

# The Journal of Holistic Psychology: Volume I, Emerging Therapies

Publisher: From a Simple Seed, LLC

Co-Founding Editors:  
Lauren Gonzalez and Jonathan Reynolds

## Advance praise for the Journal:

The *Journal of Holistic Psychology*, devoted to exploring emerging therapies, is a welcome addition to the literature on health care practices. In a world that is rife with conflict and which teems with damaged children and adults, this publication makes a significant contribution to healing and to the restoration of wholeness. Ranging from ecotherapy to equine facilitated therapy to dreamwork to somatic development, this collection of essays presents a bouquet of promising routes for health care workers who deeply care about those who come to them seeking help and comfort.

—**Stanley Krippner, Ph.D.**, Professor of Psychology and Humanistic Studies, Saybrook University, and Co-author, *Personal Mythology*

It's heartening to see the next generation of transpersonal, integral, and holistic therapists contributing to the field.

—**Roger Walsh MD, Ph.D.**, University of California at Irvine, author of *Essential Spirituality: The Seven Central Practices and The World of Shamanism*

**Available on  
Amazon.com  
September 1, 2012**

In the *Journal of Holistic Psychology* we have the privilege of witnessing the inner, generative workings of the therapist in learning mode. These essays are fecund with vulnerable, self reflective and real processes, failings and breakthroughs. And though this a collection from students, they are palpably wise and insightful scholars. The volume demonstrates again how some of the best work emerges from the freshest of visions and insights only the young can supply. Finally this journal asks a great question: what is it to be a whole human being and what does it take to help oneself and others grow towards it. It is, in short, a delightful and worthwhile volume.

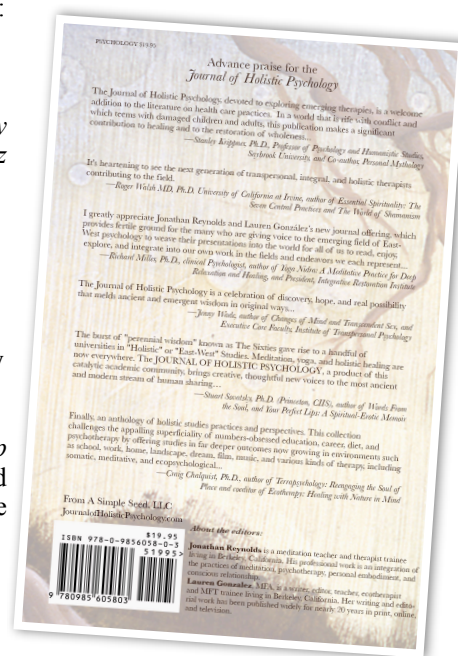
—**Robert K.C. Forman, Ph.D.**, author of *Enlightenment Ain't What It's Cracked Up To Be: A Journey of Discovery, Snow and Jazz in the Soul*, Professor at City University of New York

I greatly appreciate Jonathan Reynolds and Lauren González's new journal offering, the *Journal of Holistic Psychology*, which provides fertile ground for the many who are giving voice to the emerging field of East-West psychology to weave their presentations into the world for all of us to read, enjoy, explore, and integrate into our own work in the fields and endeavors we each represent. It's a great time to be alive and partake in the richness of writings that are enabling this new wave of psychology to fully mature into the world.

—**Richard Miller, Ph.D.**, clinical Psychologist, author of *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing*, and President, Integrative Restoration Institute

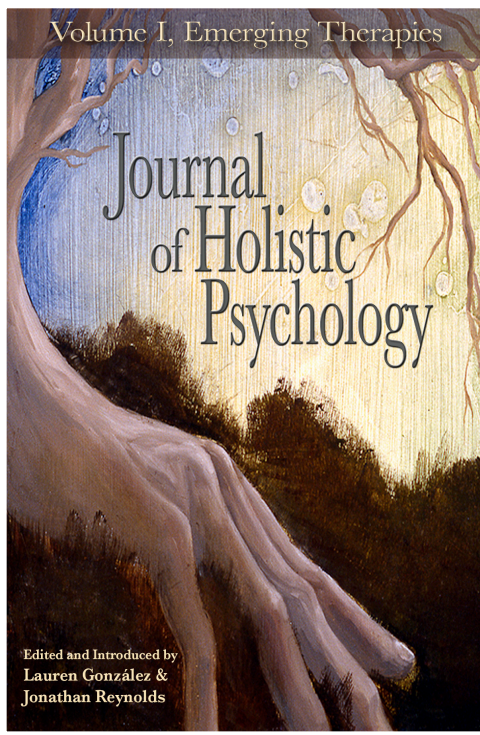
The *Journal of Holistic Psychology* is a celebration of discovery, hope, and real possibility that melds ancient and emergent wisdom in original ways. It offers fresh perspectives on the human condition and how all of us can live better and contribute more to realize the richness of life in all its complexity, messiness, and challenge. The title says it: this book is an awakening to an embodied embrace of living, with all that that entails.

—**Jenny Wade**, author of *Changes of Mind and Transcendent Sex*, and Executive Core Faculty, Institute of Transpersonal Psychology



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Website: <http://www.JournalofHolisticPsychology.com> 8/12 press kit page 1

## More Advance Praise for the Journal:



The burst of "perennial wisdom" known as The Sixties gave rise to a handful of universities in "Holistic" or "East-West" Studies. Fifty years later, thousands of their graduates have changed the world. Meditation, yoga, and holistic healing are now everywhere. The *JOURNAL OF HOLISTIC PSYCHOLOGY*, a product of this catalytic academic community, brings creative, thoughtful new voices to the most ancient and modern stream of human sharing of experience, research and kindness of the heart. How erudite and poignant that Dave Walcott chose the elusive Sixties bard-genius, Nick Drake as his focus in *Finding Spirit Through Music*. But, then, the whole first issue was like that. One gem after another... Amazing.

—**Stuart Sovatsky, Ph.D.** (Princeton, CIIS), author of *Words From the Soul*, and *Your Perfect Lips: A Spiritual-Erotic Memoir*

Finally, an anthology of holistic studies practices and perspectives. This collection challenges the appalling superficiality of numbers-obsessed education, career, diet, and psychotherapy by offering studies in far deeper outcomes now growing in environments such as school, work, home, landscape, dream, film, music, and various kinds of therapy, including somatic, meditative, and ecopsychological. Childhood, death, health and illness, incarceration and freedom appear among the existential situations illuminated by eighteen authors boldly ranging the heights and depths of human experience.

—**Craig Chalquist, Ph.D.**, author of *Terrapsychology: Reengaging the Soul of Place* and coeditor of *Ecotherapy: Healing with Nature in Mind*

An exciting and indispensable dialogue between theory and praxis This inaugurating volume gives voice to students, alumni, faculty, and practitioners of the Holistic Psychologies alike. The collection of articles artfully addresses issues of differentiation and integration across disciplines such as psychology, consciousness, somatics, health, spirituality, ecology, art, culture, social activism, and more. The notion of embodiment – in its widest sense – acts as an underlying thread, as the applied nature of the writings keeps us close to our practices, our experiences, our senses, and to the ground we walk on.

—**Theresa Silow, Ph.D.**, Director of the Somatic Psychology Specialization at John F. Kennedy University

Throughout history it has often been the case that the collective sharing of ideas and experiences furthers the expansion of knowledge and hopefully of wisdom. This diverse anthology, with its intention of becoming a regular contributor to an open and ongoing dialogue in the field of holistic psychology, is a worthwhile and grand step in that direction. We have so much to share with each other that a new forum like this has great value, both within the academic setting and the psychotherapy community.

—**Bill Bowen, MFA, LMT**, Founder of *Psycho-Physical Therapy*, and faculty member in the *Somatic Psychology* program at John F. Kennedy University



## More Advance Praise for the Journal:

This truly refreshing assemblage of essays thoughtfully weaves together a multi-dimensional tapestry of new investigations in holistic psychology. The reader is taken on a journey through a kaleidoscopic inquiry that coalesces a new apprehension of the modern psyche in the context of the world which we inhabit. Thank you for reminding us that our work as psychotherapists is to consider the places, the bodies, and the natural world in which we move including the dark corners and the points of light.

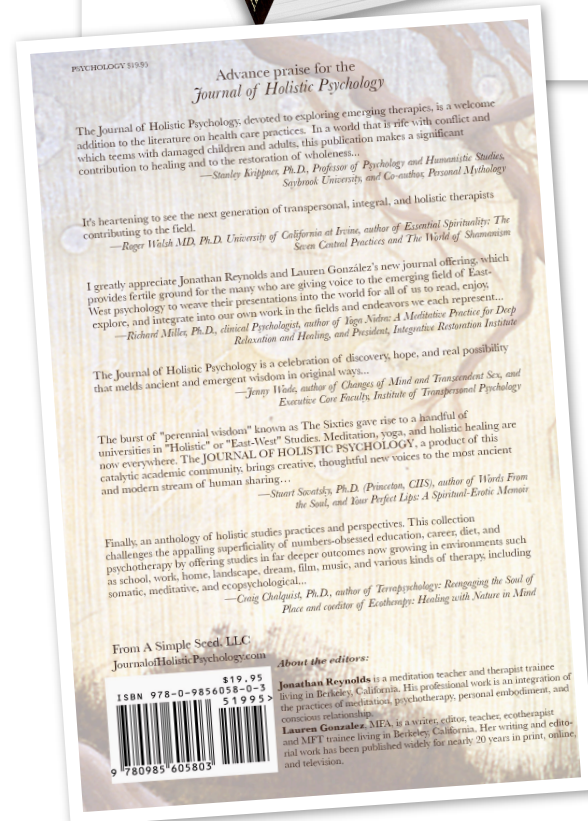
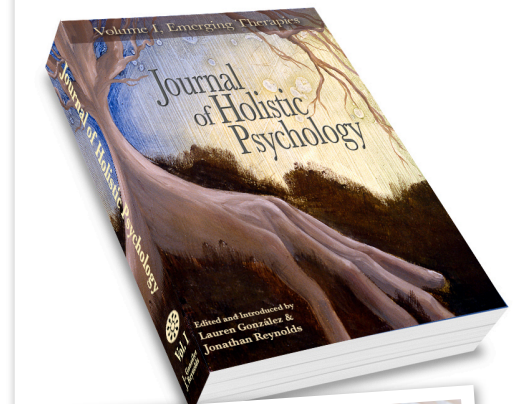
—**Jan Edl Stein, MFT**, clinician and director of Holos Institute

It is refreshing to encounter an anthology in holistic psychology that results from cross-fertilization of transpersonal psychology, expressive arts therapy, and ecopsychology. A simple sampling of the resulting wide array of approaches includes: exploring the light and dark sides of human nature in film; translation of expressive arts therapy into third world contexts; equine therapy as an alternative treatment modality for depression; the role of personal confrontation with mortality as preparation for species death brought on by the ecological crisis; and the incorporation of permaculture principles of synchronization with nature into our cultural arrangements. This book dynamically expands our horizons.

—**Karen Jaenke, Ph.D.**, Director, Ecotherapy Certificate Program,  
John F. Kennedy University

Like a garden on a spring morning – the flowering of fresh ideas and a variety of perspectives – this collection of essays well serves the emerging field of Holistic Psychology. In the *Journal of Holistic Psychology* seasoned professors/clinicians and a wide range of graduate students contribute to an interesting and inspiring read. Enjoy your walk through this garden of delights, remembering to pause and smell the flowers. This book will surely stretch your thinking and imagination.

—**Mary Owen, MFT**, founder and director of Grateful Heart Holistic Therapy Center, and Adjunct Faculty, John F. Kennedy University



# About the Book...

## *The Journal of Holistic Psychology: Volume 1, Emerging Therapies*

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The Journal of Holistic Psychology: Volume 1, Emerging Therapies is an annually-published collection of research and clinically-based papers as well as experiential essays by emerging and established voices in the fields of psychotherapy, psychology, consciousness studies, nutrition, ecotherapy/ecology, mindfulness, spirituality, expressive arts, and other healing modalities that consider the entire person, body, mind, and spirit. Our intent with this journal is to provide a bellwether of holistic studies while spotlighting the work of our burgeoning community's pioneers, those who guide and one day will represent the leading edge in our respective holistic fields. Doing so anchors our continued work within the great lineage to which we connect, and that has made our own edge so innovative.

In addition, we hope this offering may serve as a 'historical signpost' of the rising consciousness within and around the world. The essays and research papers written today serve as a snapshot of the present, a lens on the future, and an archive for the history of consciousness, which is being written by each of us each and every day. As such, the *Journal of Holistic Psychology* is a serial that will track 'thought's evolution' in some broad way, including viewpoints from the many disciplines under the holistic umbrella. We ask now for your participation in both the preservation and evolution of our vision for how our community and world appreciates and greatly needs the abundant gifts a holistic sensibility provides.

We are grateful for your work and commitment to the 'multiple perspective-taking' that only a truly holistic appreciation might afford. As one metaphor wonderfully suggests: 'diamonds are so very hard that they can only be polished by collecting them in a container and tumbling them against each other' – let us continue this process of skillfully tumbling together, as it is community, the holistic collective, which ultimately rounds off the edges of intellectual truth. This project is a movement toward sharing what we each know to be true in our heart, and to do so together.

## Meet the Journal's Co-founding Editors



*photo of Lauren González in Istanbul*  
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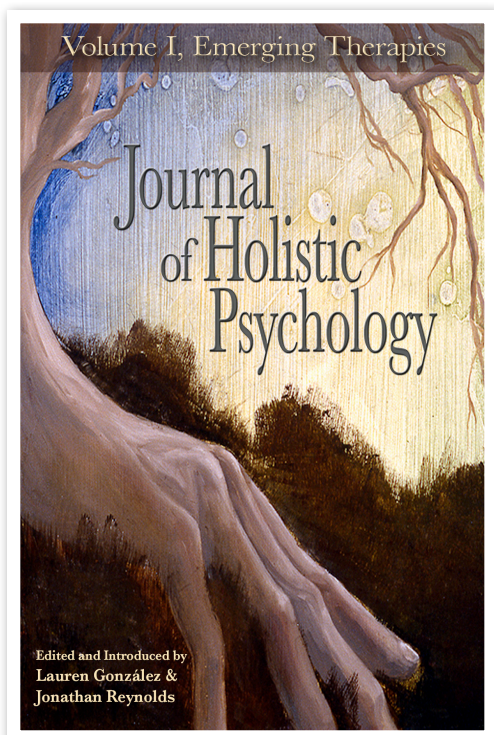
**Lauren González, MFA**, is a writer, editor, writing teacher, and graduate student completing her Master of Arts in Counseling Psychology, with Transpersonal and Ecotherapy specializations at John F. Kennedy University, in California. Lauren is a Marriage and Family Therapist Trainee at the Center for Holistic Counseling, and at Westlake Middle School, both in Oakland. Lauren works to integrate the literary arts, nature and psychology in a complementary way. She received her Master of Fine Arts in Writing from Sarah Lawrence College, in New York, and her first book, *Submerged: Tales From the Basin*, was published by StepSister Press in 2008. Lauren's fiction and non-fiction has been published widely for nearly 20 years in an array of publications and media; she has completed her first novel, *The Junkyard*. Her work as assistant and editor to renowned twin researcher and psychologist Dr. Nancy Segal, combined with her lifelong interest in personality, holism and nature, has led her to holistic psychology. Lauren's intention is to integrate ecotherapy, meditation, writing, filmmaking, mindfulness, the values of volunteer service, and nature-based healing into her work as a therapist, primarily with children and adolescents, but also with adults, couples, and families. She is on the Board of the *Learning to Listen Yoga & Meditation Collective*, and lives with her husband, David, and their dachshund in Berkeley, California. <http://www.laurengonzalez.com>.



*photo of Jonathan Reynolds in India*  
© Jen Burk Reynolds 2007

**Jonathan Reynolds** is a meditation teacher and therapist trainee living in Berkeley, California. He has trained extensively in the fields of Buddhist meditation, classical yoga, and both Eastern and Western philosophies. Drawing on many wisdom traditions, Jonathan's teaching and clinical orientation are centrally rooted in a mindfulness-based perspective, and he is currently in the process of completing JFK University's Transpersonal Psychology Program with the intention of further integrating the practices of meditation, therapy, embodiment, and conscious relationship into his own life and work. Jonathan is also the executive director of the Learning To Listen Yoga & Meditation Collective, a nonprofit teaching community committed to offering tools that promote conscious living. His previous written works include two books: *Poetic Listening* and *Learning To Listen: Simplifying Spiritual Practice*. Jonathan is a husband and a father, and his current professional offerings include psychotherapy sessions at Grateful Heart Holistic Therapy Center (supervised by Mary Owen, MFT #14190), a weekly insight meditation group, and also occasional retreats both locally and worldwide. For further information on his work, please visit: [www.ayogisway.com](http://www.ayogisway.com).





**Bruce Alderman, MA**, is an Adjunct Faculty in the College of Graduate and Professional Studies at John F. Kennedy University. He currently teaches Paradigms of Consciousness, Fundamentals of Transpersonal Psychology, Fundamentals of Psychology, World Spirituality, Living Systems Theory, and Ethics and Compassion, and has served as a Thesis and Final Integrative Project adviser. Prior to working at JFKU, he worked and studied abroad for several years, including teaching courses on creative writing and inquiry at the Rajghat Besant School, a Krishnamurti school in Varanasi, India. His current areas of interest include Integral Theory and practice, transpersonal psychology, Integral post-metaphysical spirituality, the Time-Space-Knowledge vision, transformative arts, dream yoga, and interfaith dialogue. When he is not teaching or spending time with his family, he writes music and moderates an online discussion forum dedicated to Integral Post-metaphysical Spirituality.

**G. Kenneth Bradford, Ph.D.**, is a psychologist in private practice, specializing in Contemplative-Existential psychotherapy and consultation. He is an Adjunct Professor at John F. Kennedy University; formerly, Co-Director of Maitri Psychotherapy Institute and senior teaching associate with James Bugental. Ken has been a mindfulness and *dzogchen* practitioner for over 30 years, and is in the vanguard applying meditative sensibilities to psychotherapy. His publications address the psychology-spiritual interface, e.g., *Listening from the Heart of Silence: Nondual Wisdom and Psychotherapy, Vol. 2* (co-edited with John Prendergast) and articles on “*Therapeutic Courage*”, “*Natural Resilience*”, “*The Play of Unconditioned Presence*”, and “*Contemplative Revisioning of Diagnosis*”.

**Kathy Buys, MFT**, is a licensed marriage and family therapist as well as an advanced certified shamanic practitioner and professional musician. She specializes in holistic approaches for musicians and those affected by trauma and obesity including children and adults. She also leads specialized tours to Ireland doing shamanic earth-based work with the Spirits at ancient sacred sites. When she’s home, Kathy supervises and teaches at The Child Therapy Institute of Marin in San Rafael, California and has a private practice in Albany and Antioch, California.

## Contributors continued...

**Gina Delligatta** is a second-year graduate student in Transpersonal Psychology at John F. Kennedy University in California. She is interested in applying her understanding of Energy Medicine to the field of psychology.

**Julia Deupree** has studied Holistic Health at John F. Kennedy University, and is currently pursuing a Master of Science degree in Nutrition and Integrative Health at the Tai Sophia Institute in Laurel, Maryland. From her extensive cross-cultural interactions, and her own personal health challenges with mainstream food, Julia has reached the conclusion that food forms the basis of how individuals and communities represent themselves. Upon graduation, she anticipates working as a holistic nutrition practitioner. It is her hope that her deep passion and knowledge regarding food and health will provide a foundation for helping individuals and agencies understand the importance of nutrition in forming the biologic and energetic essence of integrated persons and societies.

**Lauren Funiestas** is an MFT Trainee and graduate student at John F. Kennedy University, in Northern California. With an educational background in Criminal Justice Studies, Lauren's experience in the mental health field includes working with formerly incarcerated homeless individuals in San Francisco County as well as at-risk youth and youth on probation in Contra Costa County. Her work integrates cultural diversity, indigenous Filipino spirituality and social justice advocacy as a basis for her future practice as a psychotherapist. "Madeline" is her first published work.

As an aspiring therapist, **Kelsey A. Holt** hopes to witness people as they become more aware of the questions and answers that reside within them. She believes that there exists a strand of grace and wisdom that weaves its way through the course of all lives. As she grows to know herself more deeply, she finds new ways to connect with this essential energy. Dance, cooking, meditation, relationships and Nature are some of the present ways she experiences the fullness of being alive.



## *Contributors continued...*

**Yohei Kato** is a graduate student of Integral Psychology at John F. Kennedy University, in California. He is a manager of a non-profit organization that supports childhood cancer patients and their families by providing them with Integral Coaching to support their psychological health and development. His interest is in creating a new educational method based on coaching. Visit his coaching service: <http://integralcoaching-zenheart.jimdo.com>.

**Jahan Khamsehazadeh** received his BA from the University of Arizona, with a major in Philosophy and minor in Psychology and Physics. He graduated from John F. Kennedy University with a Master of Arts in Consciousness and Transformative Studies in Spring 2012. He will attend the Philosophy, Cosmology, & Consciousness doctoral program at the California Institute of Integral Studies in Fall 2012. He is currently writing a book that further explains the ideas expressed in his essay, "Web of Being," and plans to have it published early next year.

**Lacy Martinez** is completing her MA in Holistic Counseling, with a Transpersonal specialization at John F. Kennedy University. She is a Bay Area native, and a founding team member of the online Holistic website [AwakeningtheBay.com](http://AwakeningtheBay.com). She hopes to continue exploring archetypal and Jungian psychology by pursuing her doctoral degree, and eventually teach in a similar program.

**Colleen Millen** (ERYT-500) is a Forrest Yoga Guardian teacher and educator. From her initial certification in 2000, she launched her website: [www.bluebuddhayoga.com](http://www.bluebuddhayoga.com) to reflect her interest in bringing yoga to those who live with depression and throughout her teaching tenure she has led numerous workshops and classes on yoga and the emotional body, including a 7-week Yoga for Depression class series with companion workbook. She continues to meld her somatic education at John F. Kennedy University with yoga and will be presenting a workshop titled "Tracking Trauma: Building Embodiment Tools for Self Healing" at Forrest Yoga's first-ever yoga conference summer 2012.

**Nancy Orr, MFA** lives and works in San Jose, California. She received her Permaculture Design Certificate at Occidental Arts and Ecology Center in 2009. She is in the process of purchasing land where she can build a home, grow food and put permaculture principles into practice.

**Sherry Routson** is a professional horse trainer and riding instructor and is licensed with the United States Equestrian Federation as a nationally ranked Dressage and Sport Horse judge. Routson lives in Walnut Creek, California, with her much loved horses, dogs, cats, ducks, husband and three sons. Routson credits the horses she has known during her lifetime for the most essential and inspiring learning experiences in her life. She attends the John F. Kennedy University Master's program for psychology.



## *Contributors continued...*

**Andrea Shipley** is a Master of Arts candidate in the Transpersonal Psychology program at John F. Kennedy University, in California. Art and nature have been Andrea's major inspirations, and have played such ever-present roles in her life that there have been times when she didn't even notice their importance. Designing the cover for the *Journal of Holistic Psychology* has assisted her in reawakening the connection to her creativity, and she's grateful for the process. Her goal as a therapist is to help her clients explore these underappreciated areas within themselves; to help them rediscover their passion, true nature, and full potential through their connection to creativity and wilderness.

**Erin Renée Smalley** was born and raised in the Portland Metropolitan Area in Oregon and became an energy healer when she was initiated as a Reiki Master in her late teens. She earned her Associate of Arts degree from Portland Community College, and then relocated to the San Francisco Bay Area, where she completed her Bachelor of Arts degree in Psychology at John F. Kennedy University, and graduated summa cum laude with a concentration in Transpersonal Studies. Also at JFK University, she is completing her Master of Arts in Counseling Psychology with a specialization in Transpersonal Psychology. Her goal is to become a licensed Transpersonal Marriage and Family Psychotherapist, as well as to continue uplifting the vibrations of humanity and the world through energy work.

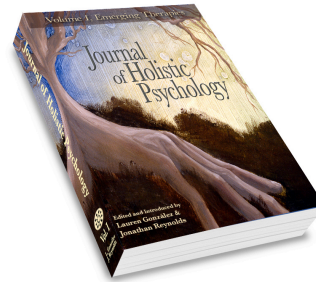
**Dr. Jeremy Taylor**, a Unitarian Universalist minister, has worked with dreams for over thirty-five years. He blends the values of spirituality with an active social conscience and a Jungian perspective. He is convinced all dreams come for our health and wholeness, and have multiple layers of meaning. Co-founder and past president of the International Association for the Study of Dreams, he has written four books on dreams and their relationship to our search for individuation and expanding community. He pioneered dream work on the internet and is currently the blogger on dreams for *Psychology Today* magazine (<http://www.psychologytoday.com/blog/the-wisdom-your-dreams>). He teaches classes and leads workshops all over the world.

**Dave Walcott** is studying Transpersonal Counseling Psychology at JFK University in Pleasant Hill, California. He has been a musician most of his life, and is interested in using music, poetry, and other art forms to facilitate therapeutic and spiritual unfolding.

**Jonathan Wanlass, MA**, Consciousness & Transformative Studies, John F. Kennedy University, in California. For six years, Jonathan worked night and day transporting human remains from death scenes to county morgues, funeral homes, and medical schools as a self-titled "Post Mortem Transporter." Through these experiences and others, Jonathan gained an intense passion to encounter and engage the potent reality of death. He is called and committed to illuminate the practice of embracing death and dying as a way to enhance life. He offers Death Coaching services, "living funeral" and wedding ceremonies and facilitates groups and individuals in dialogue, dreamwork, and conflict resolution. Contact him at [jonathan@livingdeathcoach.com](mailto:jonathan@livingdeathcoach.com).

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***Journal of Holistic Psychology: Volume One, Emerging Therapies***

*“...this publication makes a significant contribution to healing and to the restoration of wholeness.” --Stanley Krippner, Ph.D.  
Professor of Psychology and Humanistic Studies, Saybrook University and Co-author, Personal Mythology*

Berkeley, CA, August 2012--Have you wondered what psychotherapy and psychology will look like in 20 years? The answer is already alive in the theories and practice of Holistic Psychology. *The Journal of Holistic Psychology: Volume 1, Emerging Therapies* is the first of a bi-annual collection of research and clinically-based papers as well as experiential essays by emerging and established voices in the fields of psychotherapy, psychology, consciousness studies, nutrition, ecotherapy/ecology, mindfulness, spirituality, expressive arts, and other healing modalities that consider the entire person, body, mind, and spirit. The Journal provides a bellwether of holistic studies while spotlighting the work of the burgeoning community's pioneers, those who guide and one day will represent the leading edge in the respective holistic fields.

**About the editors:**

*Lauren González*, MFA, is a writer, editor, teacher, ecotherapist and psychotherapist trainee living in Berkeley, California. Her writing and editorial work has been published widely for nearly 20 years in print, online, and television.

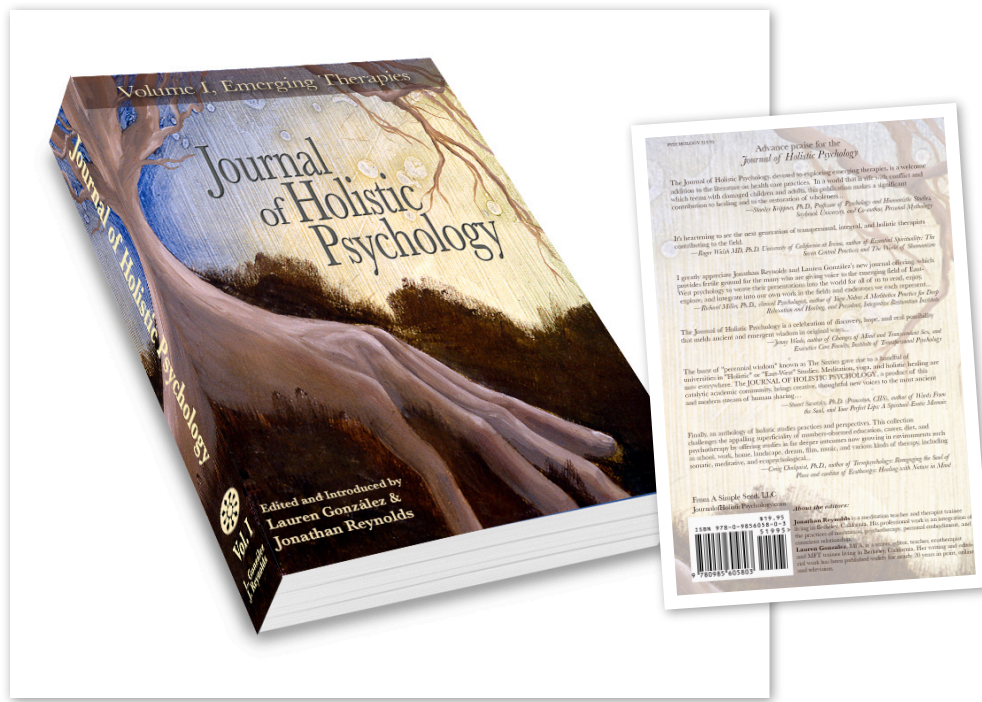
*Jonathan Reynolds* is a meditation teacher and therapist trainee living in Berkeley, California. His professional work is an integration of the practices of meditation, psychotherapy, personal embodiment, and conscious relationship.

**Contributors:** Bruce Alderman, MA; G. Kenneth Bradford, PhD; Kathy Buys, MFT; Gina Delligatta; Julia Anne Deupree; Lauren Funiestas; Kelsey A. Holt; Yohei Kato; Jahan Khamseh-zadeh; Elysha L. Martinez; Colleen Millen; Nancy Orr, MFA; Sherry Routson; Andrea Shipley; Erin Renée Smalley; Dr. Jeremy Taylor; Dave Walcott; Jonathan Wanlass, MA.

**Media:** Please download our entire press kit from the web site: <http://www.journalofholisticpsychology.com/press-kits/>

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## Excerpts from the Journal of Holistic Psychology: Volume 1, Emerging Therapies

*From Chapter Fourteen: Permaculture and the Expansion of Consciousness, by Nancy Orr, MFA*

"Our gardens are similarly dysfunctional and immature, and are looking for their own integration or hero's journey. 'Viewed ecologically, the standard suburban yard just wants to grow up' (Hemenway, 2000, p. 20). In the same way an immature person always needs things to feel secure, an immature garden also needs constant attention from the gardener to survive. '...one of the biggest contrasts between most gardens and the natural landscape is that if left untended, a garden falls apart, while nature doesn't' (Hemenway, p. 25)."

*From Chapter One: Finding Spirit Through Music, by Dave Walcott*

"I feel a very deep spiritual and musical connection with Nick, the closeness of which rivals many close relationships I have in my life. As a fellow musician, I have found great joy and satisfaction not only listening to his music, but also spending many careful hours transcribing and learning to play his complex and technically demanding songs. When I first learned of him and his work, it was like stumbling on a long lost catalog of songs that someone had written specifically about my soul. Through his music, I feel a strong kinship with Nick's spirit, despite the chronological and geographical distances that separate us temporally."

*From Chapter Ten: David Lynch: Eagle Scout, Missoula, Montana, by Lauren Gonzalez, MFA*

"The relationship between lightness and darkness (conceptually), light and dark (physically, as in paintings and films), shadow and light (psychologically and spiritually), is prevalent in every conceivable area of Lynch's life. When interviewer Rodley asked Lynch why or how it is that he has always been 'comfortable' with the darker side of his psyche, he responded, 'I have no idea. I've always been that way. I've always liked both sides and believe that in order to appreciate one you have to know the other—the more darkness you can gather up, the more light you can see, too,' (p. 23). But is he talking about psyche or art? As with his films, one can only guess—perhaps both."



## Excerpts ...

### *From Chapter Four: Raimon Panikkar and the New Atheists: The Promise of a Fully-Inclusive and Ever-Expanding Dialogue, by Bruce Alderman, MA*

"Panikkar has been working for quite some time on a hermeneutic (interpretive theory) of interreligious dialogue. In particular, he has developed what he calls diatopical hermeneutics, which he sees as the foundation of dialogical dialogue. Diatopical means 'across places' or 'across spaces' and is to be distinguished from more common forms of hermeneutics -- morphological, i.e. taking place within the same overall tradition or cultural space; and diachronical, taking place within the same overall historical stream (of a particular tradition or culture). In either of the latter cases, there is a natural hermeneutic circle that is available for parties to enter into. But in the encounter between very different cultures and traditions there is no such circle; in essence, it has to be created anew, and this is facilitated by what Panikkar calls the imparative method."

### *From Chapter Five: Development of Awareness: Language and Breathing as Essential Elements in Somatic Therapy, by Colleen Millen*

"What would being in this constant state of shallow breath feel like? Perhaps, since digestion and elimination are interrupted the client could develop an emotional pattern, as is commonly stated, of not being able to let go. If the heart rate and blood pressure are high while the breath is insufficient, the client could feel an implicit fear of taking in more breath and an increase blood pressure, while getting signals from the body regarding not getting enough breath to live. These are merely hypotheses, and, to be sure, there are other aspects of observation and diagnosis that need to be considered to form a holistic picture of the client."

### *From Chapter Nine: Death Sustains New Life Experience: Fear and Diversity in the Garden of Consciousness, by Jonathan Wanlass, MA*

"Imagine life without death. When I do so, I picture a life experience devoid of meaning and purpose. Death creates the tension and fear that makes every moment of life precious. Without it, the love I feel for those around me would not reach the heights that it does. In actuality, the imminence of death amplifies all that I feel—it helps shape and create my experience, my consciousness. I may fear death but my fear inspires my experience of life. A life without death may be a life without fear, but it will also be life devoid of diversity of experience. Death is built into our eco-experience to maximize diversity."

### *From Chapter Three: Cultivating the Therapist's Seat, My Own Process, by Jonathan Reynolds*

"My role as a therapist is partly to model self-care, and perhaps ultimately to model care of others as expressions of greater self. In working with this or any other client, I hope to further support them in this work of caring; I see the primary tool in developing my own capacity to offer this service, to be the continued unfolding of my own relationship to self-care – and this via the further healing of my own experience of self-directed aggression and anger. Van Kaam suggests, 'I can be gentle with myself if I can experience myself simultaneously as precious and vulnerable' (p.92). And this is exactly the gift I hope to offer clients. Towards this end, as a therapist I must attempt to do my best to not let my own unconsciously harbored anger (towards the fact of suffering or perhaps some other presenting element of reality) hinder my skillfulness in serving another's relationship towards his or her own anger. To accomplish this, my own practice of awakening to those areas where anger still lingers within me can only help to minimize any unconscious tendencies I have to project it (my own anger) onto therapeutic sessions – in this sense I, too, am in the role of 'client' even when I find myself relationally in the conventional role of therapist."

## *More Excerpts ...*

### *From Chapter Eight: Childhood Development Through Somatic and Sensory Awareness, by Kelsey A. Holt*

*"As I played with Ned and Sophie, I asked them some probing questions about why they made certain decisions in their storylines, and sometimes I suggested an alternate storyline. Their responses to my questions and suggestions greatly informed my scope of their development. I will reveal as much of their development as I can infer through two theoretical paradigms. These lenses enable me to bring to light and create structure to hold what I know of the vast spirits and personalities embodied in these two children."*

### *From Chapter Two: Appreciating the Similarities and Differences Between American and Japanese Work Environments from an All-Quadrants Perspective, by Yohei Kato*

*"In America, direct eye contact often represents attention and respect for others, and not gazing straight may be regarded as impolite, inattentive, insincere, and aloof (Ferraro, 2006). On the other hand, in Japan direct eye contact may give the impression of hostility, and thus Japanese people often prefer a lesser degree of eye contact. Hence, American business people must be careful to gaze indirectly at Japanese business people's eyes in their business interactions. Otherwise, Japanese business people may perceive a threatening or haughty image of American business people. In contrast, Japanese business people must be careful not to turn their eyes too much away from their American colleagues' eyes in places of work."*

### *From Chapter Six: Reversing the Negative Effects of Poor Food Quality in Prisons, by Julia Anne Deupree*

*"Alexander Schauss conducted one of the first prison studies that correlated quality food with good behavior. He worked within several California prisons educating incarcerated youth about their nutritional needs by informing them about the negative physiological and emotional effects of a diet of high in sugar and milk. He worked from within the prison system to change the snacks available in the vending machines, and provided prisoners with ample vitamin and mineral supplementation. As a result, prisoners were calmer, violence was reduced, and recidivism rates dropped significantly."*

*Journal of Holistic Psychology: Volume 1, Emerging Therapies Events*  
(check back frequently for additional events)

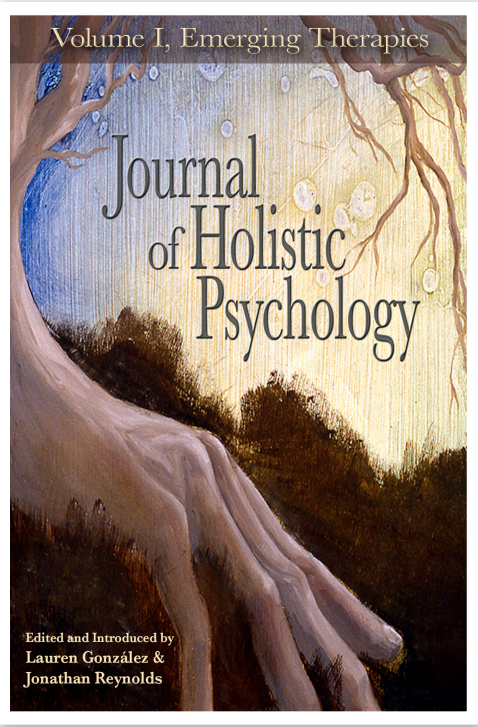
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Please join the Journal's co-founding editors and contributors for a launch party and reading at John F. Kennedy University's Pleasant Hill campus, 100 Ellinwood Way, Pleasant Hill, California, 94523.

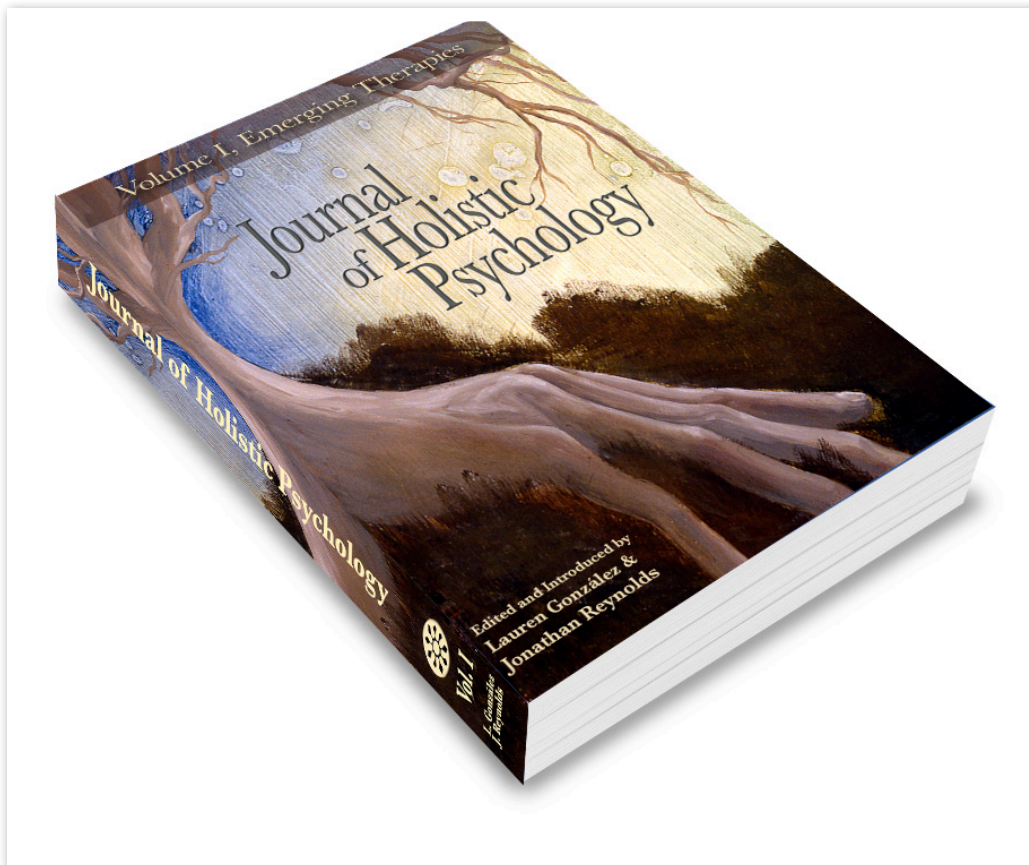




*Journal of Holistic Psychology: Volume 1,  
Emerging Therapies Cover Art*

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*Ideas for articles, academic and professional research papers and essays, and academic and personal exploration:*

**What is Holistic Psychotherapy and Psychology, and how will a shift to a holistic perspective on mental health shape healing in the future?**

Prisons, the military, and schools are reporting a greater awareness of how mindfulness practice changes lives and heals great trauma. Do you have a story? Do you believe mindfulness and meditation can bring healing to those most in need?

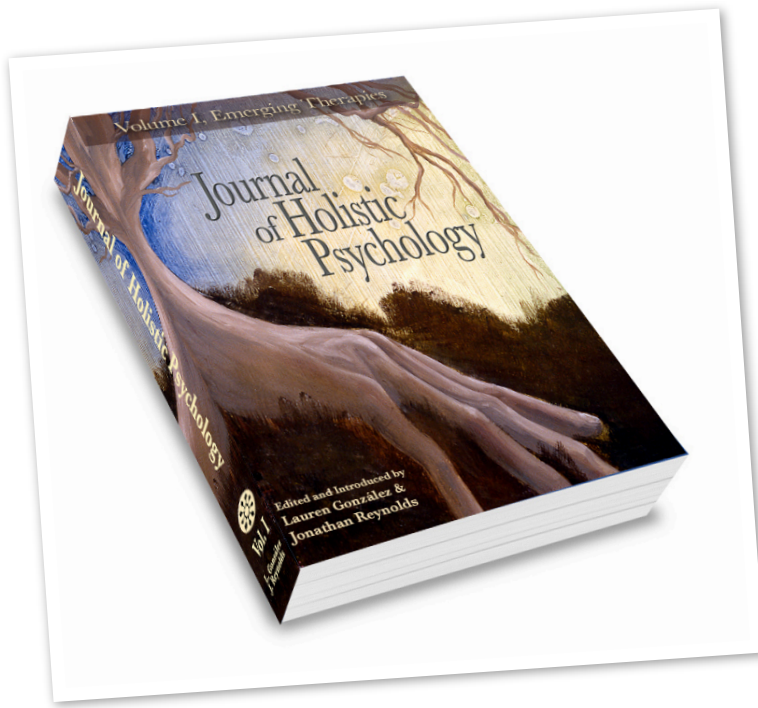
**How are you seeing environmental concerns shaping your environment, from your home to your town, school, state, country, and world? How are people you know reacting to these concerns?**

How are your thoughts affecting the world around you?

**Is it possible to separate the body and spirit or “essence” of a human being when working with dimensions of the mind or consciousness? What is the value in this separation? What is the danger?**

Have you seen examples of animal-assisted therapy in your life, or in the lives of your friends and loved ones?

**How has somatic and touch-based healing affected your world? How can we respond, as holistic practitioners and educators, to those who are dismissive of somatic modalities?**



***Contact us!***

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