

**Advancing Humanistic, Existential, &
Transpersonal Psychology &
Scholarship Conference:
Celebrating 10-years of University
Professors Press**



**Virtual Conference
April 30-May 1, 2022**

About University Professors Press

The University Professors Press was established in 2012 with the mission of publishing books in humanistic and existential psychology; clinical psychology; and creativity studies. We were founded by university professors who are published authors and leaders in the field. Our intent was to establish a publishing company by scholars for scholars. While many of our books are intended for a wider professional and, at times, general audience, we seek to maintain a scholarly sensitivity and understanding with all the books we publish. University Professors Press is owned by the editors and authors who comprise our editorial board. As such, we understand and approach the publishing process from the perspective of authors and scholars.

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First Annual Rocky Mountain Humanistic Counseling and Psychological Association Conference

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Continuing Education

Continuing Education Credits need to be purchased separately from the conference. In order to receive CE credits, you must be present for the entire live version of the presentation and complete an evaluation form. We cannot offer CEs for viewing the archived asynchronous versions of these presentations. *You cannot miss more than 5-minutes of a live presentation and receive credit.* We have CE volunteers who will monitor attendance. The volunteer will check to see if individuals who registered for CEs are present in the zoom room for the duration of each presentation. If you have any questions or concerns about the CE process, please direct them to Dr. Louis Hoffman. After each day of the conference, you will receive information on how to complete an evaluation for the CE programs offered that day. After you have completed the evaluation, notify us at ce@rmhcpa.org. Within 5-7 days of completing the evaluation and notifying us, you will receive your CE certificates by Email. CEs are only available for the keynote presentations

CEs are provided in partnership with the Rocky Mountain Humanistic Counseling and Psychological Association and the Society for Humanistic Psychology. The Rocky Mountain Humanistic Counseling and Psychological Association (RMHCPA) has a collaborative agreement with the Society for Humanistic Psychology to provide Continuing Education Certificates for approved training events. Division 32 (Society for Humanistic Psychology) of the American Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 32 (Society for Humanistic Psychology) of the American Psychological Association maintains responsibility for this program and its content.

About the Conference Recordings

The Advancing Humanistic, Existential, and Transpersonal Psychology and Scholarship Conference will be recorded and the recordings will be available in partnership with the Rocky Mountain Humanistic Counseling and Psychological Association Conference through their Thinkific site (rmhcpa.thinkific.com). The live portion will be available on Thinkific within 7-21 days of the live conference. Portions of the roundtables may be edited before being posted.

No recordings other than those may by University Professors Press in partnership with the Rocky Mountain Humansitic Counseling and Psychological Association are allowed at any point during the conference. Attendees may take screen shots or photos of the screen; however, no postings of screen shots should include more than 3 slides from any of the keynote presentations without written permission from the keynote speaker.

Conference Scheduled – Day 1

April 30, 2022 (All Times are Listed in Mountain Standard Time [MST]; subtract 1 hour for PST; add 1 hour for CST; add 2 hours for EST)

8:30-9:00	Conference Opening
9:00-10:00 AM	The Polarized Mind, Depolarizing, and the Path to Awe-Based Consciousness Keynote by Kirk Schneider
10:00-11:20 AM	Polarization and Social Healing Roundtable Moderator: Andrew Bland Panelists: Kirk Schneider, Nathaniel Granger, Tom Pyszczynski, Zenobia Morrill, and Jeff Singer
11:30 AM-12:30 PM	How to Create a Meaningful Society for All: Breaking the Cycles of Structural Injustice Keynote by Joel Vos
12:30-1:50 PM	Social and Political Issues in Psychology Roundtable Moderator: Stephen Simpson Panelists Joel Vos, Frank Gruba-McCallister, Xochitl Vallejos, and Rebecca Zimmerman
2:15-3:15 PM	Transpersonal Psychology, Transformational Technologies, and Our Capacity to Heal a Troubled World Keynote address by Carla Clements
3:15-4:45 PM	Transpersonal Psychology Roundtable Moderator: TBD Panelists Carla Clements, Francis Kaklauskas, Dan Hocoy, Anne Hsu, and Loe Blackmond
4:45-6:00	Getting Published Workshop University Professors Press Editorial Board

Conference Schedule – Day 2

May 1, 2022 (All Times are Listed in Mountain Standard Time [MST]; subtract 1 hour for PST; add 1 hour for CST; add 2 hours for EST)

9:00-10:00 AM	<p>Lessons from 15-Years of Cultural Dialogue on Existential and Humansitic Psychology</p> <p>Joint Keynote by Mark Yang and Louis Hoffman</p>
10:00-11:20 AM	<p>Cross Cultural Perspectives on Existential and Humansitic Psychology Roundtable</p> <p>Moderator: Jason Dias</p> <p>Panelists: Mark Yang, Myrtle Heery, Evone Phoo, Arthur Li, and Julia Olson</p>
11:30 AM-12:30 PM	<p>Becoming: Growing Our Selves Through Life Story Narration</p> <p>Keynote by Julia Falk</p>
12:30-1:50 PM	<p>Existential Psychology Roundtable</p> <p>Moderator: Shawn Rubin</p> <p>Panelists Julia Falk, Louis Hoffman, Eugene DeRobertis, Ed Mendelowitz, Xochitl Vallejos, and Brittany Varisco</p>
2:15-3:15 PM	<p>Poetry to Help Heal Loss: Theoretical Approaches and a Case Example</p> <p>Keynote by Carol Barrett</p>
3:15-4:45 PM	<p>Poetry and Psychology Roundtable Discussion</p> <p>Moderator: Richard Bargdill</p> <p>Panelists: Carol Barrett, Nathaniel Granger, Jennifer Bacon, and Jack Thomas</p>
4:45-5:00 PM	Conference Closing

Keynote Abstracts

The Polarized Mind, Depolarizing, and the Path to Awe-Based Consciousness

Keynote by Kirk J. Schneider

In this keynote address, I will summarize my research on the nature and basis of the polarized mind, which I define as the fixation on a single point of view to the utter exclusion of competing points of view. I will then discuss several approaches to depolarizing the polarized mind including elements of existential-integrative (EI) therapy, as well as a conflict-mediation approach I call the Experiential Democracy Dialogue (EDD). The EDD is a hybrid of an approach by the same name which I have cultivated over 15 years coupled with my experience as a trained moderator for the grass roots citizens movement called “Braver Angels.” Braver Angels brings self-identified liberals and conservatives together for “living room” style conversations. I will then discuss the implications of these depolarizing modalities for what I define as “awe-based consciousness.” Awe-based consciousness is an evolving sensibility based on humility and wonder or sense of adventure toward all life and existence. This consciousness, which embraces the dialectic between anxiety and fascination (what I and others call “life-enhancing” anxiety), has been shown to improve the quality of our individual and collective lives across cultures and personalities. To this end, I will then attempt to show how the principles of EI therapy and EDD, along with several other depolarizing strategies can converge to promote the awe-based consciousness that may not only help us all survive but to thrive.

How to Create a Meaningful Society for All: Breaking the Cycles of Structural Injustice

Keynote by Joel Vos

This presentation will deconstruct the idea that the profession of psychology and psychotherapy can be neutral. The contrary may be the case: Our discipline was started and funded to support an oligarchic elite such as the Bernays’ family. As Foucault (2001/2008) started in his work and others have illustrated in empirical research, a cornerstone of our economic system is the manipulation of emotions, thoughts, and meaning in life. Ordinary citizens may not own what is going on inside their minds and hearts. Psychological manipulation—propaganda and marketing—is the cornerstone of capitalism and seems to capture our minds in a manner similar to the Stockholm Syndrome: the Capitalist Life Syndrome (Vos, 2020). A consequence of this is the vicious cycle of structural injustice, as the existential philosopher Iris Marion Young (2013) wrote. Individuals get stuck in patterns of being victimized time and again due to complex posttraumatic stress disorder (PTSD) and moral injury resulting from structural injustice. In the second part, Joel will analyze what psychological research tells about this vicious cycle of structural injustice, and the differences between the psychological concepts of structural injustice, complex PTSD, and moral injury. In the third part, Joel will describe how individual practitioners may help clients to step out of this vicious cycle of structural injustice and take control over their own minds and hearts (Vos, 2018, 2020). In the fourth part, Joel will describe how psychology as a discipline needs to be improved, so that it can become a leading force for good and fostering positive social change. This will include a discussion of the role of personal and social meaning.

Transpersonal Psychology, Transformational Technologies, and Our Capacity to Heal a Troubled World

Keynote by Carla Clements

Transpersonal psychology has long studied “altered states of consciousness” (ASC) as legitimate and beneficial life, academic, and research fields. This historic focus has led to a deeper understanding of what Roger Walsh (2016) has called “psychotechnologies” (p. 210) or what I refer to as transformational technologies. A transformational technology is a “set of practices to transform the mind and to cultivate the qualities and states of consciousness” that help us develop the wisdom and maturity that is needed to co-create a less traumatized and reactive world—a healing and gentler world, an earth on which humans and other life forms do not just survive, but creatively co-exist and flourish together. These technologies can include breath work, meditation, or other spiritual or therapeutic strategies.

We are currently in a state of terrifying chaos globally, our social structures and commitments crumbling, nuclear powers on the verge of war, technology, and greed threatening to overpower any sentient need for compassion or love. The scientific knowledge of psychological and spiritual trauma we have gained in these last two decades has deepened our understanding of trauma’s ubiquitous destructive effects and the treacherousness of its unfettered, unhealed capacity to negatively impact every life form on the earth. It is not just immaturity and ignorance that we suffer from. It is also a very real wounding in our bodies and in our souls. And the current rational, conventional, industrial, and electronic answers offered by today’s cultures simply don’t teach us how to grow beyond the tragedy-based story we currently embrace.

Transpersonal psychology has persisted in articulating, developing, and making ancient, sacred transformational technologies accessible for everyone, everyday. What were considered dangerous and obscure practices a mere 50 years ago are now mainstream, taught on YouTube, with apps to facilitate everyday use. Breath is now being reclaimed as a largely unrecognized vehicle necessary for our health and well-being. For example, The Shift Network recently sponsored a multi-day event focused on breathing, featuring widely known spiritual and mental health practitioners. Meditation and other mind-managing practices are taught in corporations and on athletic fields and elementary classrooms. Contemplative prayer groups of all religious persuasions offer to add names to their lists to bring comfort to others through email. Psychedelic plants are being de-criminalized and finally acknowledged for their unparalleled ability to heal the most defiant psychological maladies on earth.

There is, however, additional work that must be done to deepen our wisdom in use of these technologies, to focus the direction and impact of them to maximize their healing qualities, and to grow our collective human body beyond its current constraints in wisdom and maturity. Time is short and the need is undeniable. How can we encourage and influence the growth of greater trans-rational, trans-conventional functioning? How can we move into these “altered” states of consciousness ourselves? How quickly can these begin to change our collective vision for a new reality and world?

Lessons from 15-Years of Cultural Dialogue on Existential and Humansitic Psychology

Joint Keynote by Mark Yang and Louis Hoffman

This keynote presentation draws from lessons derived from 15-years of collaborative scholarship, training, and practice in international psychology. The two presenters have worked collaboratively in China, Singapore, and the United States developing culturally informed existential psychology. The keynote begins combining several metaphors and a historical overview of the development of an existential psychology movement in China that serve as a foundation for applications with psychotherapy training and practice. Next, we consider three pillars of doing international psychology from an existential-humanistic perspective: 1) cultural critique, 2) cultural adaptation, and 3) integration of indigenous psychology. Next, we explore the use of cultural myths to explore

issues of meaning in training and practice. From this foundation, we consider challenges and opportunities in building cross-cultural relationships that serve as a foundation for scholarships, training, and therapy application.

Becoming: Growing Our Selves Through Life Story Narration

Keynote by Julia Falk

The presentation will examine the important roles played by life story narration in adult development and personal growth. Its purpose is to enhance awareness of evidence-based indicators of personal growth (Falk, 2018) that may be explicit or implicit in life story narratives—and how that applies to therapeutic or growth-oriented activities and services. The presenter will explicate the role of life story in the development of an individual adult’s subjective conception of self, or narrative identity (McAdams et al., 2021), with emphasis on the self-event connections that produce a sense of continuity within the context of change over the lifetime. The relationship of life story narration to the humanistic/existential concern with personal growth will also be explored. A literature review revealed a number of indicators of personal growth (Falk, 2018) that may be detected in the expression of a life story or the client/author’s feelings about the story. This will include Bauer’s (2021) findings about how personal growth themes appear, or don’t appear, in life story narratives. The presenter will suggest several ways to apply the use or interpretation of life story to therapeutic practice and encourage further suggestions from attendees. Attendees who have participated in recent life review activities will be invited to share how their experience related to personal growth.

Poetry to Help Heal Loss: Theoretical Approaches and a Case Example

Keynote by Carol Barrett

I will summarize the evidence for the healing potential of poetry with both physical and emotional health challenges, and then pursue the question of how such healing occurs. A number of theories proposed by psychologists, poets, and poetry therapists to explain the healing power of lyric poetry will be presented. These include frameworks deriving from psychoanalytic theory, research on writing about trauma, the opportunity for cognitive restructuring, the role of witness, the potential for rewriting life stories, the impact of rhythm, and a consideration of cultural rituals which may have related functions. I will describe my own phenomenological inquiry into the healing brought about by writing about the death of my father, both in anticipating this loss many years before it occurred, and during the final years of his life, as well as in reflecting on poems which were written after his passing. This analysis will attend to all aspects of the creative process, from initial impulse through revision and eventual publication or presentation of the work for a public audience. I will summarize experiences working with undergraduate as well as doctoral students in courses on poetry and healing, in dealing with such common challenges as bereavement, cancer, Alzheimer’s Disease, the current COVID pandemic, and alcoholism, each of which entails a dynamic of loss. I will illustrate dissertations I have supervised which explore the healing potential of poetry across a variety of health concerns. Encouragement to pursue poems as an aid to personal well-being will be conveyed, with some caution stemming from the potential overwhelm when confronting “buried” traumas. Alternative functions of poetry beyond its healing potential will be briefly acknowledged.

Keynote Biographies



Dr. Carla Clements was a professor at Naropa University in Boulder, Colorado, in the Mindfulness-Based Transpersonal Psychology Department (previously Transpersonal Counseling Psychology, TCP) for the last twenty years of her teaching career. She chaired the department for a decade, and taught Assessment, Group Dynamics, Helping Relationships, Transpersonal Psychology, and other courses. In May 2018, she retired to become a researcher for the DMTx program, birthed and in development through Medicinal Mindfulness, Boulder, Colorado. From 2014-2017, Carla was the Independent Rater for the MAPS-sponsored phase 2 study of MDMA-assisted psychotherapy for treatment resistant, chronic PTSD. This experience renewed a lifelong interest in consciousness-expanding compounds that she continues to research. She and a team of students from Naropa University recently completed an article for publication describing their results from a survey of naturalistic practices using DMT. Carla has had a private practice in psychotherapy, specializing in the treatment of PTSD for the past 30 years. She was trained in Gestalt and Reichian therapies and continues to appreciate the wisdom and usefulness of experiential and somatic healing practices. Carla has several publications, including the co-edited *Shadows and Light: Theory, Research, and Practice in Transpersonal Psychology*, Volume 1 (Principles & Practices) & Volume 2 (Talks & Reflections). Volume 2 recently became the all-time best-selling book for University Professors Press. Another article, "Toward a Transpersonal Model of Psychological Illness, Health, and Transformation," published in the *Journal of Transpersonal Psychology* (2016), describes an integrated clinical approach that she developed and continues to find applicable in her therapeutic work with trauma and complicated grief.



Julia Falk, PhD, graduated from Saybrook University's doctoral program in humanistic, existential, and transpersonal psychology with a strong interest in the therapeutic aspects of narrative. She lives near Gettysburg, Pennsylvania, where she is active in developing programs that support holistic health and well-being. She has taught Mindfulness-Based Stress Reduction for more than a decade, along with life story courses, mindful movement, and the practice of Focusing. She had a long career in nursing that culminated in her work to support people who live with chronic difficulty. She lives with her husband, Carl, and hand-me-down dog, Trigger. Their children are all grown and away. She is a dedicated and dreadful jogger. Dr. Falk edited *Becoming an Existential-Humanistic Therapist: Narratives from the Journey* and contributed poems to *A Walk with Nature* and *Connoisseurs of Suffering*.



Carol Barrett, PhD, understands the healing potential of poetry. She holds doctorates in both clinical psychology and creative writing, and teaches courses in Poetry and Healing. Carol directs the Creative Writing Certificate Program at Union Institute & University. She has published two books of poetry, including *Calling in the Bones*, which won the Snyder Prize from Ashland Poetry Press. She also has a recent book of creative nonfiction, *Pansies*, which was a finalist for the Oregon Book Awards. Her writing appears in journals in the fields of Psychology, Women's Studies, Gerontology, Thanatology, Literature, Religious Studies, Medicine, Education, and Dance and Art Therapy. Carol has lived in nine states and in England.



Louis Hoffman, PhD, is the Executive Director of the Rocky Mountain Humanistic Counseling and Psychological Association and a licensed Psychologist in Private Practice. He is the recipient of the Rollo May Award of the Society for Humanistic Psychology and has been recognized as a Fellow of the American Psychological Association as well as six of its divisions (1, 10, 32, 36, 48, 52) for his contributions to psychology. An avid writer, Dr. Hoffman has author/edited 21 books and over 100 journal articles and book chapters. He is the editor-in-chief of the forthcoming *APA Handbook of Humanistic and Existential Psychology* (anticipated publication 2023). He serves on the editorial board of the *Journal of Humanistic Psychology*, *The Humanistic Psychologist*, the *Journal of Constructivist Psychology*, and *Janus Head*. After being a full-time academic for 19-years, Dr. Hoffman shifted to focusing on private practice, nonprofit leadership, and writing. He continues to teach parttime at the University of Denver, the University of Colorado at

Colorado Springs, and Saybrook University. He has published several books with University Professors Press including *Existential Psychology East-West* (Vol. 1 & 2), *Becoming an Existential-Humansitic Therapist*, and several volumes in the Poetry, Healing, and Growth Series.



Kirk J. Schneider, PhD, is a leading spokesperson for contemporary existential-humanistic and existential-integrative psychology. Dr. Schneider is a cofounder and current president of the Existential-Humanistic Institute (an award-winning psychotherapy training center), a two-term Council Member of the American Psychological Association (APA), and a two-time Candidate for President of the APA; he will be a candidate again in 2022. He is also past president (2015-2016) of the Society for Humanistic Psychology (Division 32) of the APA, recent past editor of the *Journal of Humanistic Psychology* (2005-2012), a trained moderator for the conflict mediation group Braver Angels, and an adjunct faculty member at Saybrook University and Teachers College, Columbia University, and he is Guest Instructor at the Manhattan Institute of Psychoanalysis. Dr. Schneider is also an Honorary Member of the Society for Existential Analysis and the East European Association for Existential Therapy. He received the

Rollo May Award for “outstanding and independent contributions” to the field of humanistic psychology from the Society for Humanistic Psychology (APA Division 32) and is a Fellow of six Divisions of the APA (9, 32, 42, 12, 29, 24). His work on existential-integrative psychotherapy has been featured in a special issue of the *Journal of Psychotherapy Integration* (March, 2016) and is the inspiration for the psychotherapy training program of the Living Institute, Toronto, Canada. Dr. Schneider has published over 200 articles, interviews, and chapters and has authored or edited 13 books including *The Spirituality of Awe*, *The Polarized Mind*, *The Depolarization of America*, *Awakening to Awe*, *The Handbook of Humanistic Psychology*, *Existential-Humanistic therapy*, *Existential-Integrative Psychotherapy*, *The Wiley World Handbook of Existential Therapy*, and *The Depolarizing of America: A Guidebook for Social Healing*. Dr. Schneider’s work has been featured in *Scientific American*, the *New York Times*, *The Guardian*, *Vanity Fair*, *Psychology Today*, *BBC World News* and many other health and psychology outlets. For more information on Dr. Schneider's work visit <https://kirkjschneider.com>.



Dr Joel Vos PhD MSc MA CPsychol FHEA is a psychologist, philosopher, author, researcher, lecturer, and existential therapist. He works as Senior Researcher and Senior Lecturer at the Metanoia Institute in London, United Kingdom. His research focuses on topics around meaning in life, social justice, and the effectiveness of humanistic and existential therapies. He is director of the IMEC International Meaning Events & Community, which organises annual conferences, workshops, training, and cultural events (meaning.org.uk). He has over 100 publications, including the books *Meaning in Life: An Evidence-Based Handbook for Practitioners* (MacMillan, 2017), *Mental Health in Crisis* (Sage, 2019), *The Economics of Meaning in Life: From the Capitalist Life Syndrome to*

Meaning-Centered Economies (University Professors Press, 2020), and *The Psychology of COVID-19* (Sage, 2020). Upcoming training events via IMEC include ‘Certificate Evidence-Based Meaning-Centered Practitioner’ (23 May-25 July) and a self-development training ‘Discover your meaning in life: learn how to make decisions, enjoy and live your life to the fullest’ (23 May-25 July); IMEC also runs self-development groups on the last Wednesday evening of the month with an invited speaker, discussion and peer support (see meaning.org.uk). Read more at joelvos.com. Email: joel.vos@metanoia.ac.uk



Mark Yang, PsyD, is a licensed clinical psychologist and is actively involved in the training and supervision of psychology students from the Existential-Humanistic Perspective throughout Asia. Dr. Yang was an Adjunct Professor at Saybrook University and the Director of Clinical Training at the California School of Professional Psychology's Hong Kong Campus. His professional interests include: Existential Psychology, Individual and Group Psychotherapy, Grief and Bereavement Counseling, Legal and Ethical Issues in Clinical Practice, and Cross-Cultural Psychology. Dr. Yang is the author of the book *Lighting the Candle: Taoist Principles in Supervision Conducted from an Existential-Humanistic Perspective*. He is also the editor of the book *Existential*

Psychology and the Way of the Tao: Meditations on the Writings of Zhuangzi and the co-editor of the books *Existential Psychology: East-West* (Volumes 1 & 2). Dr. Yang was born in Taiwan and immigrated to the United States when he was nine years old. He is also a dog and cat lover.

Roundtable Participants



Jennifer N. Bacon earned her PhD in Curriculum and Instruction from the University of Maryland, College Park, and her MEd in Special Education from the University of Virginia. Dr. Bacon is a Core Associate Professor in Education at Naropa University who has taught preschool-age children through graduate school domestically and abroad. She has also served as an Associate Dean for Naropa College. In addition to her experience in education, she is trained in the use of poetry therapy, spiritual guidance, and yoga. Dr. Bacon also is an interfaith minister. She authored the

book *Sisters in the Dissertation House: A Dissertation Narrative*, which addresses doctoral completion by women of color in underrepresented fields. Dr. Bacon's publications also include such articles as, "Writing in Solidarity: The Lived Experience of African American Adolescent Girls Writing Poetry," "Using Culturally and Inclusive Poetry Groups with Diverse Teens," and "Culturally Responsive Poetry." She co-authored the article, "Examining Teachers' Beliefs About African American Male Students in a Low-Performing High School in an African American School District." Her children's book, *I Am an Antiracist Superhero!* will be published by Bala Kids in 2023. Dr. Bacon's forthcoming book on the lived experience of African American adolescents and poetry will be published by University Professors Press. You can find out more about Dr. Bacon at <https://www.naropa.edu/profile/?smid=57940>.



Richard Bargdill received his PhD in Clinical Psychology from the Existential Psychology program at Duquesne University in Pittsburgh, PA. He is currently an Associate Professor of Psychology at Virginia Commonwealth University. Dr. Bargdill is the author and co-editor of two UPP books: *An Artist's Thought Book: Intriguing Thoughts About the Artistic Process.* and *Humanistic Contributions to Psychology 101-Growth, Choice, and Responsibility.* He has poetry in many of UPP poetry books and his artwork dons the cover of UPP books *Silent Screams* and Amendo Goirgi's *Reflections*. He researches the assassination of environmentalists, aesthetic chills, and dreams.



Loe Blackmond, MA, graduated with a Master's in Forensic Psychology in 2018 from the University of Denver and jumped right into the PsyD program. Her goal was to become a therapist clients could count on, a therapist worth their salt. Over the years, she worked with a wide variety of populations, including first responders, crime victims, cancer survivors, the elderly, community mental health patients, immigrants, those struggling with infertility and child loss, those with severe and persistent mental illness and intellectual and developmental disabilities, and mandated clients (i.e., domestic violence perpetrators and sex offenders). Among other things, she enjoys helping people understand their predicaments, the importance of the brain-body connection, and the tie between mental health and the body; she enjoys supporting individuals as they come to terms with their existential struggles and find their authentic selves. Loe takes pleasure in assisting those dealing with somatic symptoms, shame, guilt, and pressure of societal norms, normalizing and validating their thoughts and feelings and doing so under the Existential-Humanistic umbrella, thus helping them see past their intellectual selves. Currently, Loe is a 4th year Doctor of Psychology student at the University of Denver who will be applying for an internship this fall. She plans to stay in Colorado at her current placement, Code-4 Counseling, and continue creating space where individuals feel comfortable with vulnerability and buy into the therapy process, allowing them to explore the depths of their souls, desires, and needs to live fulfilling lives. Her interests include crime victims, PTSD, OCD, Trauma & Grief, religious trauma, Depression, Anxiety, marital issues/infidelity,

family and work stress, cultural struggles, and mental health for individuals with diverse cultural backgrounds.



Andrew M. Bland, PhD, is an associate professor of psychology at Millersville University in Lancaster County, PA, USA. He earned a master's degree from the University of West Georgia's humanistic-existential-transpersonal psychology program and a PhD in counseling psychology from Indiana State University. He is a licensed psychologist, currently practicing at Samaritan Counseling Center in Lancaster, PA. Andrew is an associate editor of the *Journal of Humanistic Psychology*, and he serves on the executive boards of the Society for Humanistic Psychology and the Society for Qualitative Inquiry in Psychology. His scholarship provides both qualitative and quantitative support for the practical application of themes and principles from contemporary existential-humanistic psychology in the domains of relationships, work/careers, leadership, the processes of therapy and education, creativity, cross-cultural encounters, and lifespan development. He is coeditor of *The New-Old: Recollections, Reflections, and Reconnoiterings of*

Mike Arons (published by University Professors Press, 2020).



Eugene Mario DeRobertis, PhD, is a Professor of Psychology at Brookdale College in New Jersey and a Lecturer at Rutgers University-Newark. He received his PhD in psychology from Duquesne University. He has been teaching at the college level since 1996. Prior to committing himself to teaching full-time, Professor DeRobertis worked as a developmentally oriented psychotherapist, an academic counselor, and an addictions counselor. He has published multiple peer-reviewed works in the areas of phenomenological psychology, existential-humanistic psychology, psychological theory, and developmental psychology with an emphasis on childhood. His publications include *Humanizing Child Developmental Theory: A Holistic Approach* (2008), *The Whole Child: Selected Papers on Existential-Humanistic Child Psychology* (2012), *The Phenomenology of Learning and Becoming: Enthusiasm, Creativity, and Self-Development* (2017) and *Profiles of Personality: Integration, Paradox, and the Process of Becoming* (Second Edition). He is currently the Review Editor for the *Journal of Phenomenological Psychology*. Dr. DeRobertis's personal interests include mid 20th century rhythm and blues music, horror in film, and American automobiles of the 1960s.



Jason Dias, PsyD, is a psychology professor residing in Colorado Springs, Colorado. He has nearly twenty years experience working with adults with developmental disabilities, people experiencing severe states, and people experiencing both conditions at once, as well as with sex offenders. He is a cofounder of the Zhi Mian International Institute of Existential-Humanistic Psychology, whose mission is to provide basic counseling skills to students of psychotherapy in China. More information on this project can be found at <http://zhimianinstitute.com/home>.



Nathaniel Granger, Jr., PsyD, Nathaniel Granger, Jr., PsyD, a Chicago native, is a Past-President of Division 32 of the American Psychological Association (Society for Humanistic Psychology) and an adjunct professor at Saybrook University. As a Psychology Instructor at Pikes Peak Community College for almost 15 years, he received the 2007 Honor Role Award for his transformational style of teaching and leadership, which facilitated in an increase in the school's retention rate among marginalized groups. He serves as an editor of University Professor's Press and is the Treasurer of Rocky Mountain Counseling and Psychological Association (RMHCPA). Additionally, he is the Chief of Staff of the Pikes Peak Southern Christian Leadership Conference (SCLC); the civil rights organization originally led by Dr. Martin Luther King, Jr. as its first President. Along with several publications, presentations, workshops, and keynotes to his credit, it is his embodiment of Dr.

Martin Luther King, Jr. and reenactment of the “I have a Dream” speech along with his oratory gifts that give life to any topic that has rendered Dr. Granger a desired and sought-after speaker. Among his published works are four books *Stay Awhile: Poetic Narratives on Multiculturalism and Diversity*; *Silent Screams: Poetic Journeys Through Addiction and Recovery*; *Humanistic Approaches to Multiculturalism and Diversity: Perspectives on Existence and Difference*, and doctoral dissertation “Perceptions of Racial Microaggressions Among African American Males: A Heuristic Inquiry.” Dr. Granger is originally a product of the inner-city, where gross poverty and dropping out of high school aided in succumbing to life on the streets of Chicago, where he received Life’s proverbial degree in “hard-knocks.” However, through perseverance and determination, by enlisting in the U.S. Army and beginning his formal educational pursuits at the community college level, he has since served in many capacities in the arena of Human Services to include but not limited to Founder and Director of Be REAL Ministries, Inc. in Colorado Springs, Colorado, where he serves the community by working closely with marginalized groups as a pastor and psychotherapist by taking an existential-humanistic approach to Christian service. He actively continues the march towards humanizing homelessness and advocates for the displaced and disenfranchised. Dr. Granger is the co-chair of the annual No More Secrets mental health symposium, confronting the stigma and educating the Colorado Springs community on Mental Health. He has been featured in the Gazette and Independent News Papers and was recently an invited panelist for the Gazette and KKTU Community Discussion on the Opioid Crisis. He specializes in trauma, relationships, and diversity and inclusion and continues to add to his research on microaggressions. Getting his start as a nurse, he has over 30 years of experience in Human Services. Dr. G, as many of his students past and present have affectionately come to refer to him, is an honored recipient of the Carmi Harari Early Career Award from the Society for Humanistic Psychology and his commitment to human dignity and social justice remains the substrata upon which a majority of his work is predicated.



Myrtle Heery, PhD, MFT, has been in private practice in Petaluma, CA for over thirty-five years. Since COVID 19, she continues private practice on encrypted zoom with adults and couples. She also offers consultations for psychologists and other mental health professionals on encrypted zoom. She founded the International Institute for Humanistic Studies in 2000 in Petaluma, CA, which she directs and instructs trainings in mindful existential-humanistic and transpersonal psychotherapy, titled *Unearthing the Moment*. She presently continues trainings on Zoom. She has led trainings for psychologists and other helping professionals in Canada, Europe, Russia, Mexico, United States. She has lectured at universities in Beijing and Shanghai, China and Edmonton, Canada. She was a former Associate Professor of In-Depth Psychology, Sonoma State University, Rohnert Park, CA, and Adjunct Faculty, Institute of Transpersonal Psychology, Palo Alto, CA. She was a student for close

to three decades with James F. T. Bugental, PhD, and a senior teaching associate with Dr. Bugental for a decade. She has published articles and chapters on a variety of psychotherapeutic topics, including an article published both in U.S. and Russia on the Soul of Russian and American Psychotherapeutic Trainings. She co-edited *Awakening to Aging* (2005; second edition 2015) and edited *Unearthing the Moment, Mindful Applications of Existential-Humanistic and Transpersonal Psychotherapy* (2014). Dr. Heery contributed chapters to *Existential Psychology East-West* (Vol. 1, Rev. & expanded ed.) and *Becoming an Existential Humanistic Therapist: Narratives from the Journey*. Her passion is teaching, national and international trainings for psychologists and a variety of helping professionals, and existential-humanistic psychotherapy not only for the therapeutic hour but a variety of group

settings contributing to a humanistic global community. Dr. Heery can be contacted at www.human-studies.com or mheery@sonic.net.



Dan Hocoy, PhD, currently serves as President of Goddard College. He has provided distinguished leadership in a wide range of roles at colleges and universities across the United States. During his twenty-five years in progressive higher education, he has served as faculty as well as in multiple administrative positions, including as President of Antioch University in Seattle and President of Erie Community College of the State University of New York, as well as Vice Chancellor for Strategic Initiatives of the Metropolitan Community College District (MCC) and President of MCC's Longview campus. Dr. Hocoy's lifework has been committed to advancing social justice. His research in the social sciences has been dedicated to understanding the psychological conditions for intergroup understanding and social equity, while his scholarship in clinical psychology has endeavored to make theory, research, and practice

more inclusive of different cultural realities. His dissertation was the first to examine the impact of apartheid on Blacks in South Africa and was used by the country's Truth and Reconciliation Commission to structure its processes. Dr. Hocoy's development work (Ghana, Guyana) has endeavored to mitigate the legacy of colonialism, and his international service (Italy, India) has worked toward facilitating inter-religious dialogue. Throughout his career in academic administration, he has made "serving the underserved" and addressing historic injustices a priority of the institutions he has led. Dan is co-editor of *Shadows & Light: Theory, Research, and Practice in Transpersonal Psychology* (Volume 1 & 2), and contributed a chapter titled "Transpersonal Psychology in the Age of Isis: The Role of Culture, Social Action, and Personal Transformation." He also contributed a chapter titled "Chinese Calligraphy: Antidote to Political Polarization in the West," which is featured in *Existential Psychology East-West* (Vol. 2).



Anne Hsu, PhD, is a mother-scholar-practitioner. She is an internationally trained and licensed clinical psychologist in Taiwan, China, and Colorado with a transcultural orientation. Currently, she resides with her spouse and toddler in Denver. She founded True Colors Psychology Group Clinic in Taiwan and now shares a private practice in Denver with her husband (another existential-humanistic psychologist). She also supervises doctoral learners and is the lead professor for Sofia's Overseas Masters of Transpersonal Psychology Program. Dr. Hsu was the lead author of the chapter, "Further Developments of Existential-Humanistic Dialogues in Southeast Asia," which appeared in *Existential-Psychology East-West* (Rev. & expanded ed.).



Frank Gruba-McCallister, PhD, is currently retired after having taught for over thirty-three years at the Illinois School of Professional Psychology-Chicago, Adler University, and the Chicago School of Professional Psychology-Chicago. Among the courses he taught were history and systems, humanistic approaches to psychotherapy, and the impact of structural and systemic factors on health and dysfunction. He also served in academic administration at all three schools. While the Vice President of Academic Affairs at Adler, he oversaw the revision of all degree programs to support the newly adopted mission of the school to educate socially responsible practitioners. This innovation was recognized by the Clinical

Psychology Doctoral program receiving the 2007 American Psychological Association's Board of Education Affairs Award for Innovative Practices in Graduate Education in Psychology. He has published and done professional presentations in the areas of humanistic/existential psychology, spirituality, health psychology, critical psychology, and the role of psychology in advancing social justice. Recently, his book, *Embracing Disillusionment: Achieving Liberation Through the Demystification of Suffering*, was recently published by University Professors Press. In this book, he explores the significant adverse impact of oppression on physical and psychological well-being, the role of neoliberal ideology in oppression, and the role psychologists must play in exposing and meaningfully addressing the suffering caused by oppression.



Francis J. Kaklauskas, PsyD, FAGPA, CGP, primarily professionally identifies as clinician. For the last 30 years he has worked in a variety of settings including community mental health, forensic and residential settings, and educational institutions. He co-edited several books including the 2020 Anne Alonso Award winning, *Core Principles of Group Psychotherapy*. He is the co-editor of *Shadows & Light: Theory, Research, and Practice in Transpersonal Psychology* (Volumes 1 & 2), *Brilliant Sanity: Buddhist Approaches to Psychotherapy* (Rev. & expanded ed.), and *Existential Psychology East-West* (Vol. 1., Rev. & expanded ed.) published by University Professors Press. Additionally, he has published dozens of book chapters and articles with over 50 unique co-authors on topics including practical application of research findings into actual clinical practice, pedagogy, spirituality, and group psychotherapy.

Previously, he directed the University of Colorado's Group Psychotherapy Training program with a dual focus in multicultural and psychodynamic approaches and led the doctoral program and specialization in Existential-Humanistic Psychology at Saybrook University. Currently, he leads process, training, and consultation groups in his private practice through the Collective for Psychological Wellness, as well as serving as core faculty in Naropa University's Mindfulness-based counseling programs. Dr. Kaklauskas has been a tireless supporter to other colleagues and students through a personable style that combines warmth, humor, humility, and scholarship



Arthur Li, PsyD, is a practicing clinical psychologist and counselling psychologist in Hong Kong. Arthur has extensive experiences working in the mental health setting. His practice is existentially and phenomenologically informed, and he is an accredited member of the International Association of Logotherapy and Existential Analysis, and a member of the American Daseinsanalytic Institute. Arthur is also involved in promoting existential, meaning-centered, and phenomenological practice of psychotherapy in Hong Kong. His areas of interest include existential analysis, phenomenological psychopathology, meaning-centered approaches, and process of psychotherapy.



Ed Mendelowitz, PhD, completed his doctoral studies at the California School of Professional Psychology where he worked closely with the preeminent psychologist and author Rollo May. He is Associate Editor of *The Humanistic Psychologist*, on the Board of Editors for the *Journal of Humanistic Psychology*, and a contributor to some of the major compendiums of existential/humanistic/depth psychotherapy. His writing resides on the gnostic frontiers of psychology in its poetic blending of art, literature, music, cinema, religion, philosophy, and clinical narrative. His collage-like *Ethics and Lao-tzu* has been called “an extraordinary moral narrative” by the Pulitzer Prize-winning Robert Coles and “a remarkable book, a compendium of wisdom from an astonishing variety of sources” by the late psychoanalyst and author Allen Wheelis. Ed is adjunct faculty at Saybrook. He is the recipient of the Rollo May Award, bestowed by the Society for Humanistic Psychology (APA Div. 32) for “independent and outstanding pursuit of new frontiers in humanistic psychology.” He lives with his wife, Khanh, and daughter, Miryam, in Greater Los Angeles.



Zenobia Morrill, PhD, is a postdoctoral fellow at Yale University, Mental Health & Counseling. She completed her postgraduate fellowship in clinical and community psychology at the Yale School of Medicine and her doctorate in counseling psychology at the University of Massachusetts Boston. Her research interests include critical and liberation psychology, psychotherapy, qualitative methods, and decolonial approaches. In Dr. Morrill’s recent research, she utilized critical-constructivist grounded theory to examine expert and cultural power dynamics in clinical practice from humanistic-existential and feminist-multicultural perspectives. From these data, she developed a model for a Liberation Psychotherapy. Zenobia is on the editorial board of the *Journal of Humanistic Psychology*. She also serves on the board of the Society for Qualitative Inquiry in Psychology (SQIP), the Society for Theoretical and Philosophical Psychology (STTP), and she is a fellow of the American Psychoanalytic Association (ApsaA).



Julia Olson is pursuing a Master of Arts in International Disaster Psychology at the University of Denver. She identifies heavily with the Existential-Humanistic perspective and plans to incorporate the Power Threat Meaning Framework into her practice for a more thoughtful approach than what diagnostic systems currently allow. She greatly values the nuance and diversity of the human experience and hopes to provide a space to others in which they can better understand themselves and how and who they want to be. Julia also serves as the student representative for her program and is involved in tasking systems at large with increasing equity within and access to graduate education.



Evone Phoo, BSc, MClinical Psych, served in the banking industry for four years before taking the leap to clinical psychology. Throughout her training and career as a Clinical Psychologist, Evone has practiced in government hospitals, psychiatric clinic, and private counselling centers. She has also provided workshops and trainings for companies from various industries, such as consulting, banking, IT, education, and embassy. Currently, Evone is a senior lecturer and the Deputy Head of Psychology Department at HELP University. She is also a practicing clinical psychologist, and mainly working within the Existential and Psychoanalytic frameworks in psychotherapy. Evone had a chapter titled, “The Myth of Death: Of Arrival and Departure, and Everything in Between,” featured in

Existential Psychology East-West (Vol. 2) and co-authored a chapter on “Further Development of Existential-Humanistic Dialogues in Southeast Asia” in *Existential Psychology East-West* (Vol 1., Rev. & expanded ed.).



Tom Pyszczynski, PhD, is Distinguished Professor of Psychology at the University of Colorado at Colorado Springs. He received his PhD in psychology from the University of Kansas in 1980. With his colleagues Jeff Greenberg of the University of Arizona and Sheldon Solomon of Skidmore College, he developed *Terror Management Theory*, which explores the role of death in life and suggests that cultural worldviews, self-esteem, and close personal relationships function to manage the potential for existential terror that results from the uniquely human awareness of the inevitability of death. Terror management theory research has explored the implications of the theory for a wide range of issues, including self-esteem, meaning in life, close relationships, self-deception, disgust, aging, prosocial behavior, love, sexual ambivalence, prejudice, conflict, political divisiveness, aggression, war, and terrorism. Professor Pyszczynski has also conducted research on clinical problems such

as anxiety, depression, and posttraumatic stress disorder. His work has also explored how people control information so they can construe their biased beliefs as following logically from available information, and the role that disruptions of self-regulatory processes and anxiety-control

mechanisms play in depression and posttraumatic stress disorder. He is currently conducting research focused on understanding diverse reactions to the COVID-19 pandemic and the emergence of psychological disorders in response to it. He has published over 250 articles in peer-reviewed journals and is co-author or co-editor of several books, including *Hanging on and Letting Go: Understanding the Onset, Progression, and Remission of Depression* (1994, Springer-Verlag), *In the Wake of 9/11: The Psychology of Terror* (2003, American Psychological Association Books), the *Handbook of Experimental Existential Psychology* (2003; Guilford Press), and *The Worm at the Core: The Role of Death in Life* (2015, Random House). He was one of the organizers of the first *International Conference on Experimental Existential Psychology* in Amsterdam, July, 2001, which played a major role in launching this new sub-discipline of social psychology. He and his colleagues received lifetime achievement awards from the *International Society for Self and Identity*, the *Society for Personality and Social Psychology*, the *International Society for the Science of Existential Psychology*, and the *American Psychological Association*, for their work on terror management theory. View his webpage at tmt@missouri.edu.



Shawn Rubin, PsyD, is a Licensed Clinical Psychologist and a Clinical Professor of Psychology at The George Washington University. He is former Chair of the School of Clinical Psychology at Saybrook University and former Co-Chair of the MA & PsyD Programs at the Michigan School of Psychology. He has maintained a private practice in existential-humanistic depth therapy for over 25 years, and since 2014 has specialized in affirming psychotherapy with transgender and gender-diverse children, adolescents, adults, couples and their families. He is Past-President and Member at Large of Division 32, Past-Editor in Chief of the *Journal of Humanistic Psychology*, serves on the Advisory Board of the Transgender Education Association of Greater Washington, and Supervisor in the

Psychedelic-Assisted Psychotherapy Certificate Program at the California Institute of Integral Studies. In addition to his articles and book chapters, Shawn is also Co-Editor of *Humanistic Psychotherapies: Handbook of Research and Practice* (2nd Ed.) published by the American Psychological Association.



Stephen W. Simpson, PhD, is psychologist, author, and Associate Professor in the Graduate School of Psychology and Marriage and Family Therapy at Fuller Theological Seminary. His writing and research focuses on sexuality and religion, while his clinical work addresses a range of mental health issues, including relationship problems, trauma, anxiety, depression, sexual identity, and sexual dysfunction. He has authored three books, the latest of which is *Single Sex Stories: Tales of Unmarried Sexuality and Faith*, published by University Professors Press. He is the lead editor of the forthcoming book *Eros and Psyche: Existential Perspectives on Sexuality* to be published by University Professors Press.



Jeff Singer is a first-year Clinical PsyD student at the University of Denver. My path to the professional world of psychology has been a rather unconventional one. Upon completing my bachelor's degree at Pennsylvania State University, I moved to Vietnam to work as an English teacher and to explore a region of the world that has always fascinated me. The opportunity to immerse myself in a novel culture instilled in me, a curiosity about the nature of human existence across different regions of the world. What are the aspects of the human condition that are universal and, relatedly, how do these factors influence what it means to live a good life? As I have grappled with various theoretical orientations while searching for answers to these fundamental questions, I have been drawn to the tenets of Existential-Humanistic Psychology. I see the pursuit of meaning, relationship to the existential givens, and a connection to awe, as core drivers of human behavior. I have been inspired by the works of Viktor Frankl, Carl Rogers, and Kirk Schneider among others. I

am honored to take part in this panel with some of the leaders in this field and continue my own journey in solidifying my clinical identity.



Drake Spaeth, PsyD, is currently the Existential and Humanistic Psychology Specialization Coordinator in the Humanistic Clinical Psychology Department at Saybrook University, where he also served as Psychology Department Chair for three years. He is also Associate Adjunct Professor at The Chicago School of Professional Psychology, teaching in the International Psychology and MA Forensic Online Programs. Additionally, Drake served as department faculty in the Chicago campus and Online campus Counseling programs at TCSPP for 14 years. He is also Affiliate Faculty at The Family Institute at Northwestern University. Drake was President of The Society for Humanistic Psychology (APA Division 32) from 2019-2020. Dr. Spaeth's clinical and professional interests additionally focus on depth psychology, transpersonal psychology, spirituality, spiritual emergencies, trauma, and ethics

and professional issues in psychotherapy.



Jack Thomas is a student at the Graduate School of Professional Psychology (GSPP) pursuing a Doctorate of Psychology in Clinical Psychology. Jack earned his Masters of Arts in Clinical Psychology in 2021 from GSPP. In 2017, Jack graduated from the University of Denver with a Bachelor of Arts in Psychology, and minors in English, Philosophy, and History. Jack has a little over five years of supervised clinical experience working in a variety of settings, including residential and outpatient Substance Use/Misuse treatment, Detox/withdrawal management, Inpatient Psychiatry, and multiple community mental health clinics. Jack specializes in treating Substance Use Disorders and Trauma. He currently works with adults with complex trauma, military veterans, children, adolescents, and their families. Jack has a special interest in working with the LGBTQ+ community, which is represented across a variety of cultural, occupational, and demographic intersections. Jack's research interests include LGBTQ+ issues, Attachment Theory, psychedelic-assisted psychotherapy, play therapy, creative arts in psychotherapy, and existential-humanistic psychology.



Lisa Xochitl Vallejos, PhD, is a licensed professional counselor in Colorado. She is the current Board Chair of the Rocky Mountain Humanistic Counseling and Psychological Association as well as the President and co-founder of The Humanitarian Alliance. She serves on a number of boards and has been involved in many community task forces and initiatives. She currently teaches Anti-Racist, Anti-Oppression, and Social Justice training for mental health professionals. Dr. V is the author of *Shattered: How Everything Came Together When it All Fell Apart* and co-editor of *Lullabies and Confessions: Poetic Explorations of Parenting Across the Lifespan*. She is an author or co-author of several articles and book chapters. Dr. V offers transpersonal perspectives on relationships, parenting, and life. She currently lives in Colorado with her two children and puppy, Goliath. For more information, please visit her website at www.lisavallejos.com



Brittany Varisco, MS, is a third year PsyD student at the University of Denver's Graduate School of Professional Psychology. After completing her bachelor's degree at the United States Air Force Academy, Brittany served on active duty as a pilot in the Air Force, flying combat airlift, medical evacuation, and humanitarian missions in the C-17 Globemaster. In 2018, she took a "leap of faith" and found the path to her PsyD program, and more specifically Existential-Humanistic psychology, had been paved by her lived experiences both in the military and in her personal life. Brittany's passions for poetry, music, literature, philosophy, and theology found a "home" in Existential-Humanistic psychology, and her journey thus far has been inspired by the works of Viktor Frankl, R.D. Laing, Kirk Schneider, and Irvin Yalom. Her clinical and

research interests include health psychology, psychosocial oncology, attachment theory, trauma, addiction, and spirituality.



Rebecca Zimmerman, MSW, (she/her) is an MSW experienced in legislation and policy at the state level, having formerly served as chair of the policy committee advising Colorado's statewide coalition against intimate partner violence (IPV). She is a current doctoral student at the University of Denver Graduate School of Social Work focused on IPV and public policy. She teaches social work, public policy, and social justice at the University of Denver and Utica University. Her professional and academic experience includes policy analysis, the legislative process, research, survivor advocacy, communications, and community organizing.

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