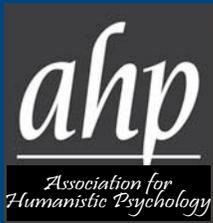


FEBRUARY / MARCH 2012



Perspective

ahpweb.org

Ram Dass and Family Love Personalizing Alternative Medicine Autism and Actualization

Poetic Tribute to Thomas T. Szasz



ATP NEWSLETTER

REVIEWS

WHY
REGRESSION
THERAPY?

PRIMORDIAL
PSYCHE



ATP NEWSLETTER

CONFERENCE REVIEW

SPIRITUALITY: Promises & Pitfalls

The Third ATP-ITP Spirituality & Psychology Conference was held February 17-19, 2012,

on the campus of Menlo College in Atherton, California. Roger Walsh set the tone for dialogue throughout the 3-day conference by invoking the role of the gnostic intermediary, which he personally has embodied throughout his many decades of work, and which also represents the role of translat-



ROBERT FRAGER DELIVERING KEYNOTE ADDRESS

ing and transmitting spiritual wisdom and practices that the whole field of transpersonal psychology has embodied. Shauna Shapiro

caught participants up to speed on the neuroscience supporting the cultivation of spiritual development. Robert Frager performed the gnostic intermediary task of highlighting the contribution to understanding and well-being that is contained in Sufi beliefs and practices. Jim Fadiman got everyone to laugh about it

all while reflecting on just what

a journey transpersonal psychology and spirituality have been traversing together. Stay tuned for the 2014 ATP-ITP Spirituality & Psychology Conference. These talks are available for ATP members and Joint ATP-AHP Members on the ATP website www.atpweb.org



ITP STUDENTS JENNIFER, ANA, DANIEL, AND R. J.

Toward a Transpersonal Revisioning of Madness

— Michael Cornwall and David Lukoff

At the recent ATP/ITP conference, we did a well-received workshop called **An Integrative Approach to Psychosis: Facilitating Psychological Healing and Spiritual Emergence**. We drew on the pioneering, paradigm-shifting work of Jung, R. D. Laing, Stan Grof, John Weir Perry, and Richard Price of Esalen—as well as David's own worldwide teaching

on spirituality and mental health and his groundbreaking work on the DSM (*Diagnostic and Statistical Manual of Mental Disorders*). Michael shared his experience from working in a medication-free madness sanctuary and research on the Jungian medication-free, transpersonal program, Diabasis House.

Just two months before, we had co-led an Esalen workshop on the

same alternative approach to madness. In November 2012, there will be a large invited conference at Esalen that will fully revive the decades-old initiative begun in the 1960s called **Alternative Views and Approaches to Psychosis**. That historic Esalen Center for Theory and Research initiative has been dormant since 1987.

There is a worldwide resurgence in approaching madness as

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BOOK EXCERPT

TO FORGIVE IS GOOD FOR YOU

— Fred Luskin



Forgiveness is the process of changing the story we tell of a painful life experience from a victim story to a heroes story. The Stanford Forgiveness Projects have shown that changing that story to one that is more benign or less blaming is good for one's mental and physical well-being. Forgiveness does not mean we forget what happened; it means we remember it differently. We have learned teaching forgiveness for so many years that it is through the story we tell that we lock in the negative way a hurtful situation has caused us pain.

Our story places what happened to us in sequence and allows us to describe our feelings. We provide commentary on the events and provide interpretation of people's actions. Most importantly, our story allows us to say what the experience means to us. To do that we must

decide what events to highlight and which to minimize or dismiss. Little do any of us know how much is riding on the outcome of what we decide to highlight, interpret, and leave out in our account. Little do we know the potential damage, if our story becomes a grievance story.

—*Forgive for Good*, Chapter 4

Suffering people rarely consider that the stories they tell emerge from selecting content out of a wide range of possible experiences.

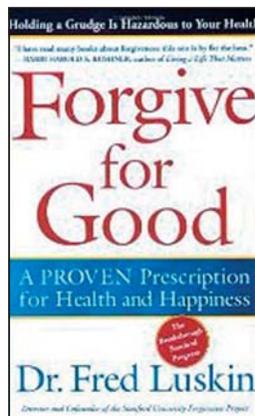
They almost never consider that some decisionmaking was involved or that there are many ways to describe any particular situation. They do not understand that the main purpose of one's story is to create a narrative to make meaning of what happened, and not to

search for objective truth. When in pain and filled with adrenaline and difficult emotions, the story

that emerges is one that if not reevaluated can lead to extended interpersonal and intrapersonal conflict.

Having dealt with people who have lost family members to hatred in Northern Ireland, the 911 attacks, Sierra Leone, and other violence around the world, I understand the necessity of creating a story to make sense out of what happened. However, I also understand in a way that many people do not, the equal imperative to let that grievance story go. Our work has shown that forgiveness rightfully applied is a wonderful balm for troubled husbands and wives, parents and children, neighbors, work partners, and even those harmed by people they do not know. I believe it should be applied much more liberally and deliberately when possible.

*FRED LUSKIN, Ph.D., is an ATP Board Member, author of **Forgive for Good**, and Director of the Stanford Forgiveness Projects.*



Madness (continued)

a transpersonal experience. It is an auspicious time for an intelligible, transpersonal, and integrative understanding and response to madness to further evolve. To catch some of the spirit of this recharged revolutionary move-

ment, check out Michael's blog: **Towards an Alternative Understanding of Madness** on Pulitzer Prize finalist Robert Whitaker's new web magazine Madinamerica.com. Whitaker's best-selling book *Anatomy of an Epidemic*, which

is a powerful expose of the failures of the medical model of psychiatry, has sparked a worldwide call for the transformation of mental health services that will come to view the whole person—body, mind, spirit, and soul.



ATP NEWSLETTER

CONFERENCE ANNOUNCEMENT

EUROTAS 2012 Conference: Spirituality and Creativity September 20–23, 2012, Latvia



Baltic Beach Hotel (left) and Majori Beach in Jurmala, on the Gulf of Riga, Latvia (by Daboyeh, *Wikipedia Commons*)

EUROTAS (The European Transpersonal Association) has a brilliant tradition—to have a conference in a different European country each year. The **14th Eurotas Conference** will take place in Jurmala, Latvia, at the Baltic Beach luxury Hotel and spa, with the beautiful, yellow sand beach, on September 20–23, 2012. You will be able to enjoy the charm of a northern ocean with its fresh air and long sandy beaches that invite meditative walks and promise stillness. The theme of the conference **SPIRITUALITY AND CREATIVITY** will also challenge you to not only stay in a passive mode but to become an active part of the conference arrangement—becoming creative yourself while enriching and enjoying the Eurotas community. Dr. Ingo B. Jahrsetz, President of Eurotas, notes that, “Eurotas has in the last few years become a community of people who dare to have an open-hearted and creative exchange, while also applying scientific rigour and gaining spiritual depth.”

The **Latvian Transpersonal Association of Psychology and Psychotherapy**, which is organizing the 2012 Conference, mainly consists

of Art Therapists whose three main aims are to explore the interaction of creativity and spirituality: 1) in the field of psychology and psychotherapy; 2) in the growth, transformation, and healing of the everyday life of an individual; and 3) in the development of human society as a whole.

During the creative process, people often find themselves in a special altered state of mind. Art in its essence is transpersonal. We are creating this Conference as a large piece of art and invite you to paint it with the colors of your personalities and presence. This will be a happening where everyone will become an artist!

We invite psychologists, psychotherapists, philosophers, educators, artists, and other specialists to explore and give lectures, presentations, workshops, and discussions. Everyone is welcome to submit their presentation with the following criteria:

- Use an approach that is compatible with the science of psychology;
- Develop a creative and dynamic presentation; and
- Include empirical evidence or case examples.

Latvian writer *Sudraba Edžus* has a well-known story about *Crazy Dauka*—a boy who wanted to reach the place where the sky and the sea meet, to get to know what is beyond . . .

We invite you to come together with us to explore “what is beyond the horizon”! Our conference will take place at the Baltic seacoast. The sea is a symbol of unity, wisdom, depth, and new challenges. We are aware of responsibility. However, like *Crazy Dauka*, do we feel a sense of challenge?

Registration of presenters through May 31: www.transpersonal.lv

Preconference seminar:
Connie Miller, **Souldrama**, Sept. 17, in Jelgava Narkological Clinics

Postconference seminars:
1. Vitor Rodrigues, **Regression Therapy**, Sept. 24–25, Riga
2. Steven Schmitz and Pier Luigi Lattuada **Shamanic Workshop**, Sept. 24–25, in a hostel near Augstroze Lake in Vidzeme.

For more information: contact Ingrida Indane, Eurotas 2012 Conference Director, arterapija@gmail.com

ATP NEWSLETTER



CONFERENCE ANNOUNCEMENT

The Spiritual Heritage of Africa

South Africa Mini-Conference, May 12–13, November 3–4, 2012

Throughout 2009–2011, South African transpersonal psychologist Zana Marovic has been working on the **Third International Transpersonal Conference**, in her country, to follow upon the 2008 World Transpersonal Congress in India and the 2010 Moscow International Transpersonal Conference. On May 12–13, 2012, and November 3–4, 2012, **The Spiritual Heritage of Africa** will begin a series of workshops and trainings leading to a larger scale international conference.

Zana has rare contacts with Sangoma indigenous shamanic and trance healers, musicians, artists, and psychotherapists. The vibrancy of this post-apartheid period adds a powerful resonance of hopeful unity for our World Family, as the life of Nelson Mandela evokes for all. You will feel it and be inspired for the whole of your life. The workshops for therapists go deep into this spirit of transformation, courage, and love of unity. Come to South Africa, where it all began.

Workshop 1 12–13 May 2012:
Spirituality & Transpersonal Psychotherapy

Workshop 2 3–4 Nov. 2012:
Transpersonal Therapy & Healing the Healer

For more information visit: www.drzana.co.za or contact Stuart Sovatsky stuartcs1@comcast.net

Location: NIROX ART is a private art foundation set on 15 hectares in an extensive nature reserve in the heart of the Cradle of Humankind World Heritage Site. www.niroxarts.com

Dr. Zana Marovic has been a psychotherapist, supervisor, hypnotherapist,

and yoga teacher for more 20 years. She has presented papers and workshops at world congresses in Israel, Norway, South Africa, Hungary, the United Kingdom, Portugal, Czech Republic, Iceland, India, China, and Russia.

Dr. Stuart Sovatsky, is a forty-year Kirtan Yoga Chant-Master in the Anahata-nad tradition of

kundalini yoga, Master, Swami Kripalvanand, and pioneer in applying devotional tantra to transforming thousands of troubled relationships.

Performers: **Healing & Spirituality Through Poetry & Music**

Napo Masheane was born in Soweto and grew up in Free State. She is a writer, director, producer, poet, and acclaimed performer. In 2006 she published the poetry anthology *Caves Speak in Metaphors*. In 2007 she was named one of the Top 100 Youth in South Africa by the *Mail & Guardian*.

Stompie Selibe is a Johannesburg-born visual artist, musician, and a multitalented individual. He works with people who are experiencing difficulties ranging from abuse and rape to living with HIV/AIDS.





ATP NEWSLETTER

New Co-President Steven Schmitz

The ATP Board of Directors voted Steven Schmitz to join Stuart Sovatsky and David Lukoff as a Co-President of ATP, making the first triumvirate in ATP's history.

Steven Schmitz has a Ph.D. in Transpersonal Psychology from ITP and a B.A. degree in Humanistic Psychology from Sonoma State University. He is trained in Gestalt Therapy, Bioenergetics,



Existential–Humanistic Psychotherapy, and various healing practices. He was initiated into the practices of zazen and shamanism in 1974 and currently works with the Q'ero paqos of the Peruvian

Andes. Steven co-founded and co-administrated Sheng House (a psychiatric residential facility). Currently he has a private practice of shamanic counseling, spiritual guidance, and dream work. Dr. Schmitz is also an international speaker, teacher (at transpersonal institutes in Italy, Estonia, Switzerland, Moscow), and workshop leader on shamanic topics. He is also a board member of EURO-TAS. In addition, he has considerable marketing and executive experience in Silicon Valley, so expect to hear from him soon as he hits the ground running.

IN MEMORIAM

JEANNE ACHTERBERG

— Eugene Taylor



Dr. Jeanne Achterberg, Ph.D., pioneer in mind/body medicine, legend across healthcare disciplines, crusader for the scientific basis of spiritual healing, author of numerous books, international lecturer, and patient advocate for self-healing, died Wednesday, in the afternoon of March 7th, 2012, at her home in Monterey, California, from metastatic cancer. She served as a Professor on the Faculty at Southwestern Medical School in Dallas for 11 years, during which time she entered the field of alternative and complementary medicine. She went on to teach at the Institute for Transpersonal Psychology in Palo Alto, and then

joined the faculty as a Professor of Psychology at Saybrook University in San Francisco.

From an early period she was acclaimed for her work on the use of imagery in healing, psychoimmunology, behavioral strategies for the reduction of pain and anxiety, and the role of women as health consumers. Her research focused on the psychological aspects of cancer, a comparison of biofeedback and physical therapy in the treatment of rheumatoid arthritis, and a test of behavioral strategies for pain and anxiety associated with orthopedic trauma. She authored more than 100 papers and 5 books.

Later, she would rise to become President of the Association for

Transpersonal Psychology, at the same time that she also co-chaired the mind/body interventions ad hoc advisory panel of the new Office of Alternative Medicine. She was Senior Editor for many years of the *Journal of Alternative Medicine*, and also a trainer of physicians, nurses, psychologists, and social workers internationally in mind/body medicine. She was the recipient of numerous awards from the American Nursing Association; the Moncrieff Award for Burn Research; and in 2001 she was featured in *Time Magazine* as one of the six innovators of Complementary and Alternative Therapies for the coming century.

Personally, I have lost a fellow pilgrim who was shining the way on a spiritual path.

EUGENE TAYLOR, Ph.D., is a Lecturer on Psychiatry at Harvard Medical School, and an Executive Faculty member at Saybrook University Graduate School.

ATP NEWSLETTER



TRANSPERSONAL PSYCHOLOGY IN ISRAEL

— Arielle Warner

When David Lukoff, ATP Co-President, came to Israel to present in April 2012, he met a number of graduates of ITP, CIIS, and Naropa who are offering programs in transpersonal psychology. He asked me to update the world on what is happening in transpersonal psychology in Israel. This is the fourth year that I am teaching a year-long program in spiritual care for professionals working with illness and end-of-life issues and am also offering training on the psychospiritual principles of yoga for therapists. This year, together with Meirav Hermesh and Keren Tsarfaty, I am organizing a year-long transpersonal psychology course for therapists including theory, clinical implications, and also spiritual practices, to be held

at the Israel Center for Mind–Body Medicine (mindybody.co.il).

Some additional Transpersonal Psychology–related trainings in Israel: Two-year training in Mindfulness-Based Psychotherapy organized by Maty Leiblich and Shantam Zohar offered in the Social Work Department of Bar Ilan University, research groups and professional conferences on Mindfulness-Based Therapeutic approaches at the Interdisciplinary Center in Herzliya (<http://portal.idc.ac.il/en/main/homepage/Pages/homepage.aspx>), and the Haifa University Education Department headed by Professor Ofra Mayseless offers interesting programs integrating spirituality and counseling (www.edu.haifa.ac.il/en/) and has been the home for yearly conferences on Contemporary Spiritualities Research and Stud-

ies—the fourth, held in March 2012, included, along with Israeli presenters, Harris Friedman, Douglas McDonald, and Les Lancaster (www.spirituality.haifa.ac.il/4th_conf/index_en.html).

There is a new journal, *Journal of East–West Psychology Israel*, edited by Hava Rimon and Maty Lieblich (<http://east-west-psych.co.il/issue-no-1-2/>). Maty Lieblich has written a book in Hebrew, *Man at the Edge of Ego*, which is a textbook of transpersonal psychology. So Transpersonal psychology is thriving in this spiritually rich part of the world.



ARIELLE WARNER

President's Corner

— David Lukoff

In the *ATP Newsletters*, I have presented innovative clinical projects and initiatives in the field of transpersonal psychology and spirituality, such as in the last issue on the California Mental Health and Spirituality Initiative and a Transpersonal Clinic at the San Francisco VA Hospital. Here I describe a systematic approach to remediating the neglect of spirituality in the public mental health

system, which was developed by the Alameda County (California) Cultural Responsiveness Committee and the Spirituality Workgroup in California. **Spirituality 101** is a workshop that models attitudes and values of appreciation and inclusivity necessary to integrate spirituality in wellness- and recovery-oriented mental services and also provide concrete skills in spiritual assessment and identifying religious and spiritual



problems. The workshop is taught by **Gigi Crowder** and

Minister Monique Tarver and a pool of diverse local spiritual/faith leaders and cultural brokers representing various cultures and faith traditions including: Islam, Buddhism, Universalism, Christianity, Jewish traditions, Native American spirituality practices, Afghan, and African American culture.