530: Social Impact Media: Stories for Change

B. Kalin

This two hour session is an orientation to the course TSC 6530: Social Impact Media: Stories for Change. The aim of this course is to empower students to analyze and deconstruct media narratives and to recognize their use of visual and aural language constructs to develop and elicit empathy from the viewer. Students will critically analyze the cultural and societal influences on narrative and the importance of story to unite cultures and trigger social change. Students will apply this critical awareness to distinguish and classify storytelling strategies as they connect to specific kinds of subject matter, approach, types of media, and expected goals or outcomes.

TSC: Introduction to TSC 6510: Theory and Practice of Nonviolence

J. Federman

The session will provide an overview and introduction for TSC 6510 Theory and Practice of Nonviolence. Course learning objectives, assignments, and expectations will be covered. The primary course themes will be reviewed and discussed with session participants. Students who are interested in finding out more about the course for future enrollments are invited to attend as well.

TSC: Overview of TSC 6615: Transformative Social Change Interventions

J. Meeker

This session is an introduction to the course, TSC 6651: Transformative Change Interventions. To change the world (or some small part of it) people need to take action. But what are the most appropriate ways to take effective action? This course is designed to introduce students to the strategies, tactics, and methods used to promote transformative social change. Course learning objectives, assignments, and expectations will be covered. The primary course themes will be reviewed and interactively explored with session participants. Students who are interested in finding out more about the course for future enrollments are invited to attend as well.

Yoga Session

J. DeDecker

Morning yoga classes will be conducted by a certified yoga instructor. Bring your yoga mat as they are limited

Tuesday, January 22, 2019

APH: Basic Biofeedback Day 1 of 2 (Closed Session)

C. Kerson

This is the required workshop for those students who will be taking Basic Biofeedback in the Spring Term.

APH: Basis Training and Education in Hypnosis Day 1 of 2

E. Willmarth, D. Reid

Required for students taking the Basic Hypnosis Course but open to those who don't yet know that they will feel compelled to register for the course.

APH: Case Study Presentations

J. DeVore

Selected/interested advanced students need to be ready to present cases for discussion All APH students not in Hypnosis or Biofeedback should attend.

APH: Dinner and Town Hall for Applied Psychophysiology

APH Faculty: R. Sherman, E. Willmarth, C. Kerson, J. Devore

Department Dinner and Town Hall discussion. Open to all students or instructors interested in Psychophysiology. **This session is conducted over dinner, so please pick up your dinner from the buffet and proceed to the room.**

APH: Starting Out in Psychophysiology

J. DeVore

For all APH students who are not taking Hypnosis or Biofeedback. Presentation on the ins and outs of the field of Psychophysiology.

CP: Foundations in Telehealth Therapy: Humanistic, Multicultural and Social Justice Stance, Day 1 of 2

V. Marsh, T. Jackson, P. Rawles

This workshop introduces you to the world of Telehealth for an Urban clinical practice. The efficacy, as well as the challenges, of telehealth will be reviewed. Legal, Ethical, & Privacy Considerations are also addressed. This workshop gives special attention to how to establish a successful and competent telehealth practice to an urban population from both a humanistic, multicultural, and social justice perspective.

CP: Introduction to the Life and Work of C. G. Jung

A. Vaughan

This course offers an introduction to the life and work of Carl Gustav Jung. It provides a foundation for the sequence of advanced courses in the Jungian studies specialization/concentration. In the seminar, we will examine his model of consciousness, the theory of personality, and theory of depth psychotherapy and psychoanalysis. He was one of the seminal European thinkers of the 20th century in the related fields of psychiatry, psychoanalysis, psychology and the human potential movement. His work is interdisciplinary in nature drawing on the disciplines of neuroscience, alchemy, historiography, comparative religion, mythology, and literature; art and anthropology. We will engage the subject matter through didactics, documentary archival film, discussion, and experiential activities. Join us!

CP: Practicum/Internship & Licensure Workshop (2nd Semester and beyond only) Session 2

K. Lichtanski

This workshop is intended as an informal conversation time for students to raise questions about the psychology licensure regulations and practicum/internship placement requirements. We will discuss the licensure statutes of various states and talk about how they relate to your degree program at Saybrook University (if possible, please bring

your state's licensure regulations with you). We will also discuss the requirements for practicum and internship placement, where/how to find practicum/internship training sites, and how to prepare for the placement. Session 2 is open to all CP students and is optional.

CP: PSY3045A Clinical Interventions I (Closed Session)

B. Settlege

In this experiential seminar, we will study, discuss, and practice interventions and ways of being with clients from two existential-humanistic perspectives: emotion-focused therapy, and person-centered therapy. We will emphasize the importance of the relationship as the best predictor of positive outcomes in addition to the belief that psychotherapy works best when therapists and clients collaborate in the change process. The course will include lectures, therapy demonstrations, and video clips of therapists. It will also involve all participants engaging in clinical role-plays in dyads and small groups. Whether a beginner or a practicing clinician, this is meant to be an exercise in stretching one's self as a clinician. This day-long seminar will provide an introduction to the Clinical Intervention I course (PSY 3045A).

CP: PSY3045B Clinical Interventions II (Closed Session)

T. Jackson

As noted by Madsen (2007), clinical practice must be culturally-responsive, strength-based, empowerment-focused and family-driven, forming collaborative partnerships. Now, more than ever, humanistic psychologists are poised to affect change at all levels of the human experience, individual, family, community/communal, etc. Toward this end, this course is designed to support practitioners-in-training through the utilization of practical and adaptable interventions such as motivational interviewing, and creative individual and family therapy techniques. There will be attention to strengthening skills within the clinical hour, as well as in the milieu contact. This experiential and interactive seminar is open to all yet required for those who will be enrolled in Fall 2016 PSY 3045B Clinical Intervention II; completion of Clinical Interventions I is not a prerequisite for this RC experience yet is for course enrollment.

CS: Creativity Studies Luncheon Expressive Arts: Ways of Knowing, Reclamation and Social Justice

T. Goslin-Jones

In this presentation, Expressive Arts will be explored through the lens and from the worldview and creative practices of indigenous Zapotec artists of Oaxaca, Mexico. Using photographic images as a medium, we will reflect on the ways that the artist-teachers work with natural materials and through embodied ritual practices, the lessons of the Cosmovision, or worldview are remembered and deepened in the activities of daily community life. We will also consider the artists' Expressive work as a vehicle for the reclamation of traditional practices that the colonizers prohibited and have been reclaimed and revived as acts of resistance and in the support of social justice.

CS: Journey of Self-Discovery through the Portal of Expressive Arts Day 1 of 2

T. Goslin-Jones, D. Cotter-Lockard, W. Phillips

This two-day workshop integrates creative processes including mindfulness, visual arts, movement, music, and writing to foster growth and transformation with individuals and groups. Experiential components offer invitations to explore, engage and embody authenticity and creative potential. Rituals will be offered as a self-care practice to take home for on-going growth. Participants are invited to explore:

What is my experience of embodying and engaging my authentic self?

What is dancing inside of me?

What music does my soul want to express?

This session will advance knowledge of the research, theory, and practice of expressive arts for personal and professional use. Pre-sign-up is required. **Contact Terri Goslin-Jones at tgoslin-jones@saybrook.edu.**

CSIH: Altruism, Heroism, and Heroic Journeys and Sensibilities

M. Smirnova, J. Hinton

This experiential, one-day workshop offers Joseph Campbell's insight pertaining to heroic journeys and sensibilities and to their relevance and applicability to one's life. It also explores Philip Zimbardo's view of "heroism as antidote to evil" and critical insight he shared in his book *The Lucifer Effect: Understanding How Good People Turn Evil*. Moreover, Zimbardo's understanding of and approaches to altruism, to heroism, and to practicing heroism and heroic resistance are examined. Particular attention is given to cultivating individuals' heroic sensibilities, heroic living and life-styles, and heroic legacies.

DLM: Community Gathering

DLM Faculty

A learning community gathering for students and faculty where an opportunity is created to facilitate introductions, check-ins with each other, and access to announcements.

DLM: Essay Prep A & B (Closed Session)

M. Chess, T. Hayashi

This academic seminar is focused on supporting students entering into their qualifying essays of the candidacy status. Faculty lead for the program will be assigned to cover practical techniques to help students to engage in their theoretical critiques relative to their areas of praxis.

DLM: Faculty Appointment Session: Coaching, Mentoring, and Consultations (Closed Session)

DLM Faculty

DLM students may meet with faculty one-on-one for coaching, mentoring, and consultations, as well as self-organize into small peer groups to discuss and engage in learning activities.

DLM: Scholarly Writing Intensive Part 1 & 2, Day 1 of 2

T. Hayashi

An intensive seminar delivered in two parts of two hours each will cover practical techniques to address purpose, structure, process, and format of scholarly writing. The students will engage in variety of topics related to critical thinking and the writing as the product of the thinking process. Specific modules include: What it's meant by highlighting one's scholarly voice, argumentation, and various strategies for including succinct praxis: appropriate evidence-based analysis and recommendations. There will be numerous exercises that can be applied to help students to write their 5 - 8 page papers and major papers of over 10 pages efficiently and effectively.

HCP: Dream Table: Ullman's Approach to Working with Dreams

M. Smirnova

Ullman Method for working with Dreams.

HCP: Town Hall Meeting

HCP Faculty

This is an opportunity for students, faculty, and staff to meet as a community with leadership and receive an update on university and department-specific issues. It will be followed by Q & A, as well as generative conversation and engagement.

MBM: Mind-Body Spirit Applications in Psychotherapy, Day 1 of 2 (Closed Session)

S. Vega

In this 2-day training, students examine integrative approaches to psychotherapy. Students will participate in discussions and experiential processes providing an overview of the historical, biopsychosocial-spiritual, cultural, and global contexts to promoting positive mental health outcomes. Topics include therapist-client relationship; non-

ordinary states of consciousness; spiritual competency; working with trauma and addictions; and the obstacles and ethical considerations in applying these approaches.

MBM: Movement Modalities for Wellness - MBM 5616, Day 1 of 2

K. Rockefeller, C. Smyth, V. Worthington

This course reviews the importance of physical movement and exercise in the development of self-awareness, as well as the maintenance and restoration of health. During the residential conference, students will explore and practice various movement modalities such as yoga, tai chi/qigong, Feldenkrais Awareness through Movement, dance, and others as interventions for optimal health and wellness.

RES: Selecting Committee Members

L. Brewer, W. Ladd, K. Vander Linden

In this session we discuss different faculty dissertation committee roles, including dissertation chair, methodologist, reader, as well as essay and practicum committees. We will also present strategies to identify, contact and invite faculty to work on your dissertation or essay committee.

TSC: Embracing the Stranger: Transforming Political and Cultural Narratives around Immigration Day 1 of 2

E. Aguilar, J. Federman, B. Kalin, J. Meeker, V. Gaubeca (guest), F. Perez (guest)

This seminar will explore the ways in which socially constructed narratives shape political and cultural dialogue about key social issues, with a particular focus on immigration issues and policies. The seminar will provide students exposure to the tools of story based strategy as a mechanism for changing narratives around political themes, and will introduce filmmaking and conflict transformation strategies for shifting perceptions of marginalized populations. Immigration issues will be specifically examined through the lenses of film and community based solidarity activism.

TSC: Immigration and Social Justice Course Introduction - TSC 6592

E. Aguilar

This event will provide an overview and introduction to TCS 6592 Immigration and Social Justice. This course seeks to provide historical context to current debates over immigration reform, integration, and citizenship. The course will cover the historical and systemic context for understanding contemporary immigration politics, including xenophobia, immigration and citizenship policy debates, and border issues. The course will explore the current experiences and needs of refugees, including the intersection of immigration policy with issues of race and gender inequality and discrimination. Finally, the course evaluates policy and advocacy options that provide humane, just and sustainable approaches to immigration.

Yoga Session

J. DeDecker

Morning yoga classes will be conducted by a certified yoga instructor. Bring your yoga mat as they are limited.

Wednesday, January 15, 2020

APH: Basic Biofeedback Day 2 of 2 (Closed Session)

C. Kerson

This is the required workshop for those students who will be taking Basic Biofeedback in the Spring Term.

APH: Basis Training and Education in Hypnosis Day 2 of 2

E. Willmarth, D. Reid

Required for students taking the Basic Hypnosis Course but open to those who don't yet know that they will feel compelled to register for the course.

APH: Special Topics: Respiration and Posture: The Foundation of Health and Functioning

D. Peper

Special Topics: Respiration and posture: The foundation of Health and functioning.

APH: Special Topics: Stress Profiling Strategies.

R. Harvey

Special guest speaker Dr. Richard Harvey presents his fascinating work advancing the use of stress profiles.

CP: Foundations in Telehealth Therapy: Humanistic, Multicultural and Social Justice Stance, Day 2 of 2

V. Marsh, T. Jackson, P. Rawles

This workshop introduces you to the world of Telehealth for an Urban clinical practice. The efficacy, as well as the challenges, of telehealth will be reviewed. Legal, Ethical, & Privacy Considerations are also addressed. This workshop gives special attention to how to establish a successful and competent telehealth practice to an urban population from both a humanistic, multicultural, and social justice perspective.

CP: The Practice of Clinical Supervision

B. Settlage

This presentation is the course roll-out for PSY 3055 Clinical Supervision (course counts toward Clinical Interventions III or IV requirements). However, all CP students are invited to attend if interested.

Through experiential activities, the group will critically examine the significance of clinical supervision in the training of clinical psychologists. The students will reflect on two different modalities applied to the supervision process.

In the morning, the students will watch a video. We will discuss various topics that arise from the video, including supervisory relationships, dual relationship, ethics, and transference-countertransference. In the afternoon, students will work with an actual case using PCAGIP, which is a humanistic-oriented group consultation.

CP: Program Evaluation & Student Assessment – Updates – HCP/RES: Review of Revised Research Sequence (Required for all CP students)

CP Faculty

This is a required activity for all CP students and faculty. The intention is to review the updated program changes and assessments.

CS: Journey of Self-Discovery through the Portal of Expressive Arts Day 2 of 2

T. Goslin-Jones, D. Cotter-Lockard, W. Phillips

This two-day workshop integrates creative processes including mindfulness, visual arts, movement, music, and writing to foster growth and transformation with individuals and groups. Experiential components offer invitations to explore,

engage and embody authenticity and creative potential. Rituals will be offered as a self-care practice to take home for on-going growth. Participants are invited to explore:

What is my experience of embodying and engaging my authentic self?

What is dancing inside of me?

What music does my soul want to express?

This session will advance knowledge of the research, theory, and practice of expressive arts for personal and professional use. Pre-sign-up is required. Contact Terri Goslin-Jones at tgoslin-jones@saybrook.edu.

CSIH: The Scent of the Numinous: Consciousness, Spiritual Experiences, and Life's Meaning

M. Smirnova, J. Hinton

The numinous seems to be part of phenomenological experiences shared and/or accessed, potentially, by all humans, across cultures. In the field of our conscious awareness, it often presents itself as the presence of the divine other. Through numinous experiences, we may be reunited with the ground of our own spiritual being. This experiential, one-day workshop explores the personal meaning behind and psychospiritual integration of numinous experiences. It unveils how numinous encounters bring meaning to our lives and metamorphosis of consciousness.

DLM: Community Gathering

DLM Faculty

A learning community gathering for students and faculty where an opportunity is created to facilitate introductions, check-ins with each other, and access to announcements.

DLM: Scholarly Writing Intensive Part 1 & 2, Day 2 of 2

T. Hayashi

An intensive seminar delivered in two parts of two hours each will cover practical techniques to address purpose, structure, process, and format of scholarly writing. The students will engage in variety of topics related to critical thinking and the writing as the product of the thinking process. Specific modules include: What it's meant by highlighting one's scholarly voice, argumentation, and various strategies for including succinct praxis: appropriate evidence-based analysis and recommendations. There will be numerous exercises that can be applied to help students to write their 5 - 8 page papers and major papers of over 10 pages efficiently and effectively.

EHP: Re-Search is a Dirty Word: Decolonizing Approaches to Re-Righting Relationships with the Academe

G. Belton

The Indigenous Scholar-Activist Manulani Meyer wrote: "I have survived the many, many stories of how I think, what I know and who I am, all told by those who are well-meaning, well dressed and well ignorant of the deeper sides of my cultural epistemology. It is a telling that has captured more than my imagination—it has instead held me hostage to ideas that I have had no hand in forming".

HCP: Dream Table: Ullman's Approach to Working with Dreams

M. Smirnova

Ullman Method for working with Dreams.

MBM: Mind-Body Spirit Applications in Psychotherapy, Day 2 of 2 (Closed Session)

S. Vega

In this 2-day training, students examine integrative approaches to psychotherapy. Students will participate in discussions and experiential processes providing an overview of the historical, biopsychosocial-spiritual, cultural, and global contexts to promoting positive mental health outcomes. Topics include therapist-client relationship; non-ordinary states of consciousness; spiritual competency; working with trauma and addictions; and the obstacles and ethical considerations in applying these approaches.

MBM: Movement Modalities for Wellness (MBM 5616), Day 2 of 2

K. Rockefeller, C. Smyth, V. Worthington

This course reviews the importance of physical movement and exercise in the development of self-awareness, as well as the maintenance and restoration of health. During the residential conference, students will explore and practice various movement modalities such as yoga, tai chi/qigong, Feldenkrais Awareness through Movement, dance, and others as interventions for optimal health and wellness.

RES: Candidacy Essays & the Research Practicum

W. Ladd

Learn about the steps to completing the Candidacy Essays and Research Practicum. This workshop will include a description of the Practicum and the three Candidacy Essays, forming the Essay committee, the similarities and differences between the Essay and Dissertation committees, the policies and procedures governing the Essay and Candidacy Stage, the oral defense, and the Canvas resource sites. There will be time for questions and group discussion.

TSC: Embracing the Stranger: Transforming Political and Cultural Narratives around Immigration Day 2 of 2

E. Aguilar, J. Federman, B. Kalin, J. Meeker, V. Gaubeca (guest), F. Perez (guest)

This seminar will explore the ways in which socially constructed narratives shape political and cultural dialogue about key social issues, with a particular focus on immigration issues and policies. The seminar will provide students exposure to the tools of story based strategy as a mechanism for changing narratives around political themes, and will introduce filmmaking and conflict transformation strategies for shifting perceptions of marginalized populations. Immigration issues will be specifically examined through the lenses of film and community based solidarity activism.

Yoga Session

J. DeDecker

Morning yoga classes will be conducted by a certified yoga instructor. Bring your yoga mat as they are limited

Things to know for the RO and RC for Students Spring 2020

Conference Wi-Fi: **sheraton-CONFERENCE**
Password: **saybrook**

Hotel Room Check-in:

For hotel room check-in, please go to the main lobby of the hotel.

Saybrook Conference Desk:

The Saybrook conference desk is located on the Main Floor of the conference center. All conference participants must check in at the conference desk to receive name badges and programs. The conference desk hours are:

Wednesday 1/8	4:30pm to 6:00pm
Thursday 1/9	7:00am to 6:00pm
Friday 1/10	7:00am to 6:00pm
Saturday – Tuesday 1/11-14	7:00am to 6:00pm
Wednesday 1/15	7:00am to 6:30pm

Sign-In AND Sign-Out of the RC:

In order for you to fulfill your program's residential conference requirement, you must sign in at arrival and sign out on your final day of the conference. Bring your picture ID for check-in so that we can verify your identity and to pick up your conference name badge. Please bring your badge to the conference desk for checkout.

Anyone who must leave the conference early must have their early departure approved by their Department Chair as early as possible prior to check out.

RC Session Sign-In Sheets:

Every session/class will have a sign-in sheet. Please sign in daily to all sessions you attend.

RC Session Survey:

Paper surveys will be handed out at the end of each session. Return your completed survey to the presenter.

The San Diego Sheraton Hotel and Marina:

Parking: The Sheraton offers parking at a daily rate of \$25 for conference participants.

Pet Policy: Pets must be registered at the front desk and dogs must be leashed at all times while on property. Please note that the Sheraton has a fee for pets. See RC Info website for the Sheraton Pet Policy.

Cancellation Policy:

Failure to cancel your Sheraton hotel reservation 72-hours before check-in will result in a cancellation fee of one-night room & tax. This fee will be charged to the card on file. If there is no credit card on file, the cancellation fee will be added to your student account. Any modifications to your reservation must be made through the RO/RC registration site or with the Saybrook Conference Manager and NOT through the San Diego Sheraton Hotel, the Registrar's Office, Admissions, or Department Chairs. **You are financially responsible for all days in your reservation.**

Meals at the Conference:

Saybrook University provides **ENROLLED** students who are **REGISTERED for the RC** with breakfast, lunch and dinner on official program days **with the exception that dinner will not be provided on Wednesday, January 15**. Meals will be served in the Harbor Island Ballroom 2 on the Main Lobby level. Please bring your name badge to each meal.

Dietary preferences or requirements: Please make sure that you have entered your dietary needs in the registration system. If you have special dietary requirements due to allergy or other medical conditions, please make sure to touch base with the RC staff upon arrival so that you are properly accommodated.

Meal events: Participants of meal events should bring their meals from the main buffet lines to their meeting room. Check the schedule for the location of meal events.

Course Attendance in Canvas:

On the first day of the Spring semester, Saturday, January 6, you will be able to begin posting in your Canvas courses. Please post your attendance in **each** course in the first week of the semester, but at the latest the Add/Drop date. You can post using the attendance quiz, acknowledgement of course requirements quiz, or posting on a discussion post.

Faculty and Staff Appointments:

You may sign up for appointments with available faculty, financial aid, and registrar using the link:

<http://saybrookrc.simplybook.me/sheduler/manage/event/1>

Students can make up to six, 20-minute appointments with faculty and staff. Faculty appointments will take place on the Lower Level of the conference center. If you are unable to find the location of your appointment, check with the conference desk staff. Registrar and Financial Aid appointments will occur in the Marina 6 room.

Financial Aid:

Representatives from the Financial Aid representatives will be available to meet with students beginning Thursday afternoon through Sunday. They will be available for **walk-in appointments only** during the RO/RC. They will be available on the following days:

Thursday 1/9	1:00pm - 5:00pm (new students only)
Friday 1/10	9:00am – 5:00pm
Saturday 1/11	9:00am - 5:00pm
Sunday 1/12	9:00am -12:00pm

If you need to speak to a Financial Aid representative after Monday, please contact the Financial Aid office at finaid@saybrook.edu or (888) 253-5100, option 1.

Registrar Appointments:

The Registrar's Office will have appointments available all week. Check the online scheduling site for available slots. They may also be available for walk-in appointments.

VA Benefits Questions:

Our Registrar, Jennifer Rangel, is the Certifying Official for VA benefits. Jennifer will be available to meet with students. If you do not have a chance to connect with him, he can be reached at registrar@saybrook.edu.

Student Affairs, ADA Accommodations:

Anthony Molinar, Interim Dean of Students, will be available to meet with students during the RO/RC. You may make an appointment with Anthony using the faculty and staff appointment link. You may also contact him via email at studentaffairs@saybrook.edu.

Student Accounts:

There will not be a representative from our Student Accounts office at the RC. For any questions about tuition and billing, please contact (888) 253-5100 or email studentaccounts@saybrook.edu.

Federal Work Study:

Joline Pruitt, Director of Business Operations and Rafaat Khalid, HR Generalist, will be available to meet with students interested in the Federal Work Study program. You may make an appointment with HR using the faculty and staff appointment link.

Contacts at the RC:

The Academic Affairs Team will all be on-site and can be reached by email:

saybrookacademicaffairs@saybrook.edu.

Our professional conference staff Cathy and Amber from Meeting Resource Group (MRG) will be on-site and can assist you with your conference and hotel needs.

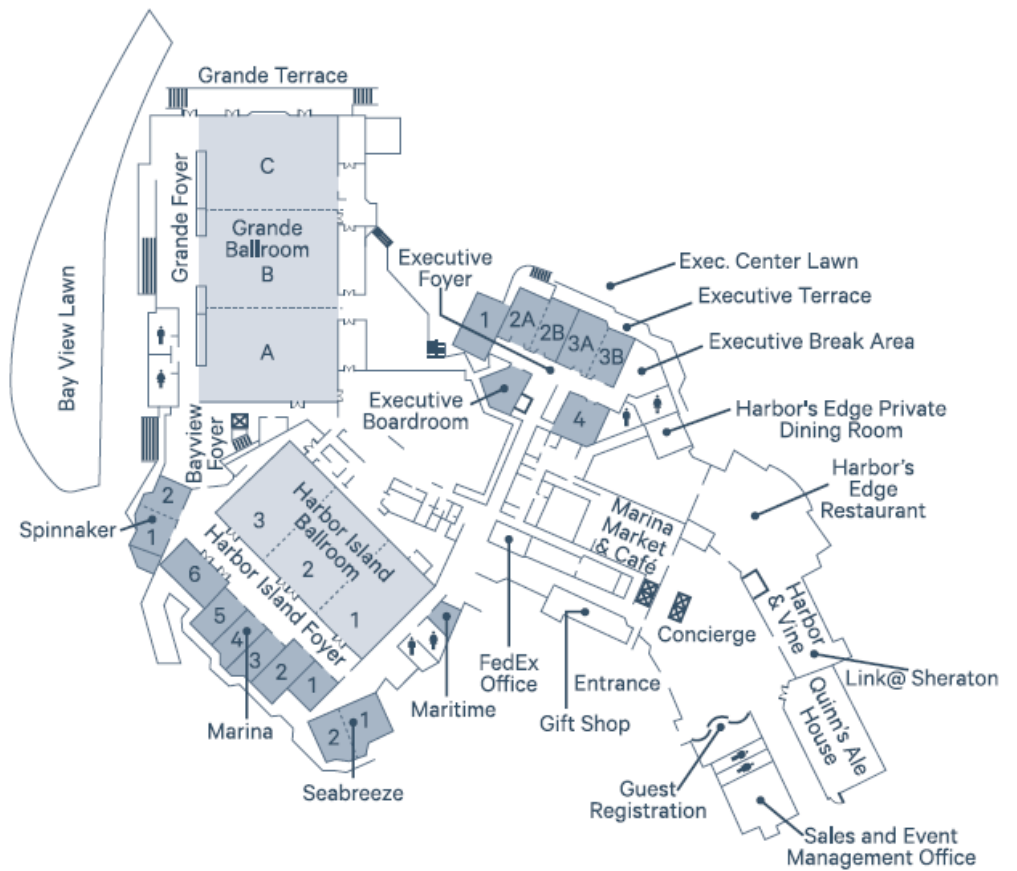
If the conference room temperature needs adjustment, please talk to a Saybrook staff member at the conference desk.

Emergency Contact Information:

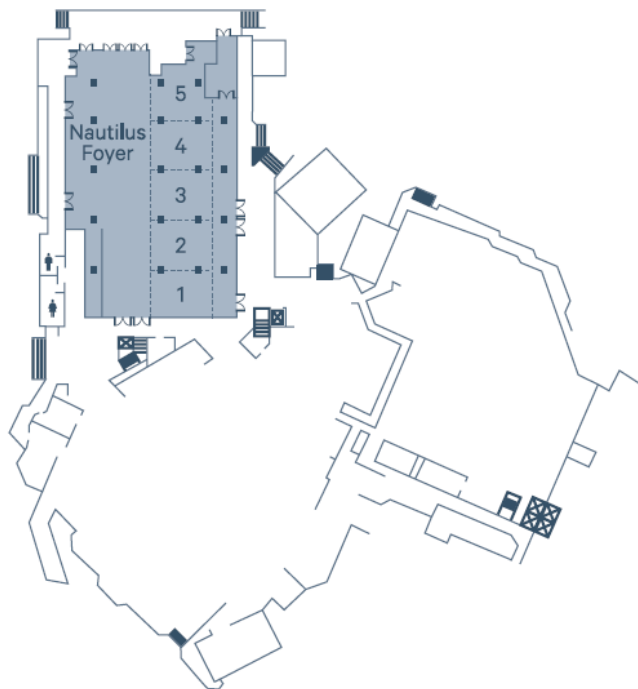
Please call **911** for medical emergencies. **The Sheraton's emergency number is 0 and 2204 from any hotel guest phone.**

MARINA TOWER LOBBY LEVEL BALLROOMS

Grande Ballroom
Grande Foyer
Harbor Island Ballroom
Harbor Island Foyer
Seabreeze
Marina Rooms
Spinnaker
Maritime
Executive Conference Rooms
Bay View Lawn



Pavilion



MARINA TOWER LOWER LEVEL

Pavilion
Nautilus
Nautilus Foyer