

ARTS/HUMANISTIC PSYCHOLOGY MAILING – JUNE 2009

Dear Arts/Humanistic Psychology Mailing list Members!

We've both been somewhat taken by surprise that it is June already and this is only our first mailing...a sign of the busy times we live in! We hope you'll find the items below and attachments of interest.

A warm welcome also to new members of this mailing list. One of these new members – Susan Raeburn – has kindly agreed to give us a short bio. We invite others on the list to do the same for inclusion in future mailings.

Best wishes,
Ilene Serlin and Heather Hill

News from Ilene:

It has been a busy few months or more for Ilene. This year she is President of the San Francisco Psychological Association and is now on the Editorial Board of a new journal, *Art and Health*, published by the Society for the Arts in Healthcare (See below for more information. [Do consider submitting an article](#)). She continues her writing (see attached article, *Treating War Trauma in Israel: Lessons for the United States*), and is doing a Continuing Education panel at APA on Whole Person Approaches to Trauma: Posttraumatic Growth which will discuss her work in Israel and a creative arts approach to trauma (see attached PDF).

Upcoming events – APA diary:

BOOK SIGNING

Saturday, August 8, 10-10:50 AM

American Psychological Association

Toronto, CA

Division 32 Hospitality Suite

Special Interest area: Psychotherapy and the Arts

 **Holly Sweet talking on her recently published book: A Creative Guide for Exploring your Life: Self-Reflection Using Photography, Art, and Writing.** Holly Sweet/Graham Gordon Ramsay (Jessica Kingsley Publishers) 2009.** *This book focuses on the use of specific exercises to help people find creative ways of examining who they are and looking at their lives from developmental and cultural perspectives. Holly will discuss the value of having practical and structured ways to explore a variety of themes (including impact of family of origin, turning points, key people, racial and ethnic*

identity, gender roles, alternative views of self, the role of meaning, and self in the future) and present several examples of self-expression by adolescent and adult from the book, including “self-portrayals” – a mixed media piece that describes one’s self and one’s values.

****About this book:** An award-winning psychologist and professional photographer join forces in writing this unique creative guide to exploring and understanding your life: who you are, what you value, and what you wish to achieve.

A Creative Guide to Exploring Your Life brims with imaginative exercises and examples that use the power of photography, art, and writing as tools for self-discovery. It provides clear and accessible guidance on how to explore different parts of your identity: take a photograph of yourself in a role you don't typically play, draw a visual timeline of your life and consider its key turning points; explore your sense of place in history by writing about a major historical event that has changed your life. Exercises are accompanied by searching questions for self-reflection, and are complemented by examples of each exercise to provoke ideas and inspiration.

Suitable for anyone who is curious about their life and identity, this book offers a dynamic and enjoyable way for you to explore different aspects of your life. It also features additional guidance for teachers, counselors, and other professionals who wish to explore this material in a group context.

 Couple Power Therapy Building Commitment, Cooperation, Communication, and Community in Relationships. Peter L. Sheras and Phyllis R. Koch-Sheras

Conventional couples therapy focuses on correcting specific relationship problems, but this method is often limited because it does not result in lasting improvement. In Couple Building Commitment, Cooperation, Communication, and Community in Relationships, Drs. Sheras and Koch-Sheras introduce the Couple Power Therapy model, an exciting new approach in which partners cocreate a unified vision for their relationship. These seasoned couples therapists use a series of sequential tasks to teach the partners how to transcend their individual identities to nurture “the couple as entity,” in effect, crafting a whole that is greater than the sum of its parts. This shifts the paradigm away from the therapist’s responsibility for success to the couple’s responsibility, from the more negative emphasis of focusing on problems to a more positive goal of creating a fulfilling relationship, and from a quick fix to lifelong development skills. 2005. 264 pages. Hardcover List: \$49.95 APA Member/Affiliate: \$39.95. ISBN 978-1-59147-235-3 Item # 4317074

PANEL: August 6, 2009, 10.00-11.50 am

**TRAUMA AND TRANSITIONS IN MULTICULTURAL CONTEXTS:
SOCIOPOLITICAL AND EXISTENTIAL REFLECTIONS.**

Co-Chairs-Frederick J. Wertz, Ilene A. Serlin,

Emily Sachs, Rong-Bang Peng, Miraj U. Desai, Charles P. Chen, Sarah R. Kamens,
Rut Gubkin, James A. Beshai

PANEL: August 7, 2009, 1-4:50PM

**WHOLE PERSON APPROACHES TO TRAUMA: POSTTRAUMATIC
GROWTH PANEL (Powerpoint attached)**

Ilene Serlin (Chair), Stan Krippner, Morgan Sammons, Rick Harvey

INTRODUCTION TO SUSAN RAE BURN, PHD

I'm pleased to learn more about the Arts/Humanistic Psychology Group and am happy to introduce myself to you all as kindred spirits. I am a licensed clinical psychologist in Berkeley, California and have been in clinical practice doing psychotherapy and consultation since 1987. I work with a diverse range of clients, many of whom are highly creative and some of whom are professional artists. In addition to working with individuals, I also work with couples and bands.

The scope of my work over the years has included a wide range of issues- from the treatment of serious diagnosable mental conditions (i.e., addictions, eating disorders, depression, anxiety, and recovery from trauma), to support and nurturing of personal growth and development, as well as working on stress management, life transitions, codependency, and improving interpersonal relationships. Some of my clients did not initially consider themselves "creative" but came to appreciate their creative aspects more fully as they worked through the problems that interfered with their growth.

I received a Ph.D. in Social-Clinical Psychology from The Wright Institute in Berkeley in 1984. My doctoral dissertation was the first academic study of occupational stress and coping in professional rock musicians and was subsequently published in 1987. I did pre- and post-doctoral internships at Stanford University Medical Center in the Behavioral Medicine Clinic (1983-1986) and then worked as a staff psychologist and researcher at Stanford in both Behavioral Medicine and the Alcohol and Drug Treatment Center until 1992. In addition to private practice, I've been a half-time staff psychologist in the Chemical Dependency Services program at Kaiser Permanente in Walnut Creek since 1992.

On the academic side, I've written numerous journal articles, presented papers at the American Psychological Association and the Performing Arts Medicine Association conferences, and am pleased to be a member of the Editorial Board of the journal, Medical Problems of Performing Artists. On the culture industry side, I've presented papers and been active on panels at music industry conferences (such as South by Southwest, North by Northwest, NARAS, the Future of Music Coalition, The

Experience Music Project and E! Entertainment TV) on the subject of musician's health issues and coping with the stresses and strains of the business. With creativity coach, therapist, and author, Eric Maisel, I co-authored *Creative Recovery: A Complete Addictions Recovery Program That Uses Your Natural Creativity* from Shambhala Press in 2008, an addictions recovery self-help book for creative people.

Susan Raeburn may be reached at sdr510@comcast.net or at (510) 841-1820.

Message from the International Collaboration of Existential Counsellors and Psychotherapists (ICECAP)

From: [Digby](#)

Date: 10/11/2008 15:15:05

To:

Subject: important message about the future of Icecap

Dear Chair or representative of national organization

Existential psychotherapy has become a worldwide movement and although there are some national differences, for example between logotherapy, Daseinsanalysis, and what has come to be known as the British school, there are considerable overlaps in values, methods, and intellectual traditions.

We have launched a virtual international organization—the International Collaboration of Existential Counsellors and Psychotherapists, or ICECAP—and I am writing to you to recommend that your organization becomes affiliated with it.

ICECAP is primarily a virtual organization. Its members, and its executive, have had three face to face meetings, but many more via our web site at www.icecap.org.uk, and the chatroom facility there. ICECAP will have its first conference in Greece in 2010, and is working with the World Congress of Psychotherapy organizers to sponsor activities at the 6th. World Congress, in Sydney in 2011. But we mainly exist to bring colleagues together who would normally be kept apart by distance.

Our site, which is still in the process of development, offers an opportunity for members to publish working documents and for others to read and comment on them; for colleagues to meet on our forums and in our chatroom; for colleagues to find out where other ICECAP members are based using our maps and member listings so that a visit to a new place or country may be made more attractive by meeting up with a colleague; and, finally a growing list of web links about organizations and institutes in our field.

ICECAP may be the vehicle for obtaining the world certificate of psychotherapy or, if it develops a European chapter, the European Certificate, if that is what members should want. However, its primary purpose is an international meeting place for existential psychotherapists.

The site has been created in one of the world's most popular open-source content management systems (Joomla!). Joomla has many advantages, not least that it

supports most of the world's most widely used languages, and that many people can be given editing privileges. The site has so far been developed by one of us, but a development team of younger and more web-minded colleagues could do much more with it.

Please:

1. *Agree to us making a link to your own organizations homepage as a sponsoring organization*
2. *Provide us with any links that you might want to have to organizations or institutes in your own country or sphere of influence*
3. *Consider sponsoring potential ICECAP members from your country (currently, the membership fee is 20 Euros per year, to cover the cost of webhosting)*
4. *Nominate a member of your organization who would be prepared to contribute to a web development group as one of the editors of the ICECAP pages: someone who is familiar with web development and willing to learn Joomla's interface is required.*

We look forward to hearing from you.

Best wishes

PS If you have the contact details of a representative of a relevant organization that is not currently affiliated with ICECAP, do please forward a copy of this email to them.

New Journals

****Arts and Health (from the Society for the Arts in Healthcare).**

(From the Society's website <http://www.thesah.org/template/index.cfm>) : *Arts & Health* provides a pioneering international forum for the publication of research, policy and best practice within the interdisciplinary field of arts in healthcare. This fast-emerging field has developed in response to international interest regarding the multifarious ways in which the arts contribute to health, wellbeing, social inclusion and healthcare practice across a range of settings. Arts & Health takes a broad-based approach in examining uses of the arts in public health, health promotion and healthcare. The journal publishes empirical research, policy analysis, theoretical discourse, systematic reviews and examples of best practice in the following areas:

- *Social and medical science research relevant to arts and health*
- *Public Policy on the role of arts in health*
- *Community and public health practice through the arts*
- *Health promotion and illness prevention through arts-based interventions*
- *Health education supported by the arts*
- *Aesthetics and design of healthcare settings and environments*
- *The arts in clinical practice (including both physical and mental health)*

- *Arts-based research methodologies*

****Psychological Trauma: Theory, Research, Practice, and Policy.** (Ed. Steven Gold). Journal of Div. 56, Trauma Psychology, of APA. New division, new journal, good editors. (www.apa.org/journals/tra)

NEW BOOK: *The Art and Science of Dance/Movement Therapy : Life is Dance.* (Sharon Chaiklin/Hilda Wengrower, Eds.)

See attached flyer on this new book due for publication in July.

BOOK REVIEW: *Whole Person Healthcare (Vols.1-3)*

Attached is a copy of a review which appeared in the *The Humanistic Psychologist*, 36: 357 -373, 2008

Attachments to this mailing:

- Article: *Treating War Trauma in Israel: Lessons for the United States*)
- APA continuing education workshop ppt
- Flyer – *The Art and Science of Dance/Movement Therapy: Life is Dance*
- Book review in *Humanistic Psychologist*