



The Association for the Advancement of Psychosynthesis is approved by the American Psychological Association to sponsor continuing education for psychologists. AAP maintains responsibility for this program and its content.

7:00 – 7:30 am

Yoga and meditation

7:30 – 8:30 am

Breakfast

8:30 - 10:00 am

ROUND SEVEN WORKSHOPS (1.5 HOURS)

Psychosynthesis Supported: Research & Methods That Validate What We Know 701
Kate Cohen-Posey

100 years after Assagioli, an explosion of therapy approaches support the basic tenets of psychosynthesis. In addition, neurobiology finds correlates for the Self based on understandings of the body-mind organism. Participants will come away from this workshop with cutting-edge methods and research findings that support psychosynthesis as an evidence-based approach.

Learning Objectives:

1. Examine nomenclatures from other theories that support the constructs of subpersonalities and Self.
2. Review scientific evidence for the Self and transcendent experiences that cause lasting change.
3. Explore the use of imagery to access the Self and to dis-identify with subpersonalities.
4. Analyze a case example that employs imagery and dialogue between subpersonalities and the Self.
5. Practice combining imagery with inner dialogue between subpersonalities and the Self.



Kate Cohen-Posey is the author of over four books, including *Empowering Dialogues Within*, endorsed by John H. Parks, M.D. With more than thirty years of clinical experience, she is a certified EMDR therapist. Attending an ego state workshop six years ago led to extensive research and her current integral approach.

Personal Self and Higher Self – How to Meet your Ego and your Soul 702
Richard Martin, D.Min

"What has to be achieved is to expand the personal consciousness [ego] into that of the Self [soul]...to unite the lower with the higher Self," wrote Roberto Assagioli. How is this achieved? In this workshop, Dr. Martin explains and demonstrates his successful approach to the goal, as applied in his twenty years of psychotherapy practice. *Make sure to bring your favorite musical instrument!*

Learning Objectives:

1. The participant will comprehend the distinction between the fear-based decision-making center known as "ego" or lower self (the "personality of the body")--and the love-based decision-making center known as the "soul" or higher self--our transpersonal subpersonality.
2. The participant will learn, through active imagination, how to access the ego and the soul in themselves, and how to assist others to "meet their ego," "meet their soul," and distinguish between them.
3. The participant will learn ways to balance and eventually integrate these two decision-making centers, and to mobilize their combined energies to create a better world--a world that works for everyone, excluding no one.



Richard Martin, D.Min., served 20 years as a priest in the Episcopal Church before "retreading" with a Doctor of Ministry (D.Min.) degree in pastoral (counseling) psychology. Since then he has been in private practice as a psychotherapist while teaching peaceful conflict resolution in both school and business settings. He spends a month each spring doing peace-building in Israel/Palestine.

Laughter Therapy Groups: Inter and Intra-personal group exercises based on Laughter Yoga **Beverly N. Burns, M.A.** **703**

This workshop consists of an aerobic session of sitting, standing, and moving for 20-30 minutes with the use of various laughter techniques, interspersed with yogic breathing and stretching. The Instructor will train participants in how to lead a small laughter group. Experience how prolonged laughter can reduce pain, stress/depression and promote wellness and emotional balance. DVD and Interactive discussion will clarify the objectives for oneself as well as that of the group.

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Experience the social-interactive laughter exercises in a group setting. 2. Lead a laughter session with Steve Wilson's <i>Good Hearted Living</i> exercises. 3. Describe the health and mental health benefits derived from these exercises. | <ol style="list-style-type: none"> 4. Describe the history of the Laughter Movement and the science of laughter. 5. Apply yogic breathing techniques, meditation and chants to improve lung capacity, mood enhancement, blood circulation, and good cardio health. |
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Beverly Burns, M.A., is originally from New York State. As a Waldorf teacher Bev worked in a Waldorf Kindergarten in New York City for six years. While in Germany, she taught a special needs Waldorf class through 8 grades. In 2002, Bev trained as a Laughter Yoga Leader with Dr. Kataria in Hamburg. She has just completed her Laughter Yoga Teacher of Leaders training in the USA. As a Prevention Specialist in NJ, she teaches life skills and Laughter Yoga to children, adults and families through her non-profit workplace, Prevention First Inc.

The Psychosynthesis Me-to-We Toolkit — Sharing Your Innovations **Peter Stonefield, BSEE, M.A., Ph.D.** **704**

Whether you call it The Great Turning or Convergence, we are at a profound moment in history. Accelerating change, blurring boundaries, staggering increases in complexity, and environmental threats have created an unprecedented need to facilitate the emergence of Me-to-We thinking, values, or consciousness. More and more leaders in the public and private sectors recognize that success in this new world requires more "we" thinking. The challenge is how to facilitate the shift.

Psychosynthesis is uniquely endowed with the models, tools and techniques to facilitate this Me-to-We shift in consciousness and lifestyle. All we have to do is innovate, adapt and leverage these tools for use in many different contexts. Doing so will both facilitate the evolution of consciousness and accelerate the development of the world we want, making one giant step towards realizing what Roberto Assagioli described as the Supreme Synthesis.

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Discover how peers are integrating and synthesizing knowledge into new psychosynthesis innovations. 2. Describe how psychosynthesis techniques have been adapted for use in different contexts. | <ol style="list-style-type: none"> 3. Discover new applications for psychosynthesis techniques. 4. Practice a model on how to leverage knowledge and foster innovation in the psychosynthesis community. |
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Peter Stonefield, BSEE, Ph.D., has been applying psychosynthesis in organizational development for 25 years. He developed models of Knowledge Management at Sun Microsystems, GSA and others. He has coached and trained executives, engineers and teams. Over 70,000 managers have participated in one leadership program he developed based on the "Act of Will." Clients include Apple, Baxter Laboratories, Dow Chemical, Hewlett Packard, IBM, Intel, US Government, Sun Microsystems. He was the principal consultant to the winner of the US President's Quality Award for Managing Change in Government.

8:30 – 11:45 am

ROUND SEVEN WORKSHOPS (3 HOURS)

The Ego in Psychosynthesis Theory and Practice

705

Mary Greene, Ph.D.

This workshop will provide a definition and explanation of ego from a psychosynthesis perspective that includes many of the explanations of ego found in other modalities. The workshop will offer ways of working with the ego in one's clients and oneself, and will include an exercise to help participants get started in the exploration of their own egos.

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Define the term "ego" from a psychosynthesis perspective. 2. Describe a technique that will help a client identify his or her own ego. | <ol style="list-style-type: none"> 3. Contrast this approach to understanding ego with the approach of one other psychological modality. |
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(Photo not available)

Mary Greene, Ph.D., has been involved in psychosynthesis for thirty years. For twenty years she was director of the Kentucky Center of Psychosynthesis, in charge of the training program. She is currently semi-retired, working on a book on spiritual evolution in the individual, based on her experiences in psychosynthesis.

Esoteric Schools: Their Importance in Psychosynthesis Practice

706

John Parks, M.A., M.D.; Hedwig Weiler, M.S.N., APRN-BC, LCSW; Judith Bach, Ph.D.

Helena Blavatsky, Krishnamurti, Roberto Assagioli, Alice Bailey, Helena and Nicholas Roerich and Rudolf Steiner are well known to students of transpersonal psychology. Three senior psychosynthesis practitioners will explain and demonstrate how both psychological and esoteric methodologies have contributed to their work with patients.

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Identify specific clinical approaches when combining anthroposophy and psychosynthesis as described by Roberta Nelson in her pioneering PhD dissertation. (More detailed information in the bibliography.) 2. List the key events in the history of Western esotericism from 1850-2010. | <ol style="list-style-type: none"> 3. Identify criteria for conducting acceptable research utilizing ideas and methodologies from the esoteric traditions. 4. Articulate the indications and contraindications for the clinical use of methods from the esoteric traditions. 5. Apply at least one therapeutic method from these traditions. |
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John Parks M.A., M.D., trained in Medicine and Psychiatry at Harvard University and was a member of the Board of Trustees of the Psychosynthesis Research Foundation (1968-1976). He founded the Kentucky Center of Psychosynthesis in 1974, and received the AAP Lifetime Achievement Award in 2000 at the International Psychosynthesis Conference in Bologna, Italy. Since 2004 he has served on AAP's Steering Committee.



Judith Bach, N.A., Ph.D., has founded, with her husband David Bach, the Berkshire Center for Psychosynthesis and The Psychosynthesis Institute of New York. In addition to teaching and a long-time private practice, she has presented workshops and seminars on Social Psychosynthesis in the USA, Canada, Austria, Switzerland and Germany.



Hedwig M Weiler, M.S.N., APRN-BC, LCSW, has been a student of the Ancient Wisdom Teachings for 30 years. She is the founder and presently co-director of the Psychosynthesis Center of Wisconsin, teaching all levels of psychosynthesis. For over 45 years she has been a practitioner and teacher in health care, mental health, healing, personal transformation and community building. Her work with individuals and groups is informed by her study of the esoteric teachings, psychosynthesis and her lifelong commitment to the spiritual path.

Synthesis of Opposites in Everyday Conflicts

707

Walter Polt, M.A.

Through psychosynthesis, powerful practices are emerging for handling conflict. This workshop focuses on managing small, day-to-day differences in an inclusive rather than combative way as the first step in reinventing human conflict. Using stories and lecture, meditative imagery and interactions with each other, participants will help each other understand and begin to practice six transformational conflict strategies available for personal and clinical use.

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Identify one's dominant expressive and reserved conflict styles. 2. Practice coming to agreement on a conflict's purpose and what tools can be utilized. 3. Experience a five-step "Power Time-Out" to explore one's irritation to find important underlying preferences and values. | <ol style="list-style-type: none"> 4. Practice using these five steps to understand an opponent's preferences and values. 5. Begin a process of synthesis of opposite-but positive-values discovered in a conflict. |
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Walter Polt, M.A., is a Licensed Clinical Professional Counselor with an M.A. from Columbia University, an experienced psychosynthesis trainer, coach, and guide. He currently offers synthesis workshops and private coaching. His second book will bring together six strategies to change the course of everyday conflict from inherited prehistoric practices to the synthesis of opposites.

10:15 – 11:45 am

ROUND EIGHT WORKSHOPS (1.5 HOURS)

Simple and Deep: A Process for Group Inner Inquiry

801

Abby Seixas, M.Ed., LMHC

A key tenet of psychosynthesis is that wisdom resides within us, and given the right conditions, we can tap that wisdom for the benefit of ourselves and others. This workshop offers a simple contemplative process to enable participants to draw on both their own deep insight and the collective wisdom of the group to address issues that are alive for them-- from burning existential questions to the dilemmas of daily life. The process is applicable in many group settings, and has been used by Abby in her groups for 15 years. (NOTE: Please bring a journal if you have one.)

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Become familiar with the benefits and added value of inner inquiry in a group setting. 2. Experience the process of group inner inquiry as a participant, and learn-by-doing. | <ol style="list-style-type: none"> 3. Apply this practice in the facilitation of your own groups. |
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Abby Seixas, M.Ed., LMHC, is a psychotherapist, author and speaker specializing in issues of life balance. She offers workshops and retreats, as well as her popular "Deep River"[™] groups. Her work has been featured on national and local television, radio and print media, including NBC's *The Today Show*, *O.*, *the Oprah Magazine*, *Self*, and *Body+Soul*. Abby has practiced psychosynthesis-oriented psychotherapy for thirty years.

Psychosynthesis Distance Learning -- What PSI Has Learned in 25 Years **802**

Robert Anderson, M.D. / Joann Anderson, M.A. / Betty Bosdell, Ph.D. / Mary Kelso, Ph.D.

Psychosynthesis International (PSI) began offering distance learning in 1984 and remains one of the few active training programs. The program evolved from a correspondence type program to one with more online activity integrated with workshops. This workshop will provide a brief history of the program, an evaluation of E-Learning as currently understood by the organization, the sharing of a sample lesson, the experience of an instructor and the experience of a student.

Learning Objectives:

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| <ol style="list-style-type: none"> 1. Articulate the conceptual framework behind distance learning. 2. Experience a typical assignment that is part of a psychosynthesis distance learning program. | <ol style="list-style-type: none"> 3. Describe ways such a program has been experienced by both the instructor and the student. 4. Assess a sample evaluation of the learning process in a distance format. |
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Robert Anderson, M.D., is retired from holistic family medical practice, is an adjunct instructor at Bastyr University, was founder of the American Board of Integrative Holistic Medicine, and is author of five books and numerous papers in the field of integrative holistic medicine.

(Photo not available)

Betty Bosdell, Ph.D., is a Professor Emeritus of Northern Illinois University, where she taught psychosynthesis and other theoretical systems in psychotherapy. She served as co-chair of AAP in 2007 and currently serves on the Professional Development Committee. She has written about child therapy, group counseling and psychosynthesis for a university audience. She has directed research and NDEA training institutes.



Joann Anderson, M.A., is a Mental Health Counselor who has retired after twenty years of practice. In addition to her psychosynthesis training, she is a clinical member of the International Transactional Analysis Association, American Psychotherapy Association, and is listed in *Who's Who of American Women* (21st Edition). She has been an AAP co-chair and is currently editor of the *AAP Quarterly Newsletter*.



Mary Kelso, Ph.D., is a practicing licensed psychologist, college professor and consultant. She was certified in Psychosynthesis in 1985. She teaches graduate courses in transpersonal psychology; child, couples and family therapy; as well as parenting classes to future masters' and doctoral level therapists. Mary teaches "Theories and Techniques of Couple's Therapy" to graduate students preparing to become MFT counselors. She served as co-chair of the AAP in 1999 and is currently on the Professional Development Committee.

Communicating through Research: Conversations on Research Methods and Practice

Roxanne Vandermause, Ph.D., R.N.

803

The psychosynthesis community seeks to foster healing practices that are accessible to many. Research is one way to hone and spread such practices. This workshop opens a conversation about methods to conduct and disseminate research on topics concerning psychosynthesis practice. Aspiring or experienced researchers are invited to attend.

Learning Objectives:

1. Identify questions about specific psychosynthesis practices and the research approaches that could be used to address them.
2. Describe ethical differences between research and practice interactions.
3. Apply research knowledge to a hypothetical or actual research project of interest.



Roxanne Vandermause, Ph.D., a nurse researcher and educator from Washington State University, will facilitate conversations on research. Using psychosynthesis principles in her life, she teaches and engages in research on women's addictions. She has a number of publications relating to this work. She is a member of the AAP Research Committee.

A Sand Story—Psychosynthesis Concepts in a Symbolic World

804

Sylvie LaPierre

This presentation will describe a creative process explored in sand therapy. During this process, symbolic elements chosen to express internal conflicts may be related to psychosynthesis concepts as subpersonalities, values and the 'Self' experience. The ability to recognize and integrate those aspects in the symbolic play has a great impact on the recovery process itself. The complementarities between symbolic elements and psychosynthesis concepts improves the understanding and the integration of the human being.

Learning Objectives:

1. Describe a creative and therapeutic process to express and integrate conflicts.
2. Create a bridge between psychosynthesis and other practices in psychotherapy.
3. Explain a methodology which leads to a greater understanding of the creative process.



Sylvie LaPierre lives in Quebec City and works at the University of Quebec, Rimouski, Campus Lévis, in the field of education. She was a consultant teacher at Sherbrooke University and taught psychosynthesis concepts to Collegial degree teachers. She is involved in art and movement processes and worked recently with Armande Duval, a sand therapist and a psychosynthesist. The Sand Story comes from this experience and is a synthesis of her research on arts and human development.

12:00 – 12:45 pm

Lunch

12:45 – 2:00 pm

Communities of Practice
Peter Stonefield, Ph.D.

Please see Saturday, 9:45 am

2:00 – 2:15 pm

Conference Closing

Post-Conference Workshop

2:30 – 6:30 pm

ROUND NINE WORKSHOP (6 HOURS)

Assagioli's Psychological Functions as Ways of Knowing - Psychosynthesis Research Applications

Phyllis Clay Ph.D.

901

Researchers and non-researchers alike will love this fun, lively workshop! Apply Assagioli's psychological functions as ways of knowing to benefit your own growing edge. Develop a deep relationship utilizing an interview as you apply the ways of knowing to inform a research study. No previous research experience necessary!

Learning Objectives:

1. Participants will become familiar with Assagioli's psychological functions.
2. Participants will use the psychological functions as a qualitative research method.
3. Participants will apply the psychological functions to a portion of an in-depth interview.
4. Participants will learn how to dialogue with each of the functions, using them as ways of knowing.
5. Participants will identify ways of applying the psychological functions as ways of knowing in their own potential research projects.
6. Participants will practice using the psychological functions as ways of knowing in their own self-growth process.
7. Participants will practice ways of knowing in their work with clients.



Phyllis Clay, Ph.D., is a psychosynthesis learner and trainer. She has applied psychosynthesis to her life and work for over 25 years. For several years she has dedicated a month's time to the study of the handwritten notes in Assagioli's archives housed in his home in Florence, Italy.