

Perspective

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**Defining Psychological Health
the Maslow Way**

“Wall of Change” Visual Expression Project

New Age or the Kali-Yuga?



The ATP Newsletter

REVIEWS:

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THE SELF UNDER SIEGE

BEYOND DEATH ANXIETY

THE POWER OF THE POSSIBLE

**THE VOICE OF ROLLING
THUNDER**

**THE MEDIUM, THE MYSTIC,
AND THE PHYSICIST**

**EXPLORING FRONTIERS OF THE
MIND–BRAIN RELATIONSHIP**



WALL OF CHANGE

ATP NEWSLETTER

CONFERENCE ANNOUNCEMENT

AIKIDO AND PSYCHOTHERAPY CE WORKSHOP

May 19, 2013, Palo Alto, CA

— David Lukoff

Aikido can be described as “moving meditation.” It requires stilling of the mind even as the body is in action. Aikido provides an embodied, practical, and spiritually based practice that aids clinicians in conducting and understanding psychotherapy.

Aikido is a mindfulness practice that can be applied by psychotherapists both with clients and for self-care. Experiencing the difference between being off balance and in balance and the enjoyment of learning to “roll with the punches” and return to a centered stance is a practice of resilience and learned optimism.

In this workshop we will practice Aikido techniques that are focused on developing therapeutic presence, staying centered when challenged by clients, and blending empathically with clients. The low impact section will create an ideal introduction for non Aikidoists who want to learn:

- **aiki practices for cultivating compassion**
- **aiki practices for developing unconditional positive regard**
- **blending as empathy**
- **getting off the line of clients’ intense emotions**

As with meditation, the practices in Aikido induce states of harmony (ai) and spirit (ki) that can also be described as flow, higher states of consciousness, and peak experiences. Thus, Aikido

can provide therapists with an experiential grounding in spirituality. As Wendy Palmer points out in *The Practice of Freedom, Aikido Principles as a Spiritual Guide* (p. 5)

I have found the body to be the most revealing and rewarding focal point for exploring the ecumenical nature of the spiritual path, for it is through the body that an individual manifests the ideas or inspirations of this path.

In addition, Aikido increases your ability to “read” bodies including social/emotional issues embodied in our clients. As a self-care skill, Aikido includes techniques for rebalancing yourself

Patrick Faggianelli, Ph.D., Beth Tabakin, Ph.D., and Paul Rest. CE credits will be available for psychologists, MFTs, LCSWs, and nurses through the Spiritual Competency Resource Center www.spiritualcompetency.com. Cost is \$100 with CEs, and by donation for non-CE participants.

The workshop will be a fundraiser for Aiki Extensions, a non-profit dedicated to extending aiki principles and practices to novel training sites, problem situations, and areas of conflict, and for the new Sofia University Aikido Center in Memory of Aikido Master Hiroshi Kato. The late Kato Sensei had visited the university twice a year since 2000 to teach Aikido.

Sofia University founder Dr. Robert Frager trained with Kato Sensei in Japan starting in 1965, then later studied with him in the U.S. from 1996 onward. Both Frager and Kato were students of the original Founder of Aikido, Morihei Ueshiba. The new Aikido Center at Sofia University will house two exclusive multimedia archives: the Morihei Ueshiba Archive and the Hiroshi Kato Archive. In addition, the Aikido Center will sponsor Aikido events such as trainings, conferences, and publications, and sponsor Aikido research—for example, the psychological and spiritual effects of Aikido training, working with Aikido and conflict resolution, and other topics.



DAVID LUKOFF

physically, spiritually, and emotionally.

The workshop will be held at the Sofia University Dojo located at 1069 E. Meadow Circle Palo Alto CA 94303. Time is 10–5:30 with a 90 minute potluck lunch. The instructors will be Robert Frager, Ph.D., David Lukoff, Ph.D., Jamal Granick, Ph.D.,

Hiroshi Kato Sensei Aikido Center Founded

A new Aikido center at Sofia University was named to honor the special connection that Sofia University founder Robert Frager had with Hiroshi Kato Sensei. Frager trained with Kato Sensei in Japan starting in 1965, then later studied with him in the U.S. from 1996 onward. Both Frager and Kato were students under the original Founder of Aikido, Morihei Ueshiba (“O’Sensei”).

Kato Sensei passed on in December 2012.

The new Aikido center at Sofia University will house two multimedia archives: the Morihei Ueshiba archive featuring more than 5,000 photographs of the Founder of Aikido, and the Hiroshi Kato archive featuring both video and photo collections. In addition, the Aikido center will sponsor Aikido events such as trainings, conferences, and

publications, as well as sponsoring Aikido research—for example, the psychological and spiritual effects of Aikido training, working with Aikido and conflict resolution, and other related topics. The Aiki-Extensions Conference will be hosted at the Hiroshi Kato Sensei Aikido Center October 25–27, 2013. For more information contact Tracy Byars at Tracy.Byars@sofia.edu



ROBERT FRAGER SENSEI AND HIROSHI KATO SENSEI



ATP NEWSLETTER

Profile of the New ATP Co-President Steven Schmitz

ATP Board Member Steven Schmitz, Ph.D., has been involved with humanistic and transpersonal psychology since he received his B.A. degree in Humanistic Psychology from Sonoma State University in 1975. He earned his Ph.D. in Transpersonal Psychology from the Institute of Transpersonal Psychology with a TERS (transpersonal education and research studies) specialization in 2009. His doctoral research was on the therapeutic benefits of participants learning the shamanic journey. He has a private practice in transpersonal counseling, shamanic healing, and dream work. His training includes

Gestalt, Bioenergetic, Family, Existential–Humanistic psychotherapy, and spiritual guidance. Steven was initiated into the practices of zazen and shamanic journeying in 1974.

Dr. Schmitz

teaches at the Sofia University Global Ph.D. Program in Palo Alto, California, the Integral Transpersonal Institute in Milan, Italy, and the Institute for Humanistic Psychology and Consciousness in Bern/Zurich, Switzerland. He teaches classes on transpersonal psychology, shamanism, and conscious couple relationships. He is writing



a book blending the ancient practice of shamanism with the contemporary practice of transpersonal psychology.

Dr. Schmitz is interested in national and international networking and

supporting transpersonal studies globally. Steven enjoys traveling and is involved with several transpersonal projects in Europe. He is also a board member of the European Transpersonal Association, writes editorials for the *EUROTAS Integral Transpersonal Journal*, and is on the EUROTAS Conference Advisory Committee.

CONFERENCE ANNOUNCEMENT

15th EUROTAS Meeting: Global Knowledge Sharing *Human Potential, Education, and Consciousness Evolution*

CHISINAU, MOLDOVA, SEPTEMBER 19–22, 2013

The mission of the 15th EUROTAS conference (European Transpersonal Association) is to share the knowledge we have gained about human potential and consciousness evolution from years of practice and research in Transpersonal Studies to inform educational systems how to encourage individual and societal transformation for future generations. We invite presentations from scholars, researchers, and practitioners in the fields of psychology, sociology, education, anthro-

pology, and consciousness studies.

Each year the Eurotas conference is held in a different country. The conference organizers provide an introduction to the culture, art, and spiritual traditions of the host country. Moldova is a beautiful small state in the southeast of Europe, a neighbor of Ukraine and Romania. It is multicultural and multiethnic. Moldavian soil possesses rich nutrients as well as rich spiritual traditions that began seven thousand years ago. The Moldavian population reflects the synthesis of various

cultures: Europeans—Moldavians, Romanians, Ukrainians, Russians, and Bulgarians; Asians and Turks; representatives of Indian culture—Gypsies; and Armenian and Jewish settlements. All these cultures join in one small point of the earth—in Moldova! The diversity of culture brings about tremendous and extraordinary energetic flows. It is the place of traditions meeting and blending.

We invite you to come and experience Moldova. Call for Proposals from presenters and registration for attendees are at www.eurotas2013.com

ATP NEWSLETTER



Distinguished Contribution to Psychology Award Goes to ATP Board Member Fred Luskin

— Beth Cooper Tabakin

Congratulations to ATP board member Frederick Luskin who received the California Psychological Association (CPA) Distinguished Contribution to Psychology Award at the 2013 CPA Convention in Newport Beach where he was a keynote speaker.

The Distinguished Contribution to Psychology Award honors a psychologist or non-psychologist who has improved the image of psychology by increasing the public's understanding of the discipline and/or the profession of psychology. This award is open to all Californians and is intended to promote good will and broader understanding of the field. The person nominated might be a writer (both print and electronic), teacher, manager/administrator, health professional, mental health advocate, or the like.

Happiness is wanting what you have. When you spend time 'wanting something different', you start knocking on the door to stressful living. — Fred Luskin

Fred is the embodiment of what he teaches. I first noticed him more than ten years ago at an ATP board meeting. We were in the middle of a very serious discussion when Dr. Luskin glanced at the wall clock, stood up, and said, "My son is playing in a basketball game, and if I don't leave now I will miss the beginning of the game." I appreciated the fact that it was

important to him to see the entire game and not just "put in an appearance." Dr. Luskin's best-selling books include *Forgive for Good*, *Stress Free for Good*, and *Forgive for Love: The Missing Ingredient for a Healthy and Loving Relationship*.

Dr. Luskin is Director of Forgiveness Projects and a Senior Consultant of Health Promotion at Stanford University and a Professor of Clinical Psychology at Sofia University. He conducts research on the effects of forgiveness education and therapy.

BETH COOPER TABAKIN, Ph.D., is a licensed psychologist in private practice in San Anselmo, California.

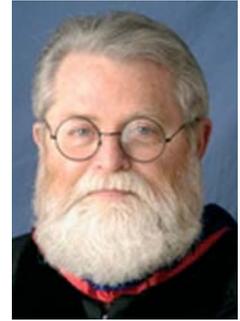
PROFESSOR EUGENE TAYLOR DIES

— David Lukoff

Saybrook Graduate School announced the death of Dr. Eugene Taylor, a noted scholar and 20-year member of its executive faculty on January 30, 2013. Taylor was a prominent historian of psychology and author of books including *Shadow Culture: Psychology and Spirituality in America*; *The Mystery of Personality: A History of Psychodynamic Theories*; and *William James on Consciousness Beyond the Margins*. He was a research historian at Harvard Medical School, the curator of Gordon Allport's papers, and an internationally

renowned scholar on the work of William James. He was also the founder of the Cambridge Institute of Psychology and Religion, a board member of the Philemon Foundation, and a fellow in two APA divisions.

An early student of humanistic psychology, Taylor was present at some of the earliest transpersonal psychology conferences in the 1970s. Combined with his long-standing interest in Eastern religions, this exposure helped develop his scholarly interest in the study of consciousness itself, which he placed at the center of the psychological experience.



There is no science anywhere that does not involve someone's personal consciousness somewhere.

— Eugene Taylor

Eugene founded the Aikido Club at Harvard which he headed for 25 years and he wrote a classic paper on the evolution of Aikido from a martial art to a spiritual discipline. He and I taught experiential seminars on Aikido and psychotherapy at Saybrook for 15 years.

He was a true scholar but also a drummer in Haight Ashbury in the 1960s and had a 4th degree black belt in Aikido.

How important his wise, honest, lively presence was, how unassumingly collegial and friendly he was, how safe it felt to be around his intellectual guidance and clarity, and how rare was the intellectual horizon he possessed and natural leadership he carried. — Olga Louchakova

Transpersonal Psychology in South Africa

Transpersonal Therapist Zana Marovic has worked for years in post-apartheid South Africa to bridge cultural gaps, bringing needed services to the poorest of the poor and also to connect African shamans, known as Sangoma, such as Zandi Nkosi, with transpersonal therapists.

<http://www.drzana.co.za/node/44>

Drumming, ancestor-connections, sacred and ancient rituals join with yoga, Jungian methods, and family therapy interventions spanning thousands of years of human knowledge. Her work with African traditional poet and performer Napo Masheane and visual artist and



DR. ZANA MAROVIC

musician Stompie Selibe was shared during 2012 in elaborate cross-cultural events (e.g., urban hip-hop rapping combined with *Sangoma* ancestral trance rituals) at Nirox Institute in the South African countryside, a few miles from the most ancient site of human origins at the Cradle of Humanity.



ZANDI NKOSI (RIGHT)



STOMPIE SELIBE

NAPO MASHEANE

Sangeetha Menon, Neuroscience Explorer and Spiritual Scientist of the Self and Transformation

Sangeetha Menon is a philosopher–psychologist working in the area of consciousness studies and Indian psychology. She is a Professor at the National Institute of Advanced Studies at the Indian Institute of Science in Bangalore, and heads the Consciousness

Studies Programme there. Her published work highlights the importance of understanding the nature of complex experiences in the light of global humanistic values such as well-being and self-transformation. Her work focuses on the comparative study of emotions, the nature of human agency,

and of immediate experience. In her forthcoming book she emphasizes the centrality of ‘self’ in brain and consciousness studies.

How does experience get organized so that we feel it as a “self” feels it, instead of as a mere flow of sights and sounds, tastes and odors?

ATP NEWSLETTER



Thus, her work often reveals that there is, indeed, a basis to claim that “self” exists. Her books include *The Beyond Experience: Consciousness in Bhagavad Gita* (2007), *Consciousness, Experience, and Ways of Knowing: Perspectives from Science, Philosophy, and the Arts* (2006, NIAS), *Science and Beyond: Cosmology, Consciousness, and Technology in Indic Traditions* (2004, NIAS), *Consciousness and Genetics* (2002, NIAS), *Scientific and Philosophical Studies on Consciousness* (1999, NIAS), and *Dialogues: Philosopher Meets the Seer* (2003) which is a set of nine dialogues with her spiritual teacher HH Swami Bodhananda on sociocultural issues of contemporary importance and the common concerns of science and spiritual quest.

Apart from her academic work, she is an artist and is interested in poetry, fiction, classical dances, design, and photography. She welcomes collegial contact on topics



SANGEETHA MENON

of mutual interest at prajnanata@gmail.com, www.consciousness-hop.com

WISDOM THERAPY IN CLINICAL AND ORGANIZATIONAL SETTINGS

Shani Robins, Ph.D., has pioneered the field of Wisdom Therapy for more than a decade and has empirically demonstrated its efficacy in boosting performance, reducing stress, anger, anxiety, and depression, and improving health in both clinical and organizational settings. Wisdom Therapy (www.wisdomtherapy.com) is an integration of Western Psychological Science and Eastern Traditions and includes Emotional Intelligence, Cognitive–Behavioral therapy, mindfulness, humility, empathy, and gratitude. Wise decisions in life lead to greater happiness, success, and well-being, whereas less-wise perspectives and decisions lead to anger, workplace and relationship arguments, anxiety, social conflict, job loss, and hypertension. Gaining wisdom however can take many decades of painful, costly mistakes. Wisdom Therapy is an empirically established program that has identified these wisdom skills and the practical methods for learning them sooner rather than later.

Dr. Robins applies this work in his consulting practice for Fortune 100 companies, and in publishing prolifically on these topics. He has also applied his work to developing, from the ground up, one of the largest Adult Day Health Care Centers in the State of California. From conception to business plan, to \$3 million in fundraising and 200 admissions in less than 2



SHANI ROBINS

years, Dr. Robins has demonstrated the Wisdom ADHC Center’s efficacy as an integrative model that can holistically and fiscally meet the coming baby boomer tsunami of healthcare needs. The program’s integrative mission provides not only physical and occupational therapy, medication assistance, psychological and social work interventions, dietician services and meals, and door-to-door transportation, but also meditation and tai chi classes, as well as scheduled spiritual discussions. Participants as old as 95 learn to be mindful instead of dwelling on the past, and to practice gratitude regardless of physical and mental challenges.

Shani Robins, Ph.D., has recently relocated back to the San Francisco Bay Area, where he teaches at Stanford and Palo Alto Universities, and is active in his Wisdom Therapy clinical and organizational consulting practice. www.wisdomtherapy.com