

Newsletter August 2018

C  
r  
e  
a  
t  
i  
v  
i  
t  
y  
S  
t  
u  
d  
i  
e  
s

## Inside this Issue:

RC Offerings  
Welcome New Students!  
2018 Graduates & Dissertations  
Presentations  
Publishing  
Faculty Submissions  
Art & Artists

Saybrook University



## Greetings to our Saybrook Community!

*from Terri Goslin-Jones, PhD*

Our Creativity Newsletter is a testimony to the vitality and creativity that is thriving in our Saybrook community. There are a multitude of ways that our students and faculty are expressing their creativity including everyday creativity, poetry, music, singing, conference presentations, gardening, expressive arts, photography, publishing, social transformation, travel, and new business applications. We have inspiring contributions in all of these areas.

This summer I was involved in an expressive arts workshop on "Portals." A portal is a doorway, a gateway, or a path opening to other ways of knowing. Some of my favorite creative endeavors are portals, transporting me to places of presence and congruence.

My portals of creative expression include dreams, gardening, photography, art-making, relational creativity, meditation, music, writing—and participating in expressive arts workshops! What places and practices offer you a portal to explore your creative potential?



## **Creativity Specialization Meeting:**

### ***Inside & Out: An Exploration of our Inner Critic using PCEA***

Noreen Edwards, PhD & Terri Goslin-Jones, PhD

Saturday, 8:30-11:30, September 1, 2018 - Open to all Saybrook Students

This 3-hour session is designed for students at all different stages of their graduate studies. You can be an advanced student in Creativity Studies or a first semester student with a desire to take creativity courses for electives. This session will include an experiential creative process used by Noreen Edwards, PhD in her dissertation to explore: "What is the impact of PCEA group process on participants' compassion satisfaction, burnout, and secondary traumatic stress?" Research on this topic will also be discussed.

The field of creativity studies has a direct application in virtually every professional area, including the arts, counseling, business and government, coaching, education, health, and social transformation. Join us for an exploration of the impact of the inner critic.

No experience needed.

## **Creativity Studies Luncheon**

Carrie Arnold, PhD, Diana Rivera, PhD, & Melinda Rothouse, PhD (Moderator: Terri Goslin-Jones, PhD)

Saturday, September 1, 2018 - Open to all Saybrook Students

The Creativity Studies luncheon will feature three of our recent alumni's dissertation research.

Carrie Arnold will present: *Using Photo Narrative to Explore Meaning Reconstruction Among Bereaved University Students.*

Diana Rivera will present: *On imagining: An inquiry into the Experience of Imagination in the Lives of Artistic Professionals*

Melinda Rothouse will present: *Facilitating Team Creativity and Collaboration Using Mindfulness and Contemplative Arts.*

## ***The Ins and Outs of Publishing Your Creative Writing***

Carol Barrett, PhD (2 Hr: Pro-Seminar)

Saturday, September 1, 2018, 1:30-3:15pm - Open to all Saybrook Students

We will examine protocol for submitting poems, plays, fiction and nonfiction writing for publication in journals and magazines. Editor expectations will be discussed. The primary steps to increase the acceptance of future publishing will be discussed including: 1) dialogue with yourself about readiness to move the work out, 2) feedback and revision, 3) discerning a proper home for your writing, 4) the cover letter, 5) submission strategy, and 6) celebrating your success. Resources to assist in expanding your familiarity with publishing venues will be provided. Self-publishing and publication of book-length manuscripts will not be addressed.

***Beholding and Tending to the Seasons of Life through Creative Process***

Carol Barret, PhD, Terri Goslin-Jones, PhD, Marina Smirnova, PhD

Sunday, September 2, 2018 - Open to all Saybrook Students

This workshop will use writing, poetry, and creative process as a means to explore and to embrace the seasons of life. We will ask the question, "How may one behold, tend to, and embody these seasons?" Participants will be invited to (a) become familiar with experiential approaches to harvesting healing potentials in creative work, (b) tend to internal experience, and (c) welcome fulfilling paths that emerge from their creative process.

***Mythopoetic and Archetypal Journeys and Sensibilities in Self-Discovery, Creativity, and Healing***

Marina Smirnova, PhD, Terri Goslin-Jones, PhD, and Drake Spaeth PhD.

Monday, September 3, 2018 - Open to all Saybrook Students

In this experiential workshop, the nature and the essence of mythopoetic and archetypal journeys (including the heroic journey) will be explored. Ways of cultivating mythopoetic and archetypal sensibilities pertaining to the four structural forms of the psyche or archetypes—Mother/King, Lover, Amazon/Warrior, and Medial/Magician—will be emphasized.

***50 Years of Transpersonal Psychology | A Collaborative Workshop between EHTP, CSIH & CS***

Louis Hoffman, PhD, Gina Belton, PhD, Bob Schmitt, PhD, Abbe Blume, PhD, Terri Goslin-Jones, PhD, Drake Spaeth, PhD

Tuesday, September 3 &amp; Wednesday, September 4, 2018 - Open to all Saybrook Students

Transpersonal Psychology is celebrating its 50<sup>th</sup> year anniversary this year. This workshop is a celebration of transpersonal psychology and will discuss the history, important contributions, and essential contemporary issues in Transpersonal Psychology. The first day will focus on indigenous psychology contributions to transpersonal psychology as well, the convergence and divergence between existential and transpersonal psychology, and experiencing embodiedness as a gateway to transcendence as well as the immanent Sacred. Day Two will open the "trans" of transpersonal, journeying across disciplinary boundaries of Western and Buddhist psychology to consider how components of suffering might be identified and transformed. Day Two will also consider important aspects of the history and development of the field of transpersonal psychology. In the tradition of transpersonal psychology, the workshop will also incorporate opening and closing rituals.

***The Alchemy of Creativity and Self-Compassion for the Clinician and Researcher***

Terri Goslin-Jones, PhD &amp; Bonnie Settlege, PhD—Collaborative workshop between Clinical Psychology &amp; Creativity Studies—September 5, 2018 - Open for all Saybrook Students

This experiential workshop offers Person-Centered Expressive Arts to explore and utilize self-compassion to care for oneself and help others. Self-compassion is often dismissed in the healing process. Change begins from within and compassion is a bridge to integrating and healing our suppressed emotions and suffering. Mindfulness, movement, art-making, sound, writing, and witnessing will be of-



## RC Offerings (cont'd)

Open to all Saybrook Students

ferred as a process to facilitate self-compassion. Graduate students, researchers, therapists, educators, and consultants can utilize these processes for self-care and for healing others. Note: This session is limited to the first 25 attendees due to the experiential nature, limited art supplies and space. It is important to be able to attend the a.m. and p.m. sessions.

## Welcome New Students!



**Aelgyrr Sonstegard** – originally from extreme northern Idaho, with a Canadian family background, my pursuits outside of work center on music and advocacy with the GLBT community. Right now, a friend who's a French horn player in the Seattle Symphony is gently nudging, okay pestering me to write him something we can both premier, and his not-so-gentle nudging may be just the kickstart needed to get the muse to whisper to me!

I came to Saybrook after a long and circuitous professional route that started at a Lutheran university. I was, at the time, preparing for seminary and anticipating a career in Music Ministry—but ultimately seminary and I broke up when I just couldn't make

the dogma work. I drifted away from traditional religious paths, but at the same time, my interest in and affinity for more esoteric, older spiritual paths grew stronger and stronger. I stumbled through a series of career paths from public school music teacher to actor/singer to designing automated voice-recognition systems, my current profession. Through it all there was the persistent desire to find the focus point where spirituality, counseling, expression, creativity, and the practical application of all of these joined.

Toward that end, I am now enrolled in the Creativity Studies Program at Saybrook, which will eventually be joined with Spiritual Counseling and Experience Design programs to form professional credentials that "span the gap" (i.e., provide a foot in both the spiritual/creative world and the corporate/workaday world.) By understanding the interconnectedness of our senses, I believe that creativity can be brought to bear in unexpected but delightful and productive ways, even in the most lackluster of contexts.



## Welcome New Students! (cont'd)



**Jennifer Romsos** - I have been married to my wife, Jennifer, for four years and our family consists of two daughters, KJ and Ainsley, and two dogs. We live in Minneapolis, MN. I love spending time outdoors and on the lake. I also enjoy traveling as much as possible, which provides plenty of inspiration for my photography hobby. On a similar note, I work as an image production artist, creating visuals for my company's website. I am a newbie wine enthusiast and I love discovering new wines to try.

We came across this fitting quote by Robert Louis Stevenson in a wine cave in France:

"Wine is bottled poetry," another reminder that creativity is everywhere.

**Elaine Blasi** - Kinesthetically, I enjoy interior design projects, working with color and texture, occasionally creating mixed media collages. Intellectually, I love applying elements of design to both curriculum and management within a school. After work hours, I spend the bulk of my time with my husband sharing a vibrant life of reading, film, music, writing, and dialogue. During my time alone I read, practice yoga, and take long walks with our dog. Traveling is reserved for visiting two sons, a daughter, and their families, which include a grandson and a granddaughter.

I wanted a program that would consciously guide me in using my right brain to interpret my left brain, to power my very own "STEAM" engine. I wanted a structured course of study that would help me write "the book I have within me." I wanted academic classes that would draw upon my passion, my hunger for "color" in all its manifestations and forms. I wanted the expert guidance that would consolidate Montessori philosophy, my personal life philosophy, within an innovative construct integrating all of the pieces of my puzzle. I wanted a program that would support me in maintaining grace, balance, and poise in all that I do and live.





## Welcome New Students! (cont'd)



**Sierra Parham-Gantt** - I'm from Chicago, IL. I enjoy creating collages and mixed media art. I love the freedom of using different art materials and "ordinary objects" to create a visual story. I also enjoy writing poetry and using language to awaken our heartfelt emotions and evoke social justice awareness. My dream is to become an expressive arts therapist and open my own holistic wellness studio. I believe that everyone has creativity within, waiting to be unleashed. I chose Saybrook University because I believe in its humanistic approach to psychology. Weaved throughout the Creativity Studies curriculum is the mission to empower students to become self-aware beings and professionals, ready to cultivate creativity in others. It sets me on the path to achieving my dreams!

**Jennifer Townsend** - I was a Registered Nurse for many years and although satisfying, it still left an empty place in my heart. I began to wonder about the many intricacies of the human mind and how they affect behavior. Six years ago I began my quest toward self-actualization by entering an undergraduate psychology program. I continued my studies and received Master's Degree in General Psychology. My passion for psychology and the study of the mind is so great that I have decided I would like to share it. I would like to enter the PhD program in Psychology with an emphasis on Creativity Studies. Saybrook University will help me reach my goals because of its firm belief in humanistic psychology, which align with my value system and beliefs. I believe, with Saybrook University's help and guidance, I will be able to light a fire in undergraduate students who have an interest in psychology. To teach is the greatest good. I can serve and empower people through my enthusiasm and my true love for the field.



I currently live in Salisbury, Maryland, but have lived all over the country from New York to California. I will be moving to Delaware where I am hoping to purchase my forever home. I have so many different interests, but my biggest love is reading. I read everything from autobiographies to the latest Stephen King novel. I am also a huge fan of horror films, roller coasters, the beach, and animals. As far as creative passions, I enjoy photography, film and writing.



# Student Submissions

## Sound



### Etta James Tribute

Jannelle Means  
Creativity Specialization

Originally from Chattanooga, TN, now residing in Nashville, Jannelle is the vocalist for the After 5 Tux Band. Jannelle sings music in various genres, and has been the worship leader at a church in Goodlettsville,

TN, and participates in recording sessions for several artists and musicians. She enjoyed the opportunity of doing background vocals for country artist Sara Evans on two of her recordings for her album, *A Fine Place to Start*. In 2013, Jannelle performed in a tribute show for Etta James and in 2014 in a tribute show for Chaka Khan. She continues to volunteer at the Tennessee Prison for Women and Music for Seniors, a non-profit organization that entertains older adults at community and senior centers. Jannelle currently has a single out on iTunes, Amazon Music, and other media players and online broadcasters. Visit, watch, listen, learn more at: [jannellemeans.com](http://jannellemeans.com) | [youtube.com/watch?v=NduUvv903bw](https://youtube.com/watch?v=NduUvv903bw)



### Just One Way

By Jeff Mims  
[jeffmims.bandcamp.com](http://jeffmims.bandcamp.com)

love me today  
or tomorrow won't come

love me tomorrow  
and we wake the sun

love me always  
'cause it won't fade  
just one way

you used to think  
the world of me  
a hope  
for what could be  
or has it all gone

Chorus

you wasted so much time  
from me

now here we go again

still I stand here  
waitin' on you  
come back again

love me today  
or tomorrow won't come

love me tomorrow  
and we wake the sun

love me always  
'cause it won't fade  
just one way

#### Lyrics

I never wanted  
to let it come to this  
the time we've spent here  
has come and gone

still I stand here  
waitin' on you  
come back again

Jeff Mims - Candidate  
PhD Psychology  
Creativity Specialization

C  
r  
e  
a  
t  
i  
v  
i  
t  
y  
  
S  
t  
u  
d  
i  
e  
s

# Student Submissions

## Sound (cont'd)

### Brennan Alvarado

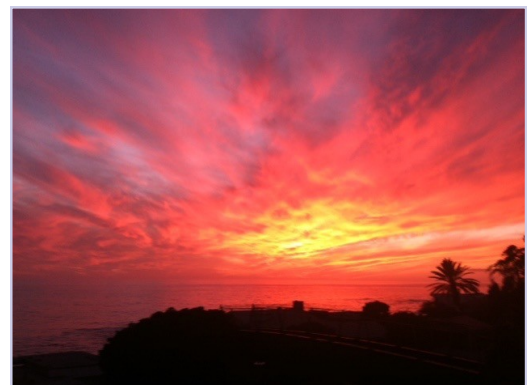
Clinical Psychology

The snow covered mountain photo is the cover artwork of my latest album, which is an expanded version of *Brennan* (2017). The new album is titled *Brennan After All These Years* (2018) and contains 23 songs. These songs expand a 15 year period and are a collection of song artifacts. The sunset photo is the cover art of the album *Brennan*. In other news, I now have an electric telecaster guitar and amp which I love and will use in my research.

#### The Center of the Storm

*A song by Brennan Alvarado*

You got to have a purpose  
To put your mind at ease  
If you're sick of being nervous  
You'd better break down your disease  
Until you are close to the sun  
Or the bottom of the sea  
'Til you're singing in a garden  
Or swinging in a tree  
There is a beauty in perfection  
Just like the dew upon the vine  
Pretty soon you'll find perfection  
In the forest of your mind  
With the wind upon your back  
And with the sun upon your face  
Come join with pride  
In fight for our human race  
This time the answer to the question  
Is in the center of the storm  
If you're cold and start shaking  
Turn around towards the warm  
There's a sucker in white linen  
There is a sucker for every girl  
The gardens keep on growing  
We are the life in this world  
Every faded picture  
Every poem that you wrote  
Is testament to your honor  
And puts glory in the note





# Student Submissions

## Poets in the Field



### Death Is....

by Diana Johnston

Social Transformation Dimensions of Creativity (CS 4500) & Use of Poetry with Death and Loss (CS 4535)

Death is...  
Dissolving into the Mystery

Every Atom  
Every Molecule

Every What If...  
Every Why?

Answered

In a Moment

That lasts  
For Eternity

# Student Submissions

## Poets in the Field (cont'd)

### Her Rainbow

for our kitty Mimi

It is afternoon. Dark early, I think,  
Splatters on pavers, and geraniums  
gratefully receiving raindrops  
on their purple petals. Kumquats glisten  
in orange skins, and guavas in green,  
washed clean for the squirrels.

Then it happens: that strange yellow gleam,  
rainbow light just after the rain. And there she is  
Rainbow in her glorious stripes of indigo and red,  
arching her back about The Santa Monica  
Mountains, over the neighbor's house, finally,  
meeting my eyes, she blesses this house  
with her presence.

She spreads herself magnificently,  
bursting, now fading, fainter  
and fainter so quickly. Souls rise  
to her arch, Souls rise all over the Earth,  
like heat misting from hot sidewalks, cooled  
by rain. With them is our Mimi,  
our sleek, black cat who must have lain still  
in her favorite spot under the lemon tree,  
waiting for Rainbow to take her up.

Away her soul flies like a gliding bird.  
Rainbow strokes her gently with a brush,  
blending her colorful stripes into black fur.  
Welcomed by the clouds fluffing themselves  
to envelope Mimi, to welcome her in.  
Rainbow's colors warm her soul, bathed  
in rain and light on her flight to the heavens.

A rainy afternoon evaporates, as the sun peeks  
out. She is gone with Rainbow. I hope to see her  
again soon, every time I see Rainbow.  
Goodbye Mimi

- Gaile Byock  
Creativity & EHTP Specializations



# Student Submissions

## Poets in the Field (cont'd)

### Source of the Oceans

Tears  
of elation  
and despair  
remind us of what was  
or could have been  
create the  
Streams  
of ecstasy  
and sorrow  
memories of passion  
or pain  
trickle to the  
Rivers  
of laughter  
and longing  
thoughts of love  
or loss  
flow to the  
Oceans  
of yesterday  
and tomorrow  
where desires are lived  
and fate  
kisses us goodnight.

by Tara Payne-Steele  
Creativity Specialization

# Student Submissions

## Poets in the Field (cont'd)



What's the harm?

Where's the foul?

Why ignore a vital part of human existence?

Do you not see the damage being done?

Why ignore?

Why, why, why?

Make a habit of creativity!

Make creativity a way of life.

Without creativity there is no culture!

Creativity is the foundation of the earth.

Imagine a colorless world -

Imagine a world with no sound -

Imagine a world with no texture,

No flavor,

No savor!

Create a culture of creativity

So our children can grow.

Create a culture of creativity

So we can free our souls.

Create a culture of creativity

So transformation can occur.

Mother Nature creates every day

And so too should we humans.

**Make a Culture of Creativity | Jodi Austin**

Dimensions of Creativity (CS 4500) & Perspectives of Creativity (CS 4501)



# Student Submissions

## Poets in the Field (cont'd)

**Melinda Rothouse**  
PhD Candidate  
Psychology/Creativity Studies

Heart worn thin, I cannot hold  
So much grief, so much life.  
I'm spilling out all over the place,  
Falling apart. Breaking down. Breaking open.  
Overcome.

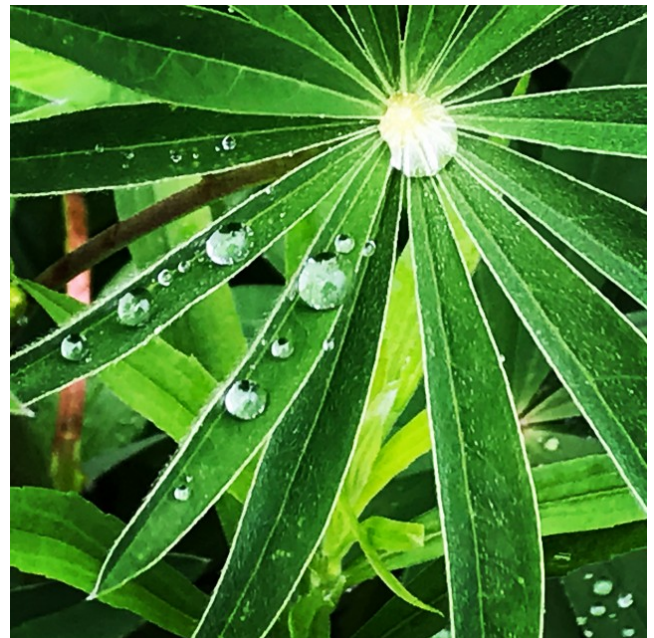
Creation is an ordeal, a rite of passage.  
Only surrender will suffice.

Like birthing a child ~ the agony  
Of bringing something new into being  
I have not the strength to push this thing out  
Through sheer will alone.

A mirage on the highway~  
Each time I think I've arrived,  
It dissolves, dissipates, disappears.

A longing for stillness and silence  
In order to hear  
The softest but most vital voice  
Whispering the sublime, just out of reach.  
Beckoning me to the depths,  
Into shadowy lands where most fear to plunge

When in doubt, slow down. Be still, descend.



*This is a poem I wrote while completing my dissertation, about the agony of the creative process, which became the basis for my recent talk on Chaos, Stillness, and Creativity at the Jung Society of Austin.*

I practice and teach a type of contemplative photography called Miksang, which means "good eye" in Tibetan. I love to photograph the ordinary magic and vividness of everyday life, particularly during my various travels.

[melindarothouse.com/creative-work.html](http://melindarothouse.com/creative-work.html)



# Student Submissions

Visual

Tara Payne-Steele



P  
E  
R  
S  
O  
N  
A

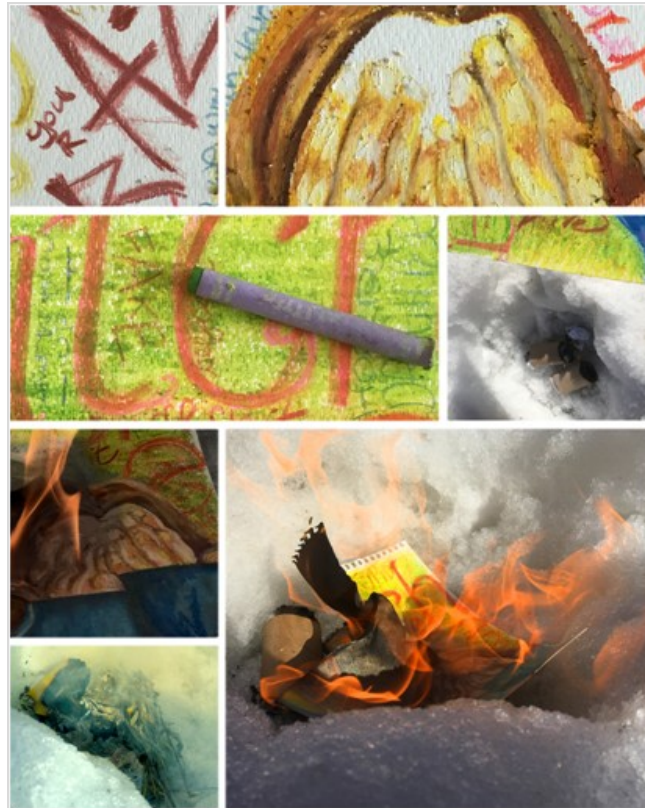


W  
A  
I  
T  
I  
N  
G  
P  
A  
T  
I  
E  
N  
T  
L  
Y



# Student Submissions

## Visual (cont'd)



In CS 4500, *Dimensions of Creativity*, I used Wallas (1926) four-stage creativity model as a framework in which to examine my creative process.

I examined my process beginning with preparation, moving into incubation, followed by illumination, and concluded with verification.

For my "Creativity Date," I chose to create a visual representation of life events that have contributed to an emotional creative block for me.

My creation process began with reflection on these events and how they have affected me. I then drew what I felt to be a representation of that. The process of drawing helped to validate my experience and gave me something tangible to then destroy in a cathartic final action of releasing all those feelings I had been carrying with me for years.

Jen Romsos | March 25, 2018

# Student Submissions

## Visual (cont'd)

To explore an art journal prompt, I found myself accessing objects. That proved to be a surprise. It seems external objects help me identify sides of myself that need to be heard. I realized this by looking at personal objects I could use for a collage: raffia, scallop shells from the Route of Santiago de Compostela, Belgian lace crosses, cathedral candles, cotton bolls. To me, these objects represent a side of myself that likes to explore spirituality.

After looking at these personal objects, I then created a collage on raffia and metal. The metal is part of a fruit crate from a Dutch farm. I tied raffia cloth which I painted using natural pigments and an egg-tempera process to the metal. For the egg-tempera process, I used an egg yolk to serve as a natural binder medium. I added an equal part of pigment and few drops of distilled water to the egg yolk medium. Finally, I applied the paint mixture to the raffia and layered collage materials, a Manzanita branch, cracked cotton bolls, and raffia ribbon.

**Art Journal Entry | Melissa Segonds**  
Expressive Arts (CS 6606)



# Student Submissions

## Visual (cont'd)

With the birth of my daughter, Chloe, in November 2017, becoming a new mother while also working on a doctorate degree program started out as a daunting task. I have had to find new ways of organizing my time in order to care for her needs, complete schoolwork, and reevaluate my own identity and priorities.

Every day the light and curiosity I find in her eyes is also reflected in mine as she teaches me how to meet each day with eyes wide open while also looking inside of myself to see what is transforming.

Expressive arts and art journaling have been incredible sources of creative expression and deep processing that have helped me to bring my life into a new alignment. Although difficult, new motherhood has definitely helped me to be more mindful, prioritize the little things in life, reclaim play as essential, and recognize just how important my creative endeavors are for my self-care, navigating life transitions, and processing deep emotions.

Chloe enjoys the creative process, too, as she watches me blow bubbles, listens to me play my steel tongue drum, has dance parties with me, and even helps me with doodle drawings with markers from time to time.



Art Journaling | Kristen Clute | Creativity Specialization



# Student Submissions



**Crystal S. Medlin**  
**Doctoral Candidate**

Crystal S. Medlin, first-year clinical psychology doctoral student, is preparing for the start of a new school year by working on art therapy templates to get the conversations rolling when students return. She is a counselor with the Department of Education, with a primary focus on the most pressing need of those within her region on Hawai'i County: trauma. One of her favorite templates includes mood graphs adapted from Susan Buchalter, wherein students receive a prompt to draw a picture of their mood and then elaborate on this by following other prompts that explore how each student makes meaning out of his/her current states.

Building on the idea of implementing a social breakfast club for students at the high school and elementary school sites she serves, she is seeking to help get students in a positive state of mind so that the rest of their days continue in the same. When Crystal first began her current work, her school administrative team asked her if she could start her workday at least 1 hour earlier than the previously established schedule. Being an early morning person and striving to do whatever it takes to effect change, she happily agreed.

She was informed that most students come into her schools carrying a lot of "baggage." Their distress is manifested in different ways but is not often exhibited during morning drop-offs. Crystal wanted to learn why. Although she realizes she cannot approach her work donning a white cape and dashing in to rescue all students in distress, she also knows that schools include one of the most salient settings in which to effect meaningful change in young people's lives. Using her creative approach, she hopes at least one student will benefit from her interventions.

With a specialization in creativity studies and a deep interest in the intersection of humanism and psychotherapy, she looks forward to what her studies at Saybrook will offer her as she continues to craft her practice to make effectual change for those within her region.

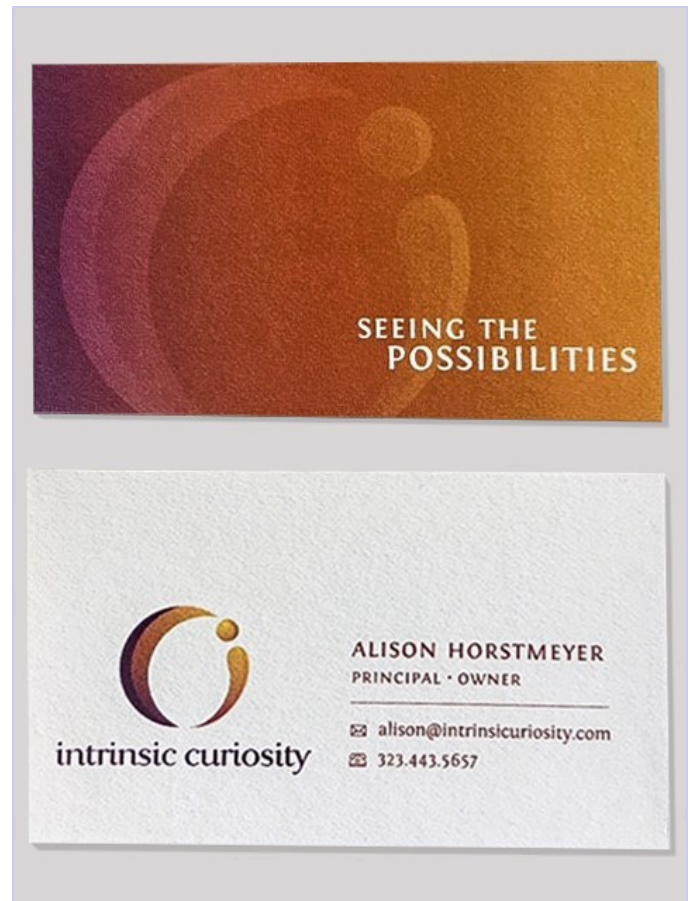
# Student Submissions

Alison Horstmeyer  
PhD Candidate  
Mind-Body Medicine Program

I am a PhD student in the Mind-Body Medicine Program. My doctorate focuses on exploring curiosity because through my coursework I became fascinated by the profundity and potency of curiosity. For example, curiosity has been associated with divergent thinking, emotional dexterity, enhanced interpersonal relationships, lower levels of anxiety and stress, and higher levels of life satisfaction. My passion for exploring curiosity also led me to contemplate how I could use my work as a platform for my emerging consultancy.

While taking the course, Dimensions of Creativity (CS 4500); the 4 P's of the creative process came alive as I worked to create the brand identity for my consultancy. The company name I settled on was Intrinsic Curiosity. The brand identity of the consultancy had to resonate with both corporate and individual clients, and be applicable across multiple services such as coaching, business consulting, and teaching; all of which require curiosity. In addition, the brand identity had to embody and communicate the concept that individual, personal, and professional growth and development and business growth were each a continuous cycle, not a linear trajectory. Finally, the brand identity had to communicate that this cycle had an element of self-determined behaviors or actions.

The graphic designer and I went through several design concepts until we settled on a logo that could express this. We then explored various color palettes to ensure that the tone and energy conveyed was one of excitement at what is possible yet grounded in the work that an individual or group of individuals must do to realize meaningful outcomes. The business card is an example of the product or application of the brand identity. The card stock is an organic cotton to underscore that there is an organic compound to the process of exploration and discovery.



# Student Submissions

Diana Rivera  
Clinical Psychology

I am on a mission to support creativity in human development, applying the imagination in a constructive way that enhances communities and organizations, as well as encourages creative people to pursue their highest endeavors in their personal and professional lives.



I am a leading coach, facilitator, and specialist who uses creative practices, coaching models, and contemporary research in psychology to create profound purpose and direction for my students and clients. I work one-on-one and in group settings as a coach to creative professionals. I also develop innovative multi-week, arts integration programs for children, adolescents, and professional development for teachers, and programs from nonprofit and for-profit organizations on creative process, collaboration, and enhanced communication.

I am a scholar, researcher, and practitioner. I hold an undergraduate degree from the University of Santa Cruz, a Master's Degree in Psychology with a specialization in Creativity Studies, and a PhD in Clinical Psychology. My research interests include the function of the imagination in human development, flow and blocks to creative process, the state of work-life balance for creative professionals, the arts impact on innovation and economy, the origin and function of imagination, the multiple dimensions of self in personality and their pertinence to mental health.

Learn more, explore: [creativeempowermentcoaching.com](http://creativeempowermentcoaching.com)



# Student Submissions

Diana Johnson  
Social Transformation



As a Saybrook student, I'd like to create a space for us to delve into considerations surrounding aging and the end of life without looking at death solely as a medicalized event.

Home funerals and green burials are options that align with an intimate and sustainable approach; facets of end-of-life considerations that I find central to transformative social change.

As part of the Saybrook community, we dedicate our lives to bettering the human condition. Our collective work spans the life course from supporting the youngest among us to comforting our elders through palliative care. We promote sustainable ways of being, devoting much of our time to work that positively impacts others and the planet. So how can this work continue even after we are gone? Have we considered how we might continue this legacy in death? Green burials and home funerals provide options in line with these values. While participating in the Green Fair I was surprised that even among the socially and environmentally conscious, most people were unaware of these options.

Read the full article: <https://www.saybrook.edu/unbound/green-burials-home-funerals-diana-johnson/>

# 2018 Graduates & Dissertation Titles

**Carrie Ann Arnold**

Ph.D. Psychology

*USING PHOTO NARRATIVE TO EXPLORE MEANING RECONSTRUCTION AMONG BEREAVED UNIVERSITY STUDENTS*

Terri Goslin-Jones, Ph.D.; Chair

**Susan L. Borkin**

Ph.D. Psychology

*WRITING FROM THE INSIGHT OUT: AN EXPERIENTIAL JOURNALING PROGRAM FOR PSYCHOTHERAPISTS*

Carol Barrett, Ph.D.; Chair

**Gloria A. Chance**

Ph.D. Psychology

*PREPARING THE NEW 21ST CENTURY LEADER: A DEVELOPMENT OF CREATIVE TECHNIQUES USED IN ATTEMPTS TO ENHANCE THE CREATIVE POTENTIAL AMONG MEMBERS OF THEIR GROUPS*

Charles Piazza, Ph.D.; Chair

**Stacey L. Cox**

Ph.D. Psychology

*AN AUTOETHNOGRAPHIC STUDY OF BURNOUT RECOVERY*

Robert McAndrews, Ph.D.; Chair

**Noreen Lenore Edwards**

Ph.D. Psychology

*THE EFFECTS OF PERSON-CENTERED EXPRESSIVE ARTS ON COMPASSION FATIGUE IN SOCIAL WORKERS*

Terri Goslin-Jones, Ph.D.; Chair

**Rachel Dianne Porias**

Ph.D. Psychology

*CREATIVE WRITING IN A COLLEGE SCIENCE CLASS: MIXED METHODS STUDY OF TREATMENT EFFECTS ON ACTIVE LEARNING, CREATIVE THINKING, AND GENERAL WELLBEING WITH CREATIVITY CONSIDERED AS A POTENTIAL 4TH PSYCHOLOGICAL FACTOR OF SELF-DETERMINATION IN DECI 7 RYAN'S MODEL*

Ruth Richards, M.D., Ph.D.; Chair

**Susan Quaglietti**

Ph.D. Psychology

*USING PHOTOGRAPHY AND WRITTEN EXPRESSION TO CREATE A HOPE NARRATIVE FOR VETERANS IN RECOVERY: A RETROSPECTIVE MIXED-METHODS PROGRAM EVALUATION*

Robert Schmitt, Ph.D.; Chair

# 2018 Graduates & Dissertation Titles

**Diana Rivera**

Ph.D. Psychology, Clinical Psychology Specialization

*ON IMAGINING: AN INQUIRY INTO THE EXPERIENCE OF IMAGINATION IN THE LIVES OF ARTISTIC PROFESSIONALS*

Ruth Richards, M.D., Ph.D.; Chair

**Melinda Joy Rothouse**

Ph.D. Psychology

*FACILITATING TEAM CREATIVITY AND COLLABORATION USING MINDFULNESS AND CONTEMPLATIVE ARTS*

Terri Goslin-Jones, Ph.D.; Chair

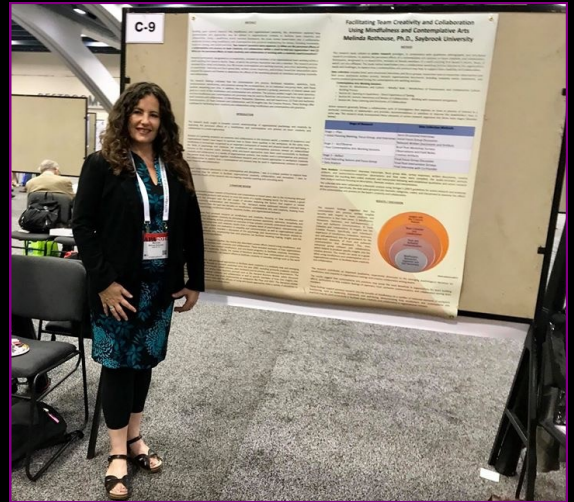
Saybrook University offers  
masters, doctorate, and certificate programs  
in Creative Studies. Understanding the dynamics of creativity can  
enhance professional growth in unexpected and exciting ways.  
Creativity Studies has direct application in virtually every profes-  
sional area including the arts, counseling, business and govern-  
ment, coaching, education, and social transformation.

Contact us!

Saybrook University - Creative Studies



# Presentations



Steve Pritzker, Melinda Rothhouse, Karel Bouse, Terri Goslin-Jones, Ruth Richards, Diana Rivera, Anthony Williams at the APA



**Creativity Studies**

Creativity Studies traveled to Ashland, Oregon. Carol Barrett and Marta Ockuly offered inspiring presentations at the Southern Oregon University conference. Saybrook also hosted a reception at the Southern Oregon University Creativity Conference. Photos include: Carol Barrett, Gayle Byock, John Cane, Daniel Cape, Terri Goslin-Jones, Marta Ockuly, Tara Payne-Steele, Nancy Reid, Marina Smirnova, Kady Pomerlou-Corpstein.



## Presentations (cont'd)



**Creativity Conference**  
Southern Oregon University



This event had something for everyone, including those who study the science of creativity, research creative and consider themselves so *secretive!*

Featuring keynote speakers Mihaly Csikszentmihalyi and Robert Sternberg as well as invited addresses by Michael Mumford, Mark Runco, Marjorie Taylor, and Blad Glaveanu—and more.



There were presentations on the latest in creativity research, representing a wide array of academic fields, as well as applied workshops providing working professionals opportunities to participate in hands-on activities designed to develop and leverage creativity in the workplace. Marta Ockuly and Carol Barrett from Saybrook offered inspiring presentations.

Saybrook hosted a reception that was attended by alumni students, faculty, and international presenters.

The Creativity Conference, sponsored by Southern Oregon University, is located in beautiful Ashland, Oregon.





## Presentations (cont'd)

Stanley Krippner served as a discussant at four APA panels: Chaos Theory; Neo-Shamanism; Psychedelic Therapy; and Transpersonal Research Methods. He also told jokes at the annual Albert Ellis Comedy Slam.



Stanley Krippner, Nathan Long, and Saybrook's first president, Dr. Eleanor Criswell Hanna



## Sara Shields

Creativity Specialization

I presented at the American Holistic Nurses Association National Conference (Niagara Falls, NY), which was Jun 5-11, 2018. I conducted a half-day pre-conference workshop called *Wild Facilitation of Creative Expression and Nursing Innovation* for nursing leaders. I was able to showcase a lot of what I learned during the Organizational Creativity course that I took last fall. The workshop I presented helped nursing leaders understand the role of creativity in nursing and to learn a variety of strategies to facilitate creativity within a healthcare environment. We also discussed research related to creativity in nursing and each participant developed an action plan to use with her own nursing team.



## Mary Rees

Mary Rees, Creativity & CSIH Specialization, was inspired to offer presentations as part of her dissertation process by other students (Saybrook's Kristina Wibbens and European students who are required to do so as part of their programs.) Mary will be part of a panel at the Human Science Institute and will present two posters at one conference: The American Psychological Association and the International Symposium for Contemplative Research (ISCR):

2018 November 8-11, Phoenix, AZ, *Characteristics of Pre-Reflective Consciousness in Theory and Practice* International Symposium for Contemplative Research

2018 September 14-16, San Francisco, CA, *Energizing Democratic Principles*, Human Science Institute

2018 August 10, San Francisco, CA, *The Moment of Creation: A Meta-Model for Opening to Emergence* Psychology of Aesthetics, Creativity and the Arts (DIV 10), American Psychological Association

## Cindy Hartzell

Cindy Hartzell, Creativity Specialization, presented *Overcoming "Once Upon a Time": Tell Your Story and Transform Your World* at the Creative Problem Solving Institute (CPSI) conference on June 23, 2018, in Buffalo, New York. The Creative Problem Solving Institute (CPSI) is the world's longest-running creativity conference.

## Melinda Rothouse

Creativity Specialization

- June 22, 2018 - Public presentation on *Chaos, Stillness, and Creativity*, Jung Society of Austin, 7pm
- August 2018 - Poster Session and Graduate Student Showcase, *Using Mindfulness and Contemplative Arts to Facilitate Team Creativity and Collaboration*, American Psychology Association Annual Convention, San Francisco, CA
- September 1, 2018 - Conference Presentation, *Facilitating Team Creativity and Collaboration Using Mindfulness and Contemplative Arts*, Creativity Studies Luncheon, Saybrook University Residential Conference, Monterey, CA

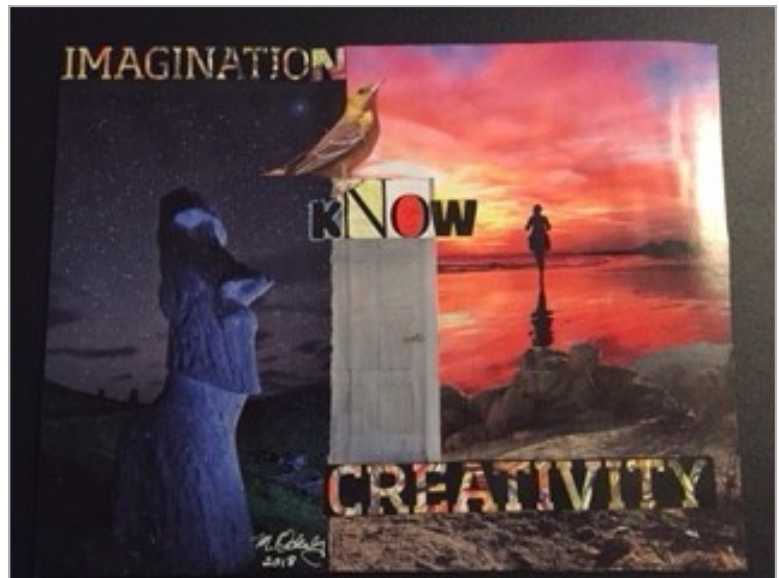
## Steven Pritzker, PhD

Creativity Studies faculty, Steven Pritzker gave invited talks on Creativity in Taiwan at The American Innovation Center, the State Department and National Chengchi University. He was also interviewed regarding Creativity and the Healthcare system on the website Medical Bag. The interview can be viewed at: <http://bit.ly/20JvUhSs>



**Marta Ockuly**  
Psychology

**Redefining Creativity in the 21st Century Starts with Dancing with the Elephant in the Room**



The question guiding this research asks, "How can the lived experience of creativity be defined in a way that inspires imagination, creative action, and increased self-identification with personal creativity?"

At this time in history, it is important to differentiate human from computational creativity. Machines can generate novel and useful ideas and process data beyond human capabilities, but humans outdo machines when it comes to imagination, intuition, curiosity, asking questions, empathy, and the ability to inspire others.

A new phenomenon-based conceptual definition of creativity is introduced.

The presentation picks up on a major theme of my dissertation study: "No imagination, no creativity" as well as "Know imagination, know creativity" The word NOW on the door in the image, (a metaphor for stepping into the unknown/future,) is a reminder that imagination is the main advantage of human creativity compared to AI and machine creativity



## Rachel Porias

Psychology

### 2018 Rollo May Award Winner

Many at-risk adolescents are plagued by feelings of emptiness and alienation. Far too many adolescents have had to learn as children to hide their own feelings, needs, and memories skillfully to meet parents or others' expectations and "win" their love. A research question that may guide this exploratory essay asks, how can a healing school curriculum, incorporating art as an expressive arts modality, give expression to adolescents-at-risk, their personal voice, and sense of self? This single case essay explored a brief glimpse into an art making creative curriculum to see developmentally, how and what six, 7-8-year-old children, and using secondary data, from an art therapist working with an adolescent using art making, think about themselves. This theme with a creative art making activity could help at-risk adolescents in a proposed future research.

Too many adolescents have survived an abusive childhood thanks to an ability to adapt even to unspeakable cruelty by becoming numb. Their numbness, anxiety, feelings of isolation, apathy, and feelings of being marginalized, may forfeit their chance of ever finding their "voice."

There are many healing modalities that have helped survivors reclaim their lives. Public school could be an excellent landscape for a healing curriculum using everyday creativity in which the social and academic courses could embrace May's humanistic philosophy of promoting students'

potentials as vibrant human beings. Promoting a creativity curriculum fulfills the psychological needs, or nutriments of self-determined behavior, resulting in internalizing a sense of competence, autonomy, and social-relatedness, and creativity, and modifying anxiety.

May purports that the expressive arts enfold individuals' most powerful and effective forms of communication, reaching a higher consciousness and their spiritual self. It has incorporated human's ideas, feelings, dreams, and aspirations. Art has served as a way of understanding, making sense, and clarifying inner experiences without words. Art has been recognized as a worthwhile treatment and everyday creativity method, and a modality for self-understanding, emotional change, and personal growth. The art making activity facilitated by an art therapist with an adolescent, and the second classroom art making activity facilitated by two Sunday School teachers with six, 7-8 year-old's, promoted the theme of how each child and adolescent, even with being small and young right now, has strong values and traits.

The successful results of this everyday art making creativity activity showed promise for incorporating art making in a healing curriculum for adolescents at-risk because each student showed early signs of feelings of autonomy ("I can do these on my own;") competence ("I know these traits about myself; I am smart;") and social-relatedness skills, expressing enthusiasm and excitement about this art making creative curriculum and wanting to share, ("I want to look at everybody's picture").

## Awards (cont'd)

### Carrie Arnold, PhD

CSIH



Carrie Arnold has received a teaching award for the King's Award for Excellence in Teaching for 2018. Carrie has been teaching at King's for thirteen years and recently accepted a full-time assistant professor position after receiving her doctorate from Saybrook University.

Carrie will be presenting her dissertation research at the Saybrook Creativity Studies luncheon.

Carrie has published a book, *Understanding Child and Adolescent Grief: Supporting Loss and Facilitating Growth*.

Read the full article about Carrie's award here at: <http://bit.ly/2nOPjmd>

## Publishing

**Linda Riebel** is working on two entries for the new edition of the *Encyclopedia of Creativity* and **Steve Pritzker** is a co-editor. Linda is writing about creativity and social change, drawing in part from our Saybrook course CS 4540: *Creativity and Social Change*. She is also working on an article about opera! Linda is about to give the second iteration of her 3-hour introduction to Donizetti's opera, *Roberto Devereux*.

The *Nature of Human Creativity* (2018) includes leading scholars in the field of creativity. Our faculty **Ruth Richards** and **Terri Goslin-Jones** contributed the following chapter: Richards, R., & Goslin-Jones, T. (2018). *Everyday creativity: Challenges for self and world-six questions*. In R. Sternberg & J. Kaufman (Eds), *Nature of human creativity*. New York: Cambridge University Press. This book is one of the textbooks for CS 4500, *Dimensions of Creativity*.

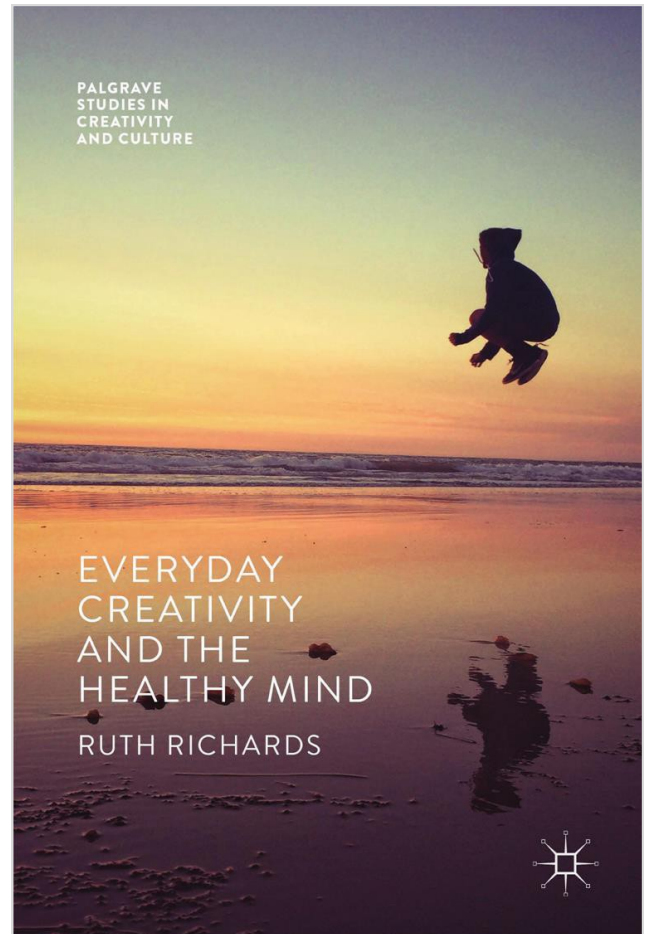
**Terri Goslin-Jones** & **Ruth Richards** contributed the following chapter: *Mysteries of creative process: Explorations at work and in daily life*. In L. Martin & N. Wilson, *International handbook of creativity at work* (p.71-106), edited by L. Martin and N. Wilson. London: Palgrave Macmillan. This book provides cutting edge, interdisciplinary, diverse, and critical collection of academic and practitioner insights. The Handbook ultimately conveys a message of hope: "if we take better care of creativity, our creativity will better care for us". In 2019, this book will be available as one of the textbooks in CS 7067, *Organizational Creativity*.



***Everyday Creativity and the Healthy Mind: Dynamic New Paths for Self and Society***  
By Dr. Ruth Richards

It is good for us, good for our world! *Everyday creativity*, our "originality of everyday life," offers health, joy, and life meaning, plus a fresh new worldview and view of self-in-world. One sees self as *process*, life as profoundly interconnected, emergent, surprising, and dynamically changing, with health related to qualities including our change potential, conscious awareness, openness, and non-defensiveness, as we "go with" –and add our unique piece to–this flow. We all have universal creative potential, essential in evolution, yet it often goes unnamed and underdeveloped. Framed by the "Four Ps of Creativity" (product, person, process, press) this treatment highlights *process*. It turns the camera around from the usual preoccupation with creative *product* to look back—to explore our creative *process* and how this changes the creative *person*. This can be for the better, enhancing connections with life, beauty, possibility, each other, and our future. In addition, environmental *press* can build or kill creative potential. Happily we can shift environment toward vastly healthier ends. Part of this picture includes unusual topics such as "normality," beauty, nuance and creative relationships.

**About the Author:** Dr. Ruth Richards, psychologist, psychiatrist, professor at Saybrook University, and Fellow, American Psychological Association, has published numerous articles, edited/written three books on everyday creativity, and received the Rudolf Arnheim Award for Outstanding Lifetime Achievement (Division 10, APA). She sees dynamic creative living as central to individuals, and cultures, and a new world view



# Faculty Submissions



**Carol Barrett, PhD**

## Larkspur Trail

Pine boughs nod their whisking *yes*  
to this noble exercise of heart  
and song, this wind-swept walk along

a foaming creek that pulls north  
like a drunken river, the walkers' arms  
latched to torsos, ambling in rhythm,

hands hooked in loose seam, heads  
cocked to the rush of water over wet  
slate. A child in plaid skirt skips ahead

like a small stone tossed from the wrist.  
A spaniel heads their way, bounding  
beyond his master, pulling, intent

on covering the sun smoked turf  
before the sky can shift gears, settle  
the doves in rafters, the quail in coveys

among the sage. The dog is happy  
as the smell of barbecues  
drifts through cedar slats. He makes

the walkers' faces light. When they began,  
they did not know any of this:  
girl, dog, bird, pine, stream. Only

that the body needs its ground,  
its holy place in the fine dust of things.  
Larkspur nesting, they won't tell where.

## Faculty Submissions (cont'd)

Dr. Marina A. Smirnova is a transpersonal facilitator, an experienced secondary and post-secondary educator, and a guide in the process of creative and transformative exploration of consciousness. Her personal and professional journey has been enriched by earning a Bachelor degree in Music Education (Minsk State Pedagogical University), Master of Arts degree in Counseling (Central Michigan University), and PhD degree in Psychology, with Transpersonal Psychology Concentration (Sofia University, formerly Institute of Transpersonal Psychology).

In addition, she studied transpersonal psychology and Holotropic Breathwork with Stanislav Grof, MD. Marina continues to be engaged in the study of creativity in general and in the creative living fabric of Western mystery traditions, in particular—Gnostic and Hermetic.



Marina is an American Society of Clinical Hypnosis (ASCH) Approved Consultant in Clinical Hypnosis, a Grof Transpersonal Training (GTT) Certified Holotropic Breathwork facilitator, and a transpersonal facilitator trained in shamanic healing arts. She values embodied, heart-centered, and creative pathways to knowing and to wholeness.

Marina began her wholehearted contribution to Saybrook in January 2014. She loves teaching; she cultivates soulfully-embodied ways of being, becoming, and giving to the world; and she treasures her Saybrook family! Presently, Marina serves as Psychology Faculty.

Marina's experiences *Creativity* as the *Waters of Life* in Gnostic and Hermetic mystery traditions; in transpersonal and Jungian psychologies; in transpersonal approaches to research and transpersonal methodologies; epigenetics; mythology, mythopoetics, and archetypal work; in occult, medial, and intuitive and contemplative practices; in Holotropic Breathwork, mindfulness, and meditation; in clinical hypnosis and guided imagery; in indigenous healing; in dreamwork; in embodied spirituality; and in other modalities that engage the creative essence of healing potentials of expanded states of consciousness and galvanize embodied, heart-centered, and authentic living.



## Faculty Submissions (cont'd)

Drake Spaeth, PsyD, the new Psychology Chair in the Department of Humanistic and Clinical Psychology at Saybrook, may seem pretty conventional at first glance. He is a former US Air Force psychologist, having completed an internship at Wright-Patterson AFB in Dayton Ohio and served as a behavioral health staff psychologist and Chief of Inpatient Psychology at Wilford Hall Medical Center, Lackland AFB, San Antonio, Texas. Moreover, he taught for nearly 15 years at his alma mater, The Chicago School of Professional Psychology, an affiliate institution in the TCS Education System.

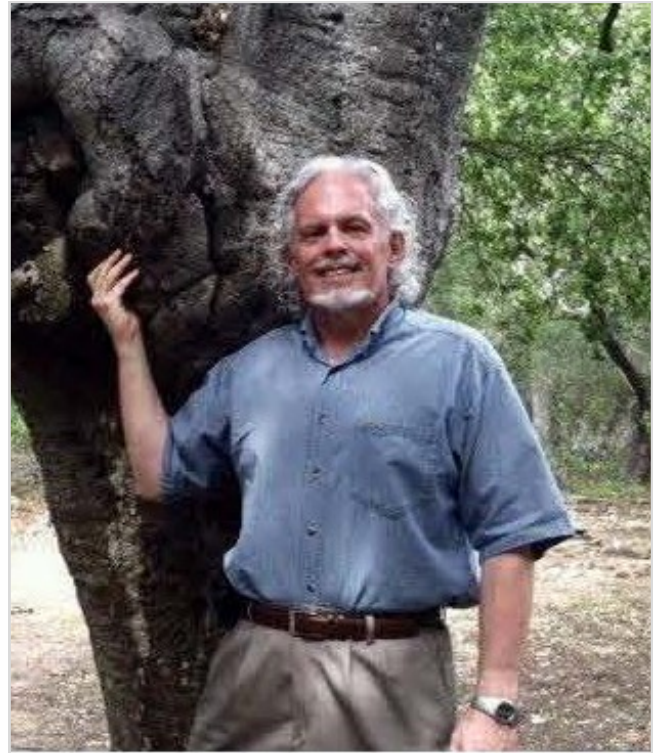
A deeper look reveals that Drake espouses an existential, humanistic, and transpersonal foundation of his integrative approach to psychotherapy. He also heavily utilizes Jungian and archetypal psychology, myth and folklore, and philosophical concepts in his work. He specializes in trauma and is interested in indigenous healing concepts and practices as well as spiritual

competencies in therapy and counseling. He has published several book chapters and presented at conferences on these subjects. He has also presented workshops on psychodrama dream theater and has been certified as a facilitator of Sacred Breathwork, a variant of Stan Grof's Holotopic Breathwork.

Drake believes that creative expression in life is an encounter with and channeling of the Sacred—what Jung calls the Numinous. He believes that human beings—often without realizing it—long for this transformative and integrative experience of movement toward wholeness through nurturing dormant potentials and unlocking blocked parts of ourselves.

Drake's philosophy of teaching encompasses the belief that students learn best when they feel inspired by the course material, perceive its relevance to their personal and professional life circumstances, and long to apply wisdom and insights gleaned through the course material to those circumstances. He seeks through gentle encouragement and challenges to help them meet and exceed their perceived personal limitations. He espouses the value of the healing relationship formed between therapists and clients, helping students enhance relationship skills (as opposed to exclusive emphasis on techniques and treatments) in working with clients to achieve positive change in their lives. He encourages humor, resourcefulness, and curiosity in his students—as well as active participation and discussion of course topics both in and out of the classroom context.

Dr. Spaeth currently resides in Waukesha, Wisconsin with his wife and two dogs.



## Faculty Submissions (cont'd)

Terri Goslin-Jones, PhD

I love the language of art-making. Art-making offers me a key to other ways of knowing. Art-making is a doorway; I pause and explore. My life is my art.

I awaken creativity with ritual. I create art in my garden.

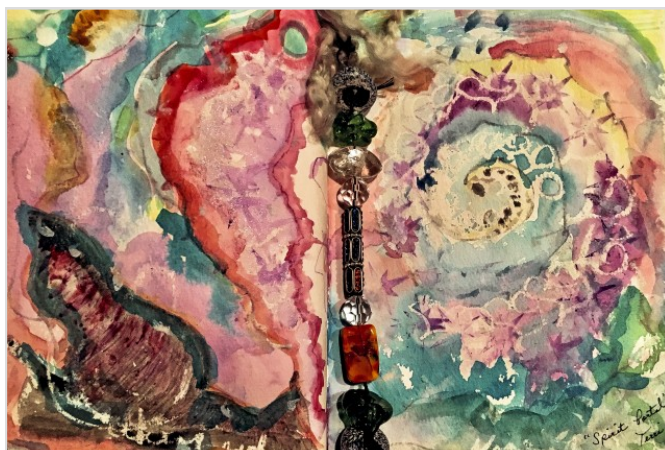
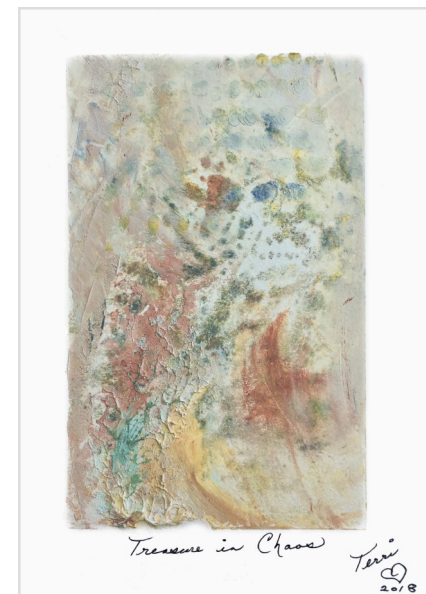
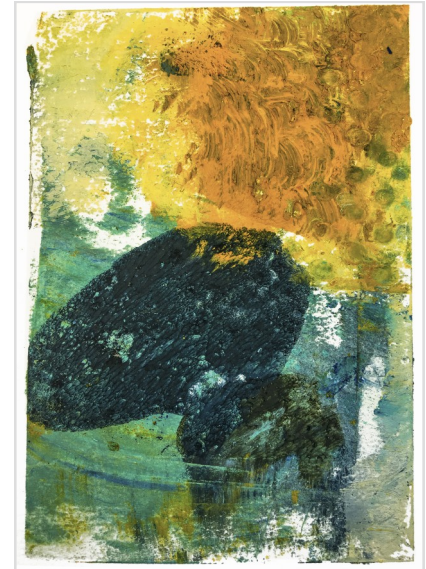
I am interested in the creative process. I gather my art supplies. I don't have a firm plan. I invite an opening by setting up a table, preferably in my garden. I play music. I listen to nature. I connect to my breath, close my eyes. Energy gathers in my body. My hands move. I move into spontaneous space of self and art, using my chosen medium.

There are times when my inner critic arises. I meet her at the door, recognize her, let her speak and know that she, too, will "let go."

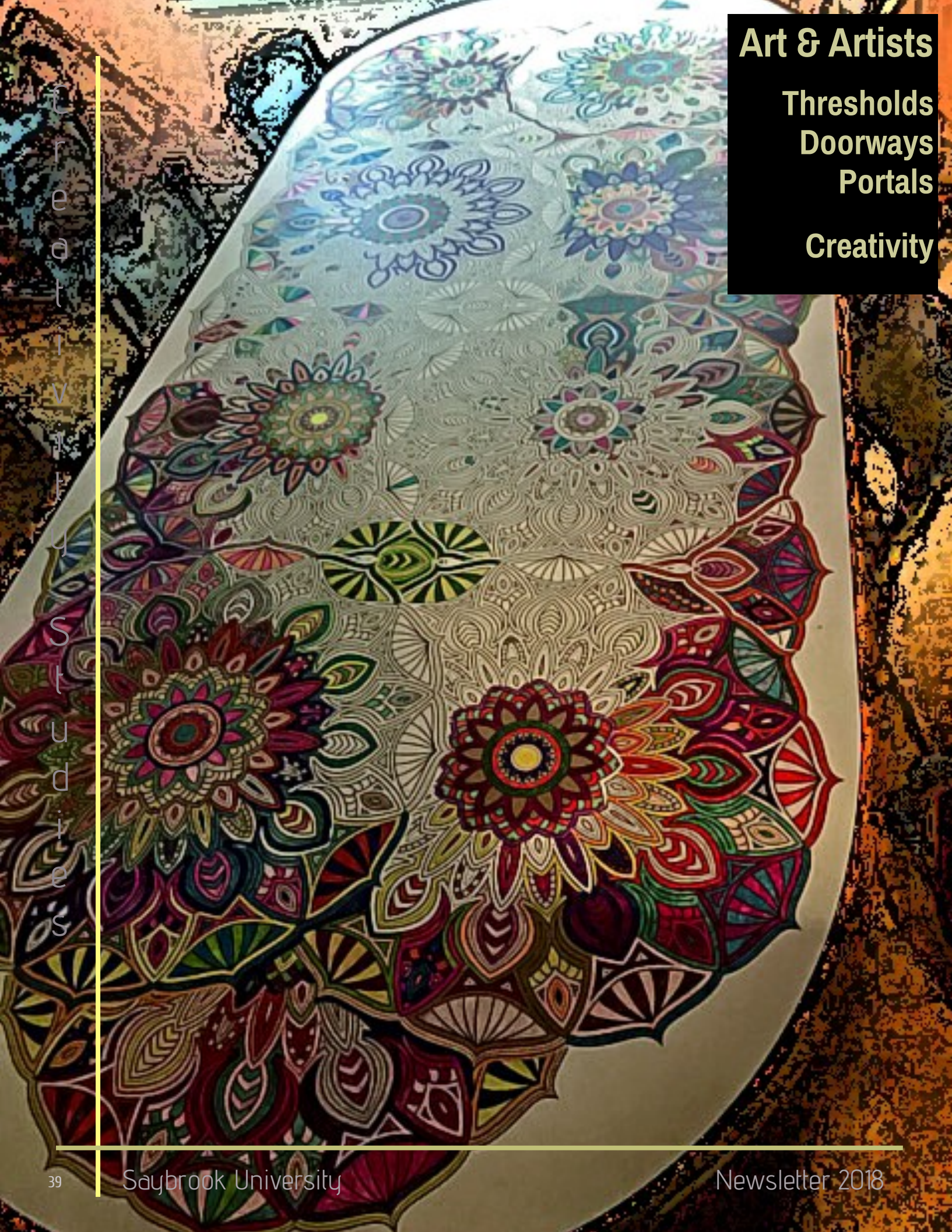
Within time....a portal opens.

Recently I have been using encaustic painting and watercolor painting to explore the concept of portals. Two of my portal paintings use cold wax medium and two are expressed in watercolor; mediums that flow and offer surprises.

The Saybrook creativity coursework explores creative process. Every year I challenge myself to try new ways of expressing my creativity.







**Art & Artists**  
**Thresholds**  
**Doorways**  
**Portals**  
**Creativity**

SAYBROOK UNIVERSITY



Thank you to everyone  
for sharing your art, heart, dreams, and vision.

Page 39 - original photo by Sara Shields



Sara Shields created this table as a meeting table for her nursing staff while she was taking coursework in *Expressive Arts (CS 6606)*, *Organizational Creativity (CS 7067)* and *Perspectives of Creativity (CS 4501)*.

Sara Shields is a Board Certified Holistic Registered Nurse and Executive Director for Team Mental Health.