

ARTS/HUMANISTIC PSYCHOLOGY OCTOBER 2009 NEWSLETTER

Dear Arts/Humanistic Psychology Mailing list Members!

October already and in the Northern Hemisphere you will be approaching autumn, while here in Australia, spring has well and truly sprung! First of all, we welcome some new members to the mailing list: Marianne Roccaforte, Karie Thulon Klim, John Fox, Sandra Katz, Arielle Warner.

As usual, Ilene has been busy on many fronts – writing articles and book chapters (see attached documents) and presenting at conferences. More on this below.

Do please send us any items you think might be of interest to members of this list. Or perhaps consider telling us something of your work!

Best wishes,
Ilene & Heather

ILENE'S UPCOMING CONFERENCE PRESENTATIONS

Ilene will be presenting at each of the following conferences. Notices of these conferences /workshops are reproduced here:

➤ **The Community Institute for the Psychotherapies in Marin County, CA:**

We would like to remind you that we have Clinical Conversations on Friday, October 16, 2009.

Topic: *"Whole Person Approaches to Working with Trauma: Posttraumatic Growth, a Multi Media Presentation"*

This workshop will present some of the trauma work being done in Israel, and show how the methods of whole person psychology can be used in the United State. It will look at the issue of trauma and discuss the importance of mind/body approaches for trauma psychology.

Where: *CIP, 1330 Lincoln Avenue, Suite 201, San Rafael*

When: *Third Friday of the month, 10:00 AM – Noon*

Presenter: **Ilene Serlin, Ph.D, ADTR** *is a psychologist and dance therapist. She teaches several times a year in Israel and has done workshops for the Israeli Defense Forces and trauma centers in Tel Aviv. She chairs a Task Force for the California Psychological Association on Whole Person Approaches to Trauma, is a founding member of Division 56 (Trauma Psychology) of APA, and the general editor of Whole Person Healthcare (3 vol.)(2007, Praeger). She is currently in practice in Marin and San Francisco, and is the president of the San Francisco Psychological Association.*

Members: *Free (MFT/LCSW CEUs \$5)* **Non-Members:** *\$15 (MFT/LCSW CEUs \$5)*

- **CLASP (Colleague Assistance and Support Program)**
invites all Bay Area Psychologists to

A Day of Wellness and Self-Care for Psychologists - 2 CEUs

The day will begin with invitation to experience mindfulness, followed by a walk, stroll or roll along the water. The lunch and presentations will be indoors overlooking the bay. If you don't feel up to the walk, you are welcome to join us for the lunch and presentation. Drs. Ilene Serlin and Pearl Werfel will be presenting on ***Mind/Body tools*** and ***My Profession, My Body, My Self***. The presentations will include material from Dr. Serlin's work on Whole Person Health Care, Dr. Norcross's research on Psychologist Self-Care, Dr. Figley's work on Compassion Fatigue and numerous self-care tools for Psychologists.

When: Sunday October 4. 10:00 -4:00

10:00 Gather for mindfulness exercise and walk

1:00 Lunch and Presentations

Where: Fort Mason Conference Center, Building C Room 205

At the intersection of Marina Blvd. and Buchanan Street, San Francisco

\$35/\$30 students (Includes lunch and parking validation), \$15 CEU

- **4th Annual International Conference on**
"ENGAGING THE OTHER:" *The Power*
of Compassion

November 12-15, 2009

San Francisco (San Mateo), California, USA

A multi-cultural, multi-disciplinary conference examining concepts of "The OTHER" from a universal, cross-cultural perspective to promote wider public dialogue about concepts of "Us and Them"

Opening Keynote by Huston Smith

Co-Sponsored by

Common Bond Institute,

National Coalition for Dialogue and Deliberation

International Humanistic Psychology Association

Supported by
Institute for Imaginal Studies

Endorsed by a growing international list of over 100 organizations and universities

Conference Details at:
www.cbiworld.org/Pages/Conferences_ETO.htm
(copy & paste address into your browser)

~ Registration is Open All ~

Continuing Education Credits (CECs) available

We Invite You To:

an extraordinary conference to address the roots of fear-based belief systems and stereotypes, prejudice, polarization, enemy images, and artificial barriers of misunderstanding and distrust that divide us.

JOIN

over 60 presenters and visionaries, and hundreds of concerned individuals, to engage in 3 1/2 days of workshops, roundtables, facilitated dialogue groups, and intentional community bridging the divide and cultivating our capacity for reconciliation, appreciation of diversity, and peace.

CREATIVE AND PASSIONATE AGEING

As I was considering including some of this material on ageing, I found myself hesitating as to whether this would be of interest to a psychology audience. In reflecting on my hesitation, I realised that often psychological development, emotional/psychological wellbeing and the like, appear to drop off the radar as soon as people reach a certain age. After that age, it becomes much more about the “problems” and the “pathology” of ageing. In looking recently at training programs available in aged care, I was very aware that while lip service is paid to the psycho-social, the overall emphasis is on the physical and the medical. It is no wonder that people contemplate their own ageing with some trepidation – even someone like me who, in my role as a dance therapist, has experienced the most creative possibilities in the older people. However, there are more positive approaches around the topics of ageing and aged care as you will read below.

<http://www.creativeaging.org>

The National Center for Creative Aging (NCCA) is dedicated to fostering an understanding of the vital relationship between creative expression and the quality of life of older people. Creative expression is important for older people of all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning. (extract from website)

Everyday Angels Research Project



This is a pilot project with the two-fold aim of improving the care provided to older people in aged care services, and improving the recruitment and retention of skilled workers in aged care services. Rather than focussing on the problems in aged care, this project instead has a focus on celebrating the achievements of staff working in aged care services in Victoria. To achieve this aim, 4000 blank postcards have been distributed across Victoria. The community is invited to use the blank postcard to share a story of something achieved by an aged care service provider. This can be in any form – story, picture, collage – anything. The postcards will be analysed to identify themes and promote the good work that happens everyday in aged care.

Common themes from the cards will be identified and shared with the Victorian public through project fliers. The project processes and tools will be packaged into the resource kit which will be available free of charge to all aged care services in Victoria

By focussing on „what works’, rather than on problems, the process aims to stimulate and energise conversations and improvements.

A project initiated by the Australian Research Centre in Sex, Health and Society (www.latrobe.edu.au/arcshs), in partnership with the Melbourne Institute of Experiential and Creative Arts Therapy (www.miecat.org.au) University of Ballarat (www.ballarat.edu.au) and the National Ageing Research Institute (www.mednwh.unimelb.edu.au).

And finally:

Positive ageing newsletter, edited by Kenneth and Mary Gergen:

<http://www.positiveaging.net>

Below is an extract from the July newsletter which serves as an introduction to the aims of the Positive Aging newsletter as well as a preview of Kenneth Gergen's latest book **Relational Being: Beyond Self and Community**.

A constant emphasis in this (Positive Aging) Newsletter is with the significance of relationships in the aging process. This is so, in part, because it is within relationships that the very idea of "aging" is created, along with the value we place upon "being older." Indeed, it has been a primary aim of this Newsletter to replace the common conception of aging as "decline" with a vision of aging as a period of unparalleled enrichment. If the conception of aging is a social construction, then why not construct it in a way that is vitalizing and engaging as opposed to alienating and depressing? Over the years the Newsletter offerings have further stressed the importance of good relationships in stimulating interest and activity, engendering joy, providing support, and in sustaining health.

It is in this context that I wish to share news of the publication of my latest book, *RELATIONAL BEING, BEYOND SELF AND COMMUNITY* (Oxford University Press, 2009). In this work I describe how people in relationships create conceptions of reality, rationality, and value. Indeed, it can be said, everything we hold as meaningful and significant in life grows from relationship. In this sense, it is not independent individuals who come together to form relationships, but it is out of relational process that the very idea of independent individuals derives. The interested reader will also find out how all our psychological processes – thinking, feeling, desiring, remembering and so on – are not so much "in the head" as they are between us. I extend these ideas, as well, to treat issues of morality and spirituality. Most important, I try to embed these ideas in our daily practices. The book is full of ideas, but it is the quality of our daily lives together that ultimately count for me. The book was written for a general audience, so my hope is that readers who wish to explore this terrain of relationship more fully will find it a rewarding companion. (*Kenneth Gergen*)

INTERNATIONAL ARTS AND HEALTH CONFERENCE: The art of good health and wellbeing. Port Macquarie NSW Australia 10 - 13 November 2009
Pre-conference training and workshops 7 - 10 November 2009

AERA: ARTS BASED EDUCATIONAL RESEARCH SPECIAL INTEREST GROUP OUTSTANDING DISSERTATION AWARD (from Performative Social Science listserve)

The Arts Based Educational Research (ABER) special interest group for the American Educational Research Association (AERA) would like to announce its sponsorship of the ABER Outstanding Dissertation Award for the best Doctoral Dissertation that explores, is an exemplar of, and pushes the boundaries of arts based educational research. The award is intended for students who have graduated in the year preceding the award. A maximum of one award per year is available.

The winner will receive an "Outstanding Dissertation" award at the ABER business meeting at the 2010 AERA annual meeting in Denver, Colorado from April 30th to May 4th. The winner will also be invited to present highlights from her or his dissertation at this meeting. In addition, a short paper highlighting his/her work will be published in the International Journal of Education and the Arts <http://ijea.asu.edu/>. The ABER Sig will support the winner's conference fee and provide \$500.00 to assist with travel to AERA to present at the conference. Application deadline: Friday, January 1, 2010. Must have graduated in 2009.

Co-ordinators ABER Dissertation Award:
Dr. Ruth Leitch Dr. Monica Prendergast
Co-Coordination ABER Dissertation Award
aber.award@gmail.com
<http://www.aber-sig.org>

WRITING AS CONVERSATION (Heather Hill)

In teaching masters students about writing up arts based research studies/theses, our teaching staff have been aware that the writing part of the research is often viewed as the necessary evil after the inspiration of doing the research. It seemed to us that not only were students ill-prepared for some very practical aspects of the writing task, but that they seemed to lose sight of the fact that writing itself is an art. What's more as creative arts therapists, their writing would not stop with their thesis. Writing would be an important part of their work in the future, whether in writing case notes, program descriptions, funding applications, promotional material, informational material for prospective employers, newsletter and journal articles. We therefore planned a 3 day workshop consisting of the following a) freeing up and finding your writing voice b) writing for specific contexts/audiences c) formatting, style, grammar, practical and technical aspects of document preparation a thesis.

I taught the second workshop with a focus on writing as conversation with others, a meeting and negotiation of values. Writing does not stand in a vacuum but rather in relation to purpose, context and audience. To explore this, we used a variation of a Devil's Advocate procedure, whereby each student brought a piece of her writing on her work, and was questioned and challenged on it by a fellow student. In contrast though to a Devil's Advocate procedure, the student writer also had a "friend" who was there to support by offering ideas when needed.

While this kind of process appears to be oppositional and may initially have the effect of making the writer defensive, in fact once the writer relaxes, she can use the challenge, the dissonance, as a means to re-think, to look again, to find other ways. Of course, this process needs careful facilitation, including de-roling/debriefing at the end of each procedure.

While it was a challenging process, all the students seemed to find it ultimately helped them to refine their writing and expression of ideas, and find ways to express themselves with integrity as they negotiated understandings within different contexts and purposes and for different audiences. I believe it also encouraged students to

view the critical voice (of others and their own) as a positive part of the writing process.

NEW PUBLICATIONS:

Humanistic Psychology: A clinical manifesto: a critique of clinical psychology and the need for progressive alternatives. David Elkins (University of the Rockies Press, October 2009)

David Elkins, a member of this mailing list, has just sent us some information about his newly published book (Congratulations David!):

The foreword to this book was written by Natalie Rogers and the book has received endorsements from several leading clinical psychologists including Scott Miller (*The Heart and Soul of Change*), Bruce Wampold (*The Great Psychotherapy Debate*) and from humanistic leaders including Kirk Schneider, Maureen O'Hara, and Tom Greening, and Art Bohart. The book is both a scholarly work and a political treatise that shows how recent scientific research -- in the form of analyses and meta-analyses of thousands of research studies on psychotherapy - - has discredited the medical model and so-called "empirically supported" techniques by showing that contextual factors -- not techniques -- are the primary determinants of therapeutic effectiveness. The book examines the political and economic forces in mainstream psychology and American culture that tend to marginalize and ignore humanistic psychology and its contributions. The book is now available at online book stores including amazon.com and barnesandnoble.com

See Amazon. com:

http://www.amazon.com/Humanistic-Psychology-Manifesto-Progressive-Alternatives/dp/0976463881/ref=sr_1_1?ie=UTF8&s=books&qid=1253560021&sr=8-1

See Barnes & Noble:

<http://search.barnesandnoble.com/Humanistic-Psychology/David-N-Elkins/e/9780976463887/?itm=1>

David N. Elkins is a former president of Division 32, Society of Humanistic Psychology, professor emeritus of psychology in the Graduate School of Education and Psychology, Pepperdine University, and long-time humanistic psychologist. He is currently a member of the Core Faculty in the School of Professional Psychology, University of the Rockies, Colorado Springs.

***Poetic Inquiry: Vibrant Voices in the Social Sciences*, co-edited by Monica Prendergast, Carl Leggo and Pauline Sameshima**, features many of the foremost scholars working worldwide in aesthetic ways through poetry. The contributors (from five countries) are all committed to the use of poetry as a way to collect data, analyze findings and represent understandings in multidisciplinary social science qualitative research investigations. The creativity and high aesthetic quality of the contributions found in the collection speak for themselves; they are truly, as the title indicates, "vibrant voices". This groundbreaking collection will mark new territories in qualitative research and interpretive inquiry practices at an international level. *Poetic Inquiry* will contribute to many ongoing and energetic debates in arts-based research regarding issues of evaluation, aesthetics, ethics, activism, self-study, and practice-

based research, while also spelling out some innovative ways of opening up these debates in creative and productive ways. Instructors and students will find the book a clear and comprehensive introduction to poetic inquiry as a research method.

ISBN 978-90-8790-950-5 hardback USD99/EUR90

ISBN 978-90-8790-949-9 paperback USD39/EUR35

July 2009, 404 pages

Sense Publishers. Available via online bookshop: <https://www.sensepublishers.com/> or through Amazon.

(From Performative Social Science listserve)

Related website: You might also be interested in checking out the website from our new member John Fox of the Institute for Poetic Medicine

<http://poeticmedicine.org/about.html>

BOOK REVIEW (Ilene Serlin)

Complementary and Alternative Therapies Research

by Tiffany Field

Washington, DC: American Psychological Association, 2009. 235 pp.

ISBN 978-1-4338-0401-4. \$69.95

A copy of this review is attached.
