



The Association for the Advancement of Psychosynthesis

2015 International Conference

Celebrating AAP's 20th Year

Be Your True Self: Discovering Inner Resources

- In Everyday Life
- In Family and Organizations
- In Clinical Applications
- In Global Issues

at John Abbott College
Sainte-Anne-de-Bellevue
Québec, Canada
August 5-9, 2015



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AAP is a non-profit Massachusetts corporation, founded in 1995, dedicated to promoting education and training in psychosynthesis, an approach to psychology and to life that was originally developed by Roberto Assagioli, MD, and advanced in theory and practice by a host of people worldwide since Assagioli's death in 1974. Psychosynthesis has developed concepts and practices that are now widely used in humanistic, transpersonal and holistic psychology and counseling, individual and family therapy, business, coaching, energy medicine, therapeutic body work, education, social action, and other fields.

AAP is operated by volunteers who give their time, energy and money to sustain our efforts to make the world a better place and to provide specific responses to help people and organizations. We invite you to participate in this conference and take home ideas and practices that can help you in your life and work—and to participate in the work of AAP in generating new responses that will make psychosynthesis a living reality for future generations.

Visit AAP's website, www.aap-psychosynthesis.org and feel free to share your thoughts with AAP Steering Committee members who are here at the conference. We welcome your feedback as to how we can more effectively share Assagioli's gift with the world.

Be Your True Self: Discovering Inner Resources



Photo courtesy Marjorie Hope Gross

Conference Program: Contents

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Continuing Education Credits:

AAP has been approved by NBCC as an **Approved Continuing Education Provider**, ACEP No.6304. Programs that do not qualify for NBCC credit are clearly identified. Presentations which are eligible for CE are identified in this program as (CE-[hours]) and presentations not eligible for CE are identified as (NCE). AAP is solely responsible for all aspects of the programs.

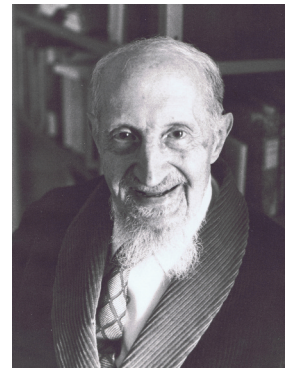
ASSAGIOLI ON SELF (Wikipedia)

Pervading all the areas mapped by the oval diagram, distinct but not separate from all of them, is Self (which has also been called Higher Self or Transpersonal Self). The concept of Self points towards a source of wisdom and guidance within the person, a source which can operate quite beyond the control of the conscious personality. Since Self pervades all levels, an ongoing lived relationship with Self—Self-realization—may lead anywhere . . . as one's direction unfolds. . . Relating to Self may lead for example to engagement with addictions and compulsions, to the heights of creative and religious experience, to the mysteries of unitive experience, to issues of meaning and mortality, to grappling with early childhood wounding, to discerning a sense of purpose and meaning in life.

The relationship of "I" and Self is paradoxical. Assagioli was clear that "I" and Self were from one point of view one, writing, "There are not really two selves, two independent and separate entities. The Self is one." Such a nondual unity is a fundamental aspect of this level of experience. But Assagioli also understood that there could be a meaningful relationship between the person and Self as well:

Accounts of religious experiences often speak of a "call" from God, or a "pull" from some Higher Power; this sometimes starts a "dialogue" between the man [or woman] and this "higher Source"...

Assagioli did not of course limit this relationship and dialogue to those dramatic experiences of "call" seen in the lives of great men and women throughout history. Rather, the potential for a conscious relationship with Self exists for every person at all times and may be assumed to be implicit in every moment of every day and in every phase of life, even when one does not recognize this. Whether within one's private inner world of feelings, thoughts, and dreams, or within one's relationships with other people and the natural world, a meaningful ongoing relationship with Self may be lived.



Roberto Assagioli, MD

Overall Conference Schedule: (see pages 5-23 for details)

Wednesday, August 5:	Conference Registration	2:00 pm — 5:30 pm
	Dinner	5:30 pm — 6:45 pm
	Opening Remarks, Announcements	7:00 pm — 7:30 pm
	Keynote Address	7:30 pm — 9:00 pm
Thursday, August 6:	Breakfast	7:00 am — 8:30 am
	Announcements	8:45 am
	Plenary Talk A	9:00 am — 10:00 am
	Workshops	10:00 am — 1:00 pm
	Lunch	1:00 pm — 2:15 pm
	Workshops	2:30 pm — 5:30 pm
	Dinner	5:30 pm — 6:45 pm
	Plenary Talk B	7:00 pm — 9:00 pm
Friday, August 7:	Breakfast	7:00 am — 8:30 am
	Announcements	8:45 am
	Plenary Talk C	9:00 am — 10:00 am
	Workshops	10:00 am — 11:30 am
	AAP Annual Meeting	11:45 am — 1:00 pm
	Lunch	1:00 pm — 2:15 pm
	Workshops	2:30 pm — 5:30 pm
	Dinner	5:30 pm — 6:45 pm
	Psychosynthesis Group Activities	7:00 pm — 9:00 pm
Saturday, August 8:	Breakfast	7:00 am — 8:30 am
	Announcements	8:45 am
	Plenary Talk D	9:00 am — 10:00 am
	Workshops	10:00 am — 1:00 pm
	Lunch	1:00 pm — 2:15 pm
	Workshops	2:30 pm — 5:30 pm
	Dinner	5:30 pm — 6:45 pm
	Socializing Time	7:00 pm — 9:00 pm
Sunday, August 9:	Breakfast	7:00 am — 8:30 am
	Announcements	8:45 am
	Plenary Talk E	9:00 am — 10:00 am
	Workshops	10:00 am — 11:30 am
	Conference Closing	12:00 noon

KEYNOTE ADDRESS:

The Ubiquity of Self

With Gianni Yoav Dattilo (CE 1.50)

Wednesday August 5, 2015, 7:30 p.m.



Self is at the core of psychosynthesis practice and theory; it is a living psycho-spiritual agent, and not just a merely theoretical hypothesis. The presentation will explore the idea of Self within the contemporary psychological landscape in order to point out the specific and unique approach of psychosynthesis. I will present vignettes and examples from my personal experience and clinical practice. Additionally, a major split in the overall understanding of the psychosynthesis model lies, in my opinion, in contrasting views on Self. In its essence psychosynthesis has the potential to hold together different perspectives and/or integrate them in a totally free and unique way for each practitioner, and eventually heal the split.

Educational Objectives: Attendees will be able to:

- Understand an updated overview on Self in the psychosynthesis paradigm.
- Use some new personal and professional skills for psychosynthesis practice and open up to possible further steps in psychosynthesis development.
- Increase motivation towards a psychosynthetic inner attitude in order to possibly heal intra-psychic and interpersonal splits.

Gianni Yoav Dattilo, PhD, is a training and supervising licensed psychotherapist, registered Psychologist (Ordine degli Psicologi del Lazio n. 1980), Past President of SIPT (Italian Society of Psychosynthesis Psychotherapy), and Past Vice-President of EFPP (European Federation for Psychosynthesis Psychotherapy). He has practiced and taught Psychosynthesis Psychotherapy since 1986 in Rome, Florence, and Milan; led workshops and seminars in Europe and in the USA; and organized and participated in international conferences and summer schools. Dr. Dattilo is a full time psychotherapist who has published several articles over the years on Psychosynthesis and Psychotherapy, and his psychodynamic and psycho-energetic approach mainly focuses on both depths and heights of the psyche, integrating in his practice psychoanalysis, transpersonal psychology, cognitive behavioural techniques, ancient spiritual traditions, philosophy and humanities. He is an affiliate international member of the APA (American Psychological Association).

CONFERENCE PRESENTATIONS

All presentations are designed for all levels of learners unless otherwise noted—(Int) for intermediate level, and (Adv) for advanced practitioners. Any prerequisite knowledge of or experience in psychosynthesis is noted—(PS).



Photo courtesy Marjorie Hope Gross

Thursday, August 6

Plenary Talk A: Thursday 9:00 am – 10:00 am

Psychosynthesis and Healing: Exploring Illness and Wholeness

with Dorothy Firman (CE-1.00)

Working with people who have a chronic or life-threatening illness draws psychosynthesis principles into their essential goal: moving towards the wholeness of Self. Based on her book, "*Engaging Life, Living Well with Chronic Illness*." This presentation will focus on psychosynthesis' invitation to acceptance and right action.

Educational Objectives: Attendees will be able to:

- Understand psychosynthesis principles relating to illness.
- Learn techniques suitable for work with clients with illness.
- Explore meaning, purpose, and values.
- Comprehend the essentials of the book "*Engaging Life*."
- Become practitioners with a wider skill set.



Dorothy Firman, EdD, LMHC, BCC, is a psychotherapist and life coach and is the director of the Synthesis Center and its training programs. She is the author of many books and scholarly articles, is on the editorial board of the *International Journal of Psychotherapy* and is a professor of psychology at American International College.

Workshop 102: Thursday 10:00 am – 1:00 pm présenté en français

La maladie: un chemin vers le SOI avec Hélène-Françoise Lizotte (NCE)

Vivre la maladie en demeurant présent à soi pour poursuivre l'actualisation de son plein potentiel, voilà un grand défi. Comment décoder, notre vécu, mettre en alliance ce qui sain avec ce qui atteint par la maladie? Comment vivre la volonté qui nous habite à travers la maladie pour ÊTRE?

Objectifs pédagogiques: les participants seront en mesure de :

- comprendre ce qu'est la maladie.
- comprendre les réactions à la maladie.
- nommer et sentir les mouvements de la volonté.
- apprendre comment l'approche de la pleine conscience est complémentaire à la psychosynthèse.

Workshop 102: Thursday 10:00 am – 1:00 pm presented in French*
Illness: A Path to Self with H  l  ne-Fran  oise Lizotte (NCE)

NOTE: This is a translation of the workshop information

*** some translation into English will be provided at the workshop.**

To live through a major illness while staying present to oneself and one's inner journey is a major challenge. How does one sort out what's happening, what is healthy, and what must be let go? How does one stay true to one's own will through this disease in order TO BE?

Educational Objectives: Participants will be able to:

- Understand what illness is.
- Understand one's reactions to the disease.
- Name and feel the movements of the will.
- Learn how the full consciousness approach is complementary to psychosynthesis.



Hélène-Françoise Lizotte a été formé au Centre de psychosynthèse du Bas Saint-Laurent en psychosynthèse (trois ans) et biopsychosynthèse (trois ans). Elle a animé de nombreux groupes de soutien au sein d'organisme communautaire pour les personnes atteintes de cancer. Elle a été atteinte de deux cancers, d'où mon intérêt pour ce champ de compétence. Elle travaille actuellement en bureau privé.

Hélène-Françoise Lizotte was trained in psychosynthesis (three years) and biopsychosynthesis (three years) at the Lower St. Lawrence Center for Psychosynthesis. She has led many support groups for persons with cancer at community organizations. She has survived cancer twice, which led to her interest in this field. She currently works in private practice.

Workshop 104: Thursday 10:00 am – 1:00 pm
Inner and Outer Peace – Embracing Unity. Archetypal Psychosynthesis
 with Kristina Brode. (CE-3.00) (PS)

Peacemaking with the Being you are. Contacting, freeing and embracing inner and outer resources—on Personal Level, Soul-Level, and Collective Level. We will discover the myths we live by and rewrite them to reach all our potential. Neurobiology, epigenetics, and mirror neuron theory will provide the theoretical background. The outcome will be an increase of Self-love, Charity and the feeling of Unity.

Educational Objectives: Attendees will be able to:

- Experience a wider world view.
- Easily make contact to higher realms.

- See one's own place in the whole.
- Use the tools and exercises in their practice.
- Recognize one's own responsibility.



Kristina Brode, PhD, has a degree in clinical psychology in the field of education, and has been a psycho-oncologist since 1984. She is a Jungian art therapist, founder and for 18 years head of Circadian Institute, a Psychosynthesis Training Center near Cologne, Germany. She is a board member of European Federation of Psychosynthesis Psychotherapists (EFPP), and a trainer and coach in Business. For many years her special interest has been to work with the healing power of archetypes, especially in pre-Celtic mythology. She runs groups in Ireland, Scotland, Iceland, Malta, and Egypt.

Workshop 105: Thursday 2:30 pm – 5:30 pm

Living with Joy Beyond...

with Denise Boivin (NCE)

This workshop will be a reflective journey on the purpose of this earthly pilgrimage. The definition of joy and happiness will be re-evaluated. This will be an interactive joyful exploration of various personal and social beliefs presently influencing us in our different life roles and cultures. It will be a vibrant reaffirmation of the wonderful gift of free will given to us by the Universe. New, efficient and practical self-help tools will be shared and explored to enhance joyful living.

Educational Objectives: Attendees will be able to:

- Experience a short but deep meaningful exchange with members of different 'milieu' and culture.
- Feel empowered by the dynamic group techniques used and transmitted for future personal self-enhancement.



Denise Boivin, MEd, is a teacher, a counselor, a mental health worker, a workshop leader with 27 years of fieldwork. The philosophy of psychosynthesis is her inspiration. The concept of the Self, one's inner wisdom and guidance and the disidentification process are her constant base and points of references. Helping people discover their own resources and giving them tools to become self-reliant and empowered is such a rewarding joyful mutual experience.

Workshop 106: Thursday 2:30 pm – 5:30 pm

Soul Process Work

with Thomas Yeomans (CE-3.00)

A brief training in the principles and practices of Soul Process Work. Soul Process Work is about how to contact and draw on the energies of the True Self in the present moment for their integration and use in daily life. The presentation will include teaching, demonstration, dyadic practicum, and group dialogue.

Educational Objectives: Attendees will be able to:

- Understand more fully how the True Self works in human experience.
- Work more sensitively with the energies of the Self.
- Work more precisely and confidently in the present moment with these energies.

- Understand better the various theories of the Self.
- Have greater skill in integrating Self and personal experience.



Thomas Yeomans, PhD, is the Founder/Director of the Concord Institute in the USA and cofounder of the International School in St Petersburg, Russia. He has trained helping professionals in Psychosynthesis and Spiritual Psychology throughout North America and Europe for the last 45 years.

Workshop 107: Thursday 2:30 pm – 5:30 pm

Giving Voice to Our Inner Self

with Chiara Claudi (NCE)

Voice is one of the expressions of our personality. Sometimes we create and follow a wrong image of ourselves far from our “real Self,” and our voice “sounds” like this image. Giving voice to all our inner characters and ultimately to our inner Self offers us the possibility to take a step closer to our own deep Self.

Educational Objectives: Attendees will be able to:

- Breathe and be aware of their bodies.
- Recognize blocks and barriers in their voice.
- Have the possibility to express what they feel inside and how they present themselves to the world through their own voices.
- Connect their voice with their inner world through visualizations and games.
- Vocalize and put their voice in relation with others’ voices.



Chiara Claudi, MA, Actress, is a singer and counselor in Psychosynthesis with a Degree from the National Academy of Drama “Silvio D’Amico” in Rome. She has worked for many years at the Roy Hart Center in Malérargués (a method about voice which is inspired by Jung’s psychoanalysis). She has an MA in voice called “Vocologia Artistica” from the University of Bologna and an advanced diploma in counseling from the Psychosynthesis Institute in Florence, Italy.

Workshop 108: Thursday 2:30 pm – 5:30 pm

Helping Professionals Tap into Children’s Intuitive Wisdom and Their Own

with Ilene Val-Essen (CE-3.00)

The intuition is the source of our deepest knowing. Unfortunately, parents and educators are often unaware of this rich resource—and miss the brilliance of its insight for children and themselves. This workshop will introduce “Ten Ways to Recognize the Intuition” and several meditative exercises to access its wisdom.

Educational Objectives: Attendees will be able to:

- Describe and teach the “Ten Ways to Recognize the Intuition,” helping parents and educators make use of this rich source of wisdom to bring out the best in children.
- Lead exercises to help parents and teachers 1) tap into children’s and students’ intuition so they can better support their goals and dreams and 2) resolve conflicts with wisdom and compassion.

- Access their own intuition to support growth and healing, enhancing their personal and professional lives and their effectiveness with clients.



Ilene Val-Essen, PhD, has been involved in parent education and psychosynthesis since 1975. Her award-winning book, “Bring Out the BEST in Your Child and Your Self” and her new book, “Parenting from the Higher Self: Giving the Gifts of Wisdom and Compassion,” both focus on psychosynthesis theory and practice. She has a private practice in Los Angeles.

Plenary Talk B: Thursday 7:00 pm – 9:00 pm **Being Your Self at Home and the Presence of Longing** with Massimo Rosselli (CE-1.00)

Being Your True Self is an invitation to a journey. Psychosynthesis process is a homeward journey where the Self is the traveler, but also the way and the goal. Being Your Self becomes your unique path on the wave of longing where individuality and universality meet in the same Heart.

Educational Objectives: Attendees will be able to:

- Better understand the Self as the core point of life's journey.
- Connect to the issue of home related to the Self.
- Value the importance of longing as heartfelt Self.



Massimo Rosselli, MD, is a psychiatrist, clinical psychologist and psychosynthesis psychotherapist. He has been trained in Psychosynthesis with Roberto Assagioli, with whom he collaborated in the practice and teaching of psychosynthesis. He is a former Professor at the University of Florence, Italy; Didactic Trainer, teacher and lecturer of psychosynthesis internationally, author and editor of several publications. He is Past President of SIPT (Italian Society of Psychosynthesis Psychotherapy) and President of EFPP (European Federation for Psychosynthesis Psychotherapy).

Friday, August 7

Plenary Talk C: Friday 9:00 am – 10:00 am **Losing and Re-finding Self/self in Human Systems** with Mark Horowitz (CE-1.00)

When we do not see systemically, and are not aware of systemic pressures, we can think we are acting from our own volition; when in fact we are simply, unconsciously and reflexively responding to systemic forces. Mark will focus on the questions: What are system forces? How can we become aware of them? and What can we do once we have reclaimed self and remembered we have choice?

Educational Objectives: Attendees will be able to:

- Understand what system forces are.
- Experientially recognize the effect of system forces on individuals and the system.
- Understand how a balance of love and power can be used to counteract these system forces.



Mark Horowitz, MA, is a leadership and organizational development consultant, an experienced educator, and board certified coach. He trained in Humanistic Psychology with Abraham Maslow, PhD, and in Psychosynthesis with Roberto Assagioli, MD. He has studied the field of human systems for over 35 years as a licensed individual and family therapist and as a management consultant and coach for businesses in the United States, Europe, Scandinavia, and Russia. He is a faculty member of the International School of Psychotherapy and Group Counseling in St. Petersburg, Russia, and has been an adjunct faculty member at John F. Kennedy University and Antioch San Francisco in California, and at Suffolk and Lesley Universities in Boston. Mark has taught Psychosynthesis at many centers around the world, including the Psychosynthesis Institute in San Francisco, and the Institute of Psychosynthesis, London.

Workshop 201: Friday 10:00 am – 11:30 am

EmBODYing the Self

with Janet Messer (CE-1.50)

Welcome and expand your experience of S/self through your physical body. Learn and participate in methods of breathing, meditative movement related to tai chi and chi gong, use of mudras, and free expressive movement that can deepen your own ability to be present and be introduced to clients in therapeutic situations.

Educational Objectives: Attendees will be able to:

- Experience ways to become present to S/self through breathing practices.
- Practice slow movement to increase presence and serenity.
- Introduce breathing and movement strategies to their clients to help discriminate between subpersonalities and S/self to support therapeutic change and self-esteem.



Janet Messer, PhD, is a licensed psychologist in private practice in Arizona. She has studied tai chi and chi gong for more than 20 years. She has practiced meditation for many years and taught mental health professionals about incorporating spirituality into therapy. She is a former AAP cochair and served on the AAP Steering Committee for 6 years.

Workshop 202: Friday 10:00 am – 11:30 am

“ La Margane ”, technique innovante de restauration multisensorielle des enveloppes psychiques avec Joël Niemann (CE-1.50) (Adv) (PS) **présenté en français**

Joël Niemann, concepteur de La Margane, « restauration multisensorielle des enveloppes psychiques », partage, comme il l'a fait à la Conférence de Rome en 2012, son expérience de 40 ans de recherche et de pratique psychocorporelle et transpersonnelle. Il vous invite à suivre sa démarche, applicable en thérapie, formation professionnelle, formation des étudiants en psychosynthèse, ou pour une démarche de développement personnel, et transpersonnel.

Objectifs pédagogiques, les participants seront en mesure de :

- avoir été informés sur cette pratique innovante et originale.
- faire des liens avec les techniques thérapeutiques existantes.
- valider leur expérience transpersonnelle dans la guidance de leurs clients (syntropie).
- réfléchir aux possibilités créatrices inhérentes à chacun.

Fidèle participant aux colloques annuels de psychosynthèse, où il partage régulièrement son expérience, et membre du comité directeur de l'EFPP, Joël Niemann est engagé dans une recherche constante de compréhension des relations et interactions profondes qui existent entre le psychique et le corporel. Il possède entre autres plusieurs Diplômes Universitaires, l'un concernant la fonction humaine et sociale dans l'entreprise (Paris Sorbonne), l'autre les pathologies de l'oralité, (en Psychologie, Université de Bordeaux). Il a débuté comme Infirmier psychiatrique et psychomotricien à Bordeaux (France), où il a créé le Centre de Psychosynthèse. Il assure depuis presque 25 ans la formation au premier cycle, et contribue également à la formation du second cycle (Paris, Marseille, Montpellier) en France. Il a introduit dans la formation en Psychosynthèse des pratiques innovantes comme l'audio-vidéoscopie, l'écriture du conte de transformation, des pratiques corporelles anthropologiques.

Workshop 202: Friday 10:00 am – 11:30 am

Mind-Body Anthropological Practices in Psychosynthesis with Joël Niemann (CE-1.50) (Adv) (PS) presented in French*

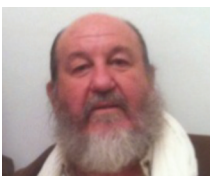
NOTE: This is a translation of the workshop information;

***some translation into English will be provided at the workshop by Hélène Dufau.**

Joel Niemann, designer of the Margane, "Restoring multisensory psychic boundaries," shares, as he did in the Rome Conference in 2012, his experience of 40 years of mind-body transpersonal research and practice. He invites you to follow its approach which is applicable in therapy, vocational training, and training of students in psychosynthesis, as well as an approach to personal and transpersonal development.

Learning Objectives: participants will be able to:

- Learn this original innovative practice.
- Make connections with existing therapeutic techniques.
- Validate their transpersonal experience in the guidance of their clients (syntropie).
- Reflect on the creative possibilities inherent to each person.



*Regular participant in the yearly European Conferences of Psychosynthesis, where he shares his experience, **Joel Niemann** (a member of the European Federation for Psychosynthesis Psychotherapy board) is permanently seeking a deeper understanding of the fundamental interactions existing between body and mind. He has a degree in social and human functions in companies from University of Paris Sorbonne, and also a degree in pathologies of the orality in Psychology from the*

University of Bordeaux. He started as a psychiatric nurse and psychomotor therapist in Bordeaux, France, where he created the Centre de Psychosynthèse du Sud-Ouest. For almost 25 years he has been training college students for the 1st cycle, and he also contributes to the second cycle (in Paris, Marseille, Montpellier) in France. He introduced innovations in the training in Psychosynthesis, such as audio-video-scopy, the writing of transformation tales, and mind-body anthropological practices, from which he created the Margane technique he is going to show us.

Workshop 203: Friday 10:00 am – 11:30 am

Goodness of Fit: Psychosynthesis Coaching as a Path to Right Livelihood

with Dorothy Firman (CE-1.50)

Psychosynthesis Coaching is an emerging field that is drawing attention across the globe. Its transformational process lends itself perfectly to the field of coaching. Certified coaching (NBCC) offers psychosynthesis practitioners a new venue for work, potentially spanning the globe and responding to a wide range of work themes and styles. This workshop will be an experiential introduction to Psychosynthesis Coaching, for all who are interested!

Educational Objectives: Attendees will be able to:

- Understand psychosynthesis coaching.
- Learn coaching techniques.
- Explore the difference between coaching and counseling.
- Comprehend the essentials of the coaching field.
- Articulate a psychosynthesis approach to coaching



***Dorothy Firman, EdD, LMHC, BCC**, is a psychotherapist and life coach and is the director of the Synthesis Center and its training programs. She is the author of many books and scholarly articles, is on the editorial board of the International Journal of Psychotherapy, and is a professor of psychology at American International College.*

Workshop 204: Friday 10:00 am – 11:30 am

Hemispheric Synchronization: Facilitating an experience of the True Self

with Michael H. Brown (CE-1.50)

A presentation of techniques and the states of consciousness they facilitate in the left and right sides of the brain which, when used together, lead to hemispheric synchronization and a more full experience of the True Self: disidentification/objectivity; breath work/deep relaxation; reflective thinking/mental clarity; receptive thinking/insight; mental imagery/imagination; mandala art/pattern recognition and creative self-expression; cognitive analysis/reason; inner dialogue/intuition; symbolic identification/empathy; homework and strategic planning/motivation and commitment.

Educational Objectives: Attendees will be able to:

- Understand psychosynthesis from a neuropsychological perspective.
- Be introduced to the concept of hemispheric synchronization.
- Understand the different psychological functions of the left and right hemispheres of the brain.
- Understand how specific techniques access and help utilize specific states of consciousness.
- Understand how when used together they can facilitate an experience of the True Self.



***Michael H. Brown, EdS, LPC, LMFT** is a Licensed professional counselor, licensed marriage and family therapist, and fellow in clinical hypnotherapy. A practitioner of psychosynthesis for 42 years, he has made presentations at 64 regional, national, and international conferences, has 19 published articles, has conducted 140 personal growth and professional training programs, and has led 204 outdoor retreats called the Wilderness Vision Quest retreats throughout North America since 1975.*

Friday 11:45 am — 1:00 pm: AAP ANNUAL MEETING

All Conference members are now AAP members, and are invited to attend this meeting to advise the AAP Steering Committee as to the future directions this organization will take. We also hope to present a report from a group of senior psychosynthesis trainers on the future of training in North America. Discussions will be encouraged.

Workshop 205A: Friday 2:30 pm – 4:00 pm

Seeing Others and Being Yourself: The Lifelong Practice of Balancing Love and Power in Relationships with Mark Horowitz (CE-1.50)

Assagioli said that often people with strong will lack love and people with strong compassion lack will. Martin Luther King said, "Power without love is reckless and abusive, and love without power is sentimental and anemic." This workshop will explore the qualities of love and power, and the need to balance them in our lives and our relationships.

Educational Objectives: Attendees will be able to:

- Expand their understanding of the nature of both love and power.
- Evaluate their strengths and weaknesses in relation to these qualities.
- Understand how a balance of love and power can serve them in all of their relationships and as they try to make a difference in the world.



Mark Horowitz, MA, is a leadership and organizational development consultant, an experienced educator, and board certified coach. He trained in Humanistic Psychology with Abraham Maslow, PhD, and in Psychosynthesis with Roberto Assagioli, MD. He has studied the field of human systems for over 35 years as a licensed individual and family therapist and as a management consultant and coach for businesses in the United States, Europe, Scandinavia, and Russia. He is a faculty member of the International School of Psychotherapy and Group Counseling in St. Petersburg, Russia, and has been an adjunct faculty member at John F. Kennedy University and Antioch San Francisco in California, and at Suffolk and Lesley Universities in Boston. Mark has taught Psychosynthesis at many centers around the world, including the Psychosynthesis Institute in San Francisco, and the Institute of Psychosynthesis, London.

Workshop 205B: Friday 4:00 pm – 5:30 pm

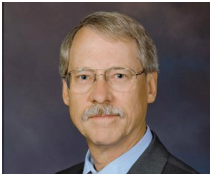
A psychosynthesis 12-step process for transforming consciousness: Creative Explorations of Inner Space (CEIS) with Michael H. Brown (CE-1.50)

This workshop gives participants an experience of the True Self through hemispheric synchronization. They are led in an exploration of a personal issue of importance with the 12 steps of the CEIS process: disidentification, breath work, reflective thinking, receptive thinking, mental imagery, mandala art, cognitive analysis, inner dialogue, symbolic identification, the development of a homework assignment and strategic post-conference plan.

Educational Objectives: Attendees will be able to:

- Understand psychosynthesis psychologically, experientially, neurophysiologically
- Experience the state of hemispheric synchronization.

- Learn how to link techniques together for an astounding experience of personal and spiritual growth through the CEIS process.
- Take an outline home to be able to repeat the CEIS process at will and facilitate an experience of the True Self at home or with clients or significant others.



Michael H. Brown, EdS, LPC, LMFT, is a Licensed professional counselor, licensed marriage and family therapist, and fellow in clinical hypnotherapy. A practitioner of psychosynthesis for 42 years, he has made presentations at 64 regional, national, and international conferences, has 19 published articles, has conducted 140 personal growth and professional training programs, and has led 204 outdoor retreats called the Wilderness Vision Quest retreats throughout North America since 1975.

Workshop 206: Friday 2:30 pm – 5:30 pm **New Arenas for Psychosynthesis: Group Work in Business Organizations** with Elizabeth Sudler (CE-3.00)

This presentation provides the opportunity for participants to hear a case study of how mindfulness was conceptualized, introduced, and taught at a conservative global investment bank. Participants will reflect on the subpersonalities within their organizations and develop strategies to introduce and promote psychosynthesis practices. This is a primarily experiential workshop.

Educational Objectives: Attendees will be able to:

- Use the concept of subpersonalities to evaluate their organizational culture.
- Reflect on how they can influence their organizational culture with awareness practices and psychosynthesis.
- Reflect on and design a strategy to introduce psychosynthesis/awareness practices into their workplace.
- Share insight and get feedback from other workshop participants.



Elizabeth Sudler, MSW, LCSW, CEAP, ACC, has spent the last 25 years in corporate environments raising awareness and connecting the dots between behavioral health, Psychosynthesis principles, and employee performance and well-being. She recently designed and implemented an Americas resilience strategy and fee-for-service coaching program as a subcontractor at Goldman Sachs.

Workshop 208A: Friday 2:30 pm – 4:00 pm **Assagioli's Gifts: Symbols and Techniques for Personal Transformation** with Jon Schottland (CE-1.50)

Towards the end of his life, Roberto Assagioli worked with specific imagery and techniques to facilitate the process of psychosynthesis. This workshop will take us through the application of these gifts for self-development as well as in diverse settings from psychotherapy to education and life coaching.

Educational Objectives: Attendees will be able to:

- Apply a specific meditation protocol to promote psycho-spiritual development.
- Utilize imagery and evocative words in therapy and coaching.

- Integrate transpersonal approaches into everyday life.



Jon Schottland, MA, has been co-leading psychosynthesis training programs at The Synthesis Center in Amherst, MA, for the past ten years. His psychosynthesis blog includes writings from the Casa Assagioli symposium (Florence, Italy) and other topics at psychosynthesiscoach.org/coach_blog. Jon is a psychotherapist in private practice, a licensed school counselor, and a Board Certified Coach (BCC).

Friday Evening 7:00 pm – 9:00 pm **Psychosynthesis Small Group Activities**

This will be an improvisational evening of gathering together in small groups to approach aspects of Self in unique ways—to see what will emerge, and share what we discover!

Saturday, August 8

Plenary Talk D: Saturday 9:00 am – 10:00 am **Reducing Suffering: The Clinical Applications of Psychosynthesis** with Richard Schaub (CE-1.00)

Based on 35 years of applying psychosynthesis in clinical settings, this talk will describe the psychosynthetic practices that reduced suffering in a person in early addictions recovery, in a person with advanced cancer, and in a young adult with a negative self-image.

Educational Objectives: Attendees will be able to:

- Understand how the concept of Self in psychosynthesis can be applied to reduce suffering.
- Understand how the techniques of disidentification and Self-Identification contribute to reducing suffering.
- Utilize the specific technique of Self-Identification.



Richard Schaub, PhD, has been a mental health professional for 35 years, applying psychosynthesis in hospitals, clinics, drug rehab, adolescent day hospital, private practice, and international training of health professionals. He is co-founder of the New York Psychosynthesis Institute.

Workshop 301: Saturday 10:00 am – 1:00 pm **Selfless Self – The Journey Toward Wholeness** with Dirk Kelder (CE-3.00) (Int-Adv) (PS)

In this workshop we will explore the various stages of the development of the self to discover the widely diverse qualities and perspectives it embraces during its life journey. If the self remains true to itself, this inevitably leads to tensions and contradictions since the whole or true self comprises all its previous selves, and some would say also its potential future selves. Whether these are ultimately creative or

destructive tensions depends on an ability to integrate or synthesize these widely disparate aspects or qualities of the composite self. This workshop will explore what might be called a "radical synthesis" that works with sub-selves, some of which are contrary and intractable, to create a self that is whole and true beyond what our rational mind can fathom.

Educational Objectives: Attendees will be able to:

- Understand the archetypal journey of the human psyche.
- Embrace a larger reality, which enables the facilitation of a more inclusive synthesis.
- Get a vision of the next stage of human development.
- Better understand the nature of the transpersonal self.
- Approach the current world challenges from a bigger perspective.



Dirk Kelder, MDiv pursued an education on the undergraduate level in mathematics and physics, and in theology on the graduate level, followed by further training in Psychosynthesis and adult education. Together with the diverse experiences of his life and work, these have provided a solid base for developing his understanding of the process of integration, for example the scientific and the spiritual, the personal and the social. For his will project during his psychosynthesis training, he developed what he calls the "Trinity Cycle," an archetypal process of growth and development of the human psyche that involves a series of levels of integration or synthesis.

Workshop 302A: Saturday 10:00 am – 11:30 am **Liberating Young Adults from Negative Self-Images: Disidentification and Self-Realization Methods** with Richard Schaub and Bonney Gulino Schaub (CE-1.50) (Int)

"We are dominated by everything with which our self becomes identified." Assagioli's statement has profound implications for young adults who identify with negative self-images, reducing or even defeating their possibilities in life. You learn the step-by-step psychosynthetic methods for liberating young adults from negative self-images. These methods can be used by therapists, educators, parents.

Educational Objectives: Attendees will be able to:

- Understand the pragmatic clinical uses of Assagioli's concepts of identification, disidentification, and Self-Realization.
- Guide clients in disidentification and Self-Realization practices.
- Guide clients in developing an ongoing inner practice.



Richard Schaub, PhD, has been a mental health professional for 35 years, applying psychosynthesis in hospitals, clinics, drug rehab, adolescent day hospital, private practice and international training of health professionals. He is co-founder of the New York Psychosynthesis Institute.



Bonney Gulino Schaub, MS, RN, is a co-founder of the New York Psychosynthesis Institute and co-director of the Huntington Meditation and Imagery Center. She has trained hundreds of professionals internationally, is a guest faculty member of Assagioli's original institute in Florence, and is co-author of five books on transpersonal development.

Workshop 302B: Saturday 11:30 am – 1:00 pm
Psychosynthesis Methods for Working with Trauma: Accessing Inner Wisdom with Victoria Gulino (CE-1.50)

This presentation will explore mind/body/spirit interventions using the brain's plasticity to promote resiliency from traumatic experiences. Therapeutic interventions working with the "here and now" will be demonstrated, and how teaching a client to access and work with inner resources as a source of wisdom can be cultivated and developed.

Educational Objectives: Attendees will be able to:

- Learn tools to manage and work with difficult emotions.
- Understand the ability to create new neural pathways.
- Have tools for accessing inner wisdom.
- Understand the role of mirror neurons in the therapeutic relationship.
- Understand the potential of imagery.



***Victoria Gulino, MEd, LHMC**, learned tools and interventions at the New York Psychosynthesis Institute. These have informed her work with adolescents in recovery from substance abuse and co-occurring disorders. Additionally she has counseled adults who have been previously incarcerated and taught them access to inner tools for their empowerment.*

Workshop 303: Saturday 10:00 am – 1:00 pm
The Call of Self
with Phyllis Clay (CE-3.00)

If all the "shoulds," "pre-plans," and "assumptions" were out of the way, what is Self calling you to right now...at this point in your life? This workshop will offer tools to discern this present call as well as to explore the arguments of the naysayers in us.

Educational Objectives: Attendees will be able to:

- Identify the present call of Self through listening, drawing (scribbling), and reflecting.
- Identify the voices of the parts of themselves that argue against that call of Self.
- Move beyond the isolated use of the thinking provided by the logical rational mind and employ their desires/urges, imagination, and intuition to identify the present call of Self and the parts of themselves that would encourage non-response to that call.



***Phyllis L. Clay, PhD**, has studied, practiced, and taught psychosynthesis since 1983. She has worked extensively in the archives of Roberto Assagioli. With architect Paola Marinelli, she "rescued" Assagioli's esoteric materials from the attic when the roof was removed. She is active with Gruppo Alle Fonti, offering yearly international meetings in casa Assagioli.*

Workshop 304: Saturday 10:00 am – 1:00 pm
Honouring the Sacred Feminine Within Us and All Planetary Life
with Sandy Greer (CE-3.00)

This workshop is an interdisciplinary, transformative learning opportunity that examines our unconscious through the presenter's model of feminine and masculine principles and related research. Her PowerPoint presentation also identifies historic highlights to explain their influence upon Western consciousness. Expressive drawing and group discussions follow, to facilitate the shifts in inner and outer ecological awareness.

Educational Objectives: Attendees will be able to:

- Have a multi-faceted awareness of soul woundedness, as a split in consciousness not only within us yet also disconnections from Spirit and Nature.
- Be equipped with a deeper understanding of Western culture's split in consciousness/soul woundedness from an interdisciplinary perspective.
- Be able to acquire new insights into how profoundly the human being is interconnected with earth and cosmos, biologically and spiritually.
- Take away a four-quadrant framework of feminine and masculine principles, for both men and women to apply to fuller development of Self.
- Appreciate better why 'ecological literacy' is integral to Assagioli's 'act of will' principle, and needed for the evolution of consciousness to develop a life-affirming interrelationship with planetary life to restore well-being for all.



Sandy Greer, PhD, is trained in psychosynthesis principles and life coaching, and produced a doctoral thesis on her own healing journey using psychosynthesis. She works as a helping professional through writing, filmmaking, workshops, and also is a citizen activist fighting a proposed deep geologic repository for nuclear waste in the Great Lakes Basin.

Workshop 305: Saturday 2:30 pm – 5:30 pm
Embodying the Rights of the Soul for your Self to Be Here
with Massimo Rosselli (CE-3.00)

The body is the most direct and truthful way to root and express the Soul qualities in a progressive embodiment. This process will take the most humane forms as true Rights of the Soul, each manifesting relational meta-needs and qualities when fully met, or defensive forms when unmet and wounded.

Educational Objectives: Attendees will be able to:

- Understand and experience the Rights of the embodied Soul.
- Practice an increased awareness about their defenses and Soul wounds.
- Recognize the deep truth of their Self among the layers of the embodiment.



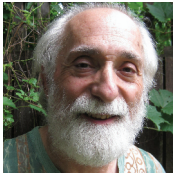
Massimo Rosselli, MD, is a psychiatrist, clinical psychologist and psychosynthesis psychotherapist. He has been trained in Psychosynthesis with Roberto Assagioli, with whom he collaborated in the practice and teaching of psychosynthesis. He is a former Professor at the University of Florence, Italy; Didactic Trainer, teacher and lecturer of psychosynthesis internationally, author and editor of several publications. He is Past

Workshop 307: Saturday 2:30 pm – 5:30 pm
Art as a Healing Tool for Self and Earth: Tapping into Nature's Archetypical Well for Inspiration & Life Purpose
with Alan Steinberg (NCE)

Clay will be our primary material. After brief warm ups, we'll respond to "outer landscape" prompts—stories, poems, guided meditations, and outdoor exercises—that connect us with our "inner landscape," as described in the egg diagram. We will discuss ways to integrate art and nature experiences with other psychosynthesis techniques.

Educational Objectives: Attendees will be able to:

- Identify how the "more than human" world resonates within us and learn ways to focus on that relationship in support of a psychosynthesis-based personal growth practice.
- Work with clay to help clients access & balance their other psychological functions along with the "thinking" function from the star diagram.
- Adapt this process to other art materials that may be more accessible to them.



*A founder of Brattleboro Clayworks, **Alan Steinberg** has been a ceramic artist and teacher for 45 years. Trained at the Synthesis Center, he maintains a therapy practice in Brattleboro, VT, and has led workshops for Rowe Center, Pendle Hill, The Vermont Leadership Institute, AAP, Associated Psychotherapists of Vermont, the League of NH Craftsmen, and New England Consortium of Artist-Educator Professionals.*

Workshop 308: Saturday 2:30 pm – 5:30 pm
Pragmatic Mindfulness: Redesigning Your Daily Conflict Patterns
with Walter Polt and Cynthia Lashley (CE-3.00)

Join us as we explore how Mindfulness and the perspective of the Self can break the grip of irritation and transform the tension around daily conflicts. We'll create a 4-item "weapons" and "tools" map for reprogramming the brain. Discover how we can make synthesis attractive in normal day-to-day conflicts.

Educational Objectives: Attendees will be able to:

- Use mindfulness to transform a typical day-to-day patterned inner reaction to differences.
- Identify essential elements of a chart showing inner resources for responding to conflicts.
- Design personal 4-word plans for responding to internal instinctual conflict reactions.



***Walter Polt, MA**, co-created the Intermountain Associates for Psychosynthesis training program and has long experience in counseling divorce and other groups and individuals, and in coaching. He is author of *From Anger to Power* and numerous professional articles and is writing another book on responding mindfully to differences.*



Cynthia Lashley, PhD, uses mindfulness and reflective practice personally and professionally as a training and development consultant for administrators and mentors of caregivers to young children and families.

Saturday Evening 7:00 pm – 9:00 pm

Socialize! Get together with friends and colleagues, talk, dance, explore, relax

Sunday, August 9

Plenary Talk E: Sunday 9:00 am – 10:00 am

The Third Awakening

with Thomas Yeomans (CE-1.00)

The process of spiritual awakening includes the shift from unconscious to conscious (first awakening), from personal consciousness to Self consciousness (second awakening), and now in the last years a third awakening from Self-consciousness to World Soul-consciousness, Sacred Planet, and Living Universe. This talk explores this emerging third awakening as a response to the global crises and changes we face as a species on earth.

Educational Objectives: Attendees will be able to:

- Better understand the process of spiritual awakening.
- Work more skillfully with this process in themselves and with others.
- Apply the contributions of Psychosynthesis to planetary work.
- Better evaluate their own choices in the light of this larger context.
- Deepen their experience of the True Self.



Thomas Yeomans, PhD, is the Founder/Director of the Concord Institute in the USA and co-founder of the International School in St Petersburg, Russia. He has trained helping professionals in Psychosynthesis and Spiritual Psychology throughout North America and Europe for the last 45 years.

Workshop 401: Sunday 10:00 am – 11:30 pm

“Confidence in your Self, not in Your Personality” (Roberto Assagioli)

with Anne Yeomans (CE-1.50)

In 1972 Roberto Assagioli said to me, "The Real You knows all about it...will guide you." I was thirty-one, a young woman filled with doubt and fear. I thought, "Are you sure?" My presentation will be based on my experience with Assagioli as it relates to Self-trust, inner wisdom, dark times, and purpose.

Educational Objectives: Attendees will be able to:

- Have a deeper trust of the presence of the SELF in their personal lives and in their clinical work.
- Have more skills in evoking the Self in their work with others.
- Have more understanding of the Self over a lifetime, and how the journey of any person goes through periods of integration as well as periods of disintegration.
- Learn ways to strengthen their clients' connection to their own inner wisdom, and understand both what contributes to that and what takes away from it.
- Be more aware of the power of present-centered work as it relates to The Self.



Anne Yeomans, MA, LMHC, psychotherapist & group facilitator for over 40 years, studied with the founder of Psychosynthesis, Roberto Assagioli. She has taught psychosynthesis, healing dialogue, led women's circles in North America as well as Europe & Russia. Currently, she maintains a private practice, is writing poetry, and enjoys being a grandmother of four.

Workshop 403: Sunday 10:00 am – 11:30 pm

The "Art" of Self Discovery

with Audrey McMorrow and Bodhi Simpson (CE-3.00)

How do we visualize Self? In this highly experiential workshop we will journey, through guided meditation and disidentification, to experience the essence of our true Self. We will be empowered to open to our inner depths and create an image to represent this experience. We will also learn how to facilitate this powerful process with our clients.

Educational Objectives: Attendees will be able to:

- Personally experience the process of creating an expression of the essence of true Self using a variety of art materials.
- Learn how this creative tool could be integrated into their own practice of Self awareness/discovery.
- Learn how this creative tool may support their client's "Self" awareness/discovery.
- Identify therapeutic situations which are likely to respond well to this type of creative intervention.
- Gain practical information regarding materials used.



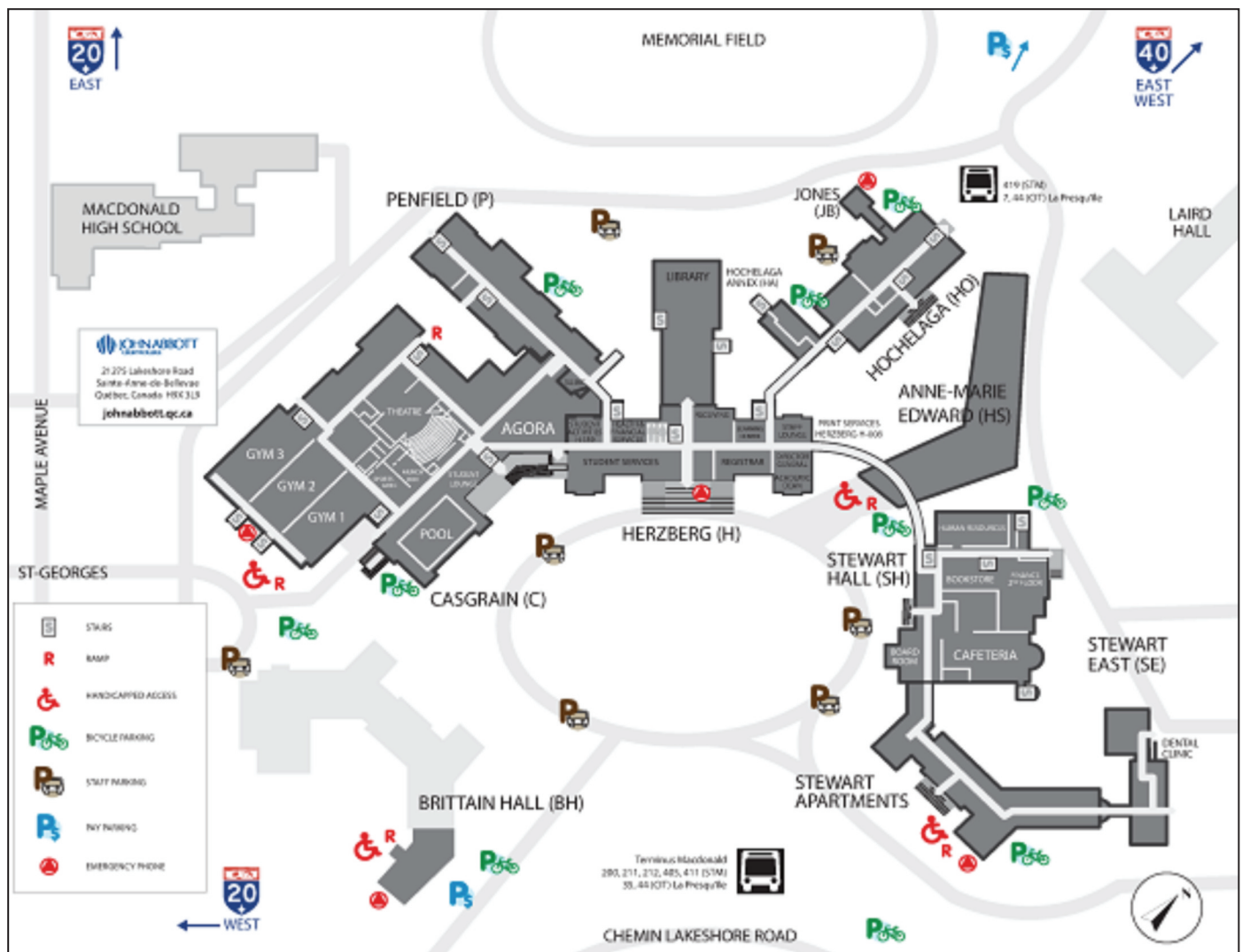
Audrey McMorrow, MA, CAGS, BCC, has extensive Psychosynthesis training and a Masters and CAGs in Holistic Counseling. Her formal education included some expressive arts training that demonstrated their use as tools to deepen the client's journey to Self. She is a former member of the Steering Committee of the AAP.



Bodhi Simpson, MS, is a Licensed Clinical Professional Counselor (LCPC) and a Registered Art Therapist (ATR). She has a practice in Waterville, Maine and is co-founder of Vast Horizons Center for Personal Growth, Yarmouth, Maine. She has trained in several expressive modalities, sandtray therapy, SoulCollage®, energetic counseling, and meditation.

The Italian psychiatrist Roberto Assagioli began Psychosynthesis in 1910. Seeing the need to expand beyond Freud's analysis and "talking cure," he added synthesis and a broader use of our human abilities, such as will, imagination, and intuition. He included even our spiritual side, our higher aspirations, and our center, which he called the Self. People use Psychosynthesis as a way of life – and in a wide variety of fields, such as education, psychology, business, and spirituality. Whether student or sage, we all can enhance our development, live a more centered life, have freer use of will, and enjoy a greater sense of mutual responsibility and caring. Psychosynthesis offers tools for many purposes: embracing opposed parts of our inner worlds, enriching each other with our differences, making groups and organizations function with greater purpose, and enjoying a respectful interchange with the world that envelops us. The main goal of the broad-ranging theory and methods of Psychosynthesis is to enhance the full range of human experience and support our movement toward Self-realization.

John Abbott College Campus Map



ACKNOWLEDGEMENTS

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(These numbers are for the conference only)

Special Extra Thanks go to Shama Currim for helping arrange this conference with the college, and for many other essential activities too numerous to mention.

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This conference is dedicated to the memory of Martha Crampton (1933-2009), who began providing psychosynthesis training in Québec in the 1970s, and who hosted the first North American psychosynthesis conference in Montréal in 1973. She was a major influence on many others across North America and her legacy continues to inspire and educate all who teach and practice psychosynthesis.