

# Hello Friends and Fellow Psychosynthesists, Greetings from the 2022 Steering Committee!



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We would like to report to you on some updates resulting from the recent Steering Committee (Hereafter: 'SC') retreat and Annual Members Meeting last year.

We have taken all your input very seriously. In doing so, we have attempted to integrate just about everything into our planning. You may see some of the updates taking effect immediately, while others are a work in progress.

As mentioned, the SC met in Stony Point, NY, for an in-person meeting in Nov. 2021. This resulted in many modifications and developments for the AAP as an organization.

**Short-term vision:** establish (inter)national PS connections in the form of more active groups (see ‘synthesis groups’ below) and a strengthened means of communication with PS activities worldwide.

**Long-term vision:** Since the beginning of the AAP, conferences have been the seed to many collaborations and opportunities to develop PS-based workshops, theory and more. There has typically been a conference once every 1-3 years, so the AAP plans to host a conference in 2024, *the first since 2015!* Tentative plans indicate the summer of 2024 will be the most likely time for this international event – so start getting ready!!

As a non-profit organization, the AAP has a fundamental charter/constitution that has – since 1997 – been called the Psychosynthesis Procedural Manual (Pro-Man). Inside of which are the By-Laws, which state the rules and guidelines for members of the AAP and specifically the SC. Additional information about SC roles and other components to the AAP were previously available but not directly integrated into this main document. That is why we have now updated and combined everything into one document, which we like to call the *Manual and Procedures* (MAP). We would like to emphasize that this has not been thoroughly done for the last 10 years, and we spent careful consideration in any modifications with support by a unanimous decision by all SC members.

The MAP can be viewed here: <https://drive.google.com/file/d/1bVJFrhPk86YCrvtaCEGJpOhlpxmjtMWx/view?usp=sharing>

This MAP includes: 1.) what the AAP is as an organization, 2.) the By-Laws, and 3.) the purpose and description of the SC and membership levels.

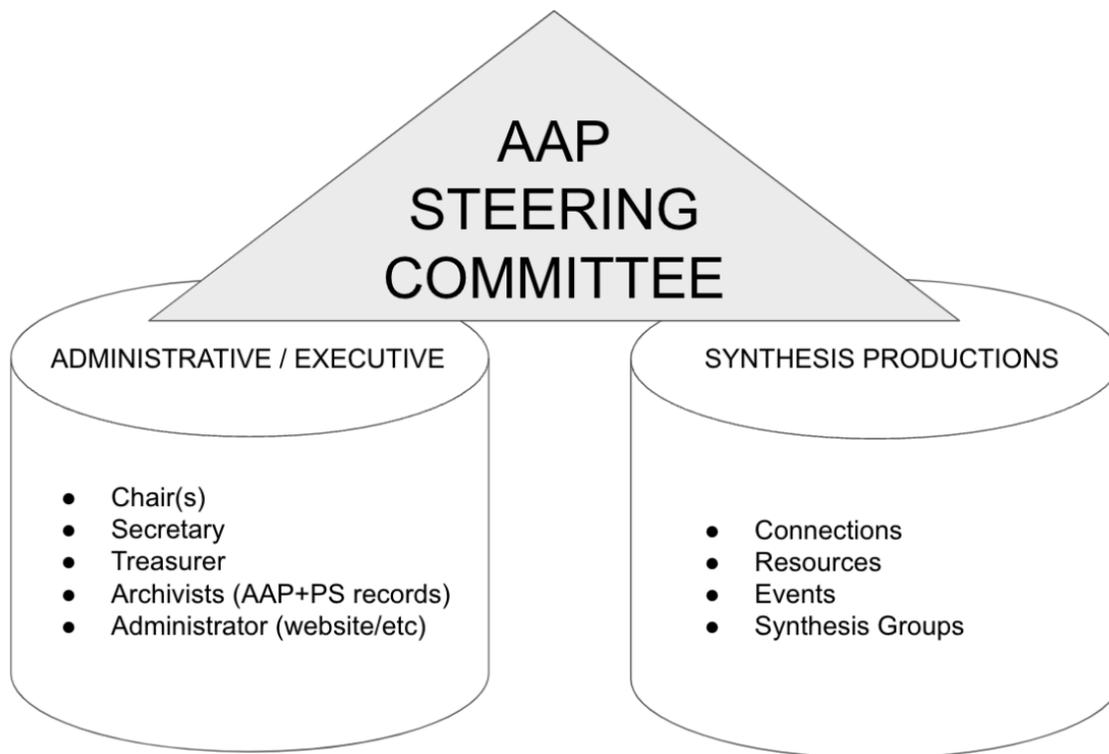
The Membership Levels have been condensed into fewer levels, with a new fee schedule, found at: <https://aap-psychoanalysis.wildapricot.org/membership-aap>

Our efforts have been geared towards forming a more integrated and organized structure to the SC, with respect to the vision of developing and advancing PS through the AAP. Explicitly, this new structure combines previous areas of the SC with the latest new activities.

**We, as the SC members, have decided to group things into two main pillars: 1.) administrative / executive actions and 2.) AAP synthesis productions.**

The former contains all the logistics and tasks needed to keep the organization alive and active, while the latter contains all of the activities and productions.

Here is a very simple schematic breakdown:



The detailed description of each can be found in the MAP (see link above).

Within all of this re-organizing we have created some new components, *based* on the input from the Annual Members Meeting in October, 2021.

## SUMMARY OF NEW UPDATES

### **CONNECTIONS AND RESOURCES:**

This area still contains the quarterly and any useful PS resources, but now includes a dedicated focus around the areas of Research, Coaching, and International relations (i.e. global PS outreach).

As **coaching** has become more and more prominent in the PS community, we felt it needed a dedicated area on its own. The resources and platform for which the AAP can provide to support PS-based coaching is now an active area of construction and development.

*We welcome any and all who have experience in this regard to feel free to contact us for what you might like to see offered by the AAP.*

Related to this, there is an apparent need for an **Affordable Coaching Directory**, as mentioned several times at the Annual Meeting. A resource for people who want coaching but are not able to pay typical, marketplace prices. This would be populated by members who wanted to participate, and fees would be stated on an individual basis.

*As we develop the coaching platform within the AAP, we request serious contributors who have specific ways in which this affordable coaching directory can be established. Please contact Jean Rhea and Kevin Harrington with any inquiries:  
cc [jean@jeanarhea.com](mailto:jean@jeanarhea.com) and [coachkch@gmail.com](mailto:coachkch@gmail.com)*

**Research** is an important way to strengthen and learn about the ways in which PS can be applied and useful to our daily lives. This component of the AAP aims to go beyond the archival process by staying up to date with relevant research and cutting edge

developments in the field of PS. Those who contribute to this group may conduct work that involves gathering / discussing published articles, with a goal to assemble studies that support empirical evidence of the effectiveness of PS.

*If you would like to contribute ideas or actions to any research related topic, please contact Kevin Harrington and Richard Lamb:cc [coachkch@gmail.com](mailto:coachkch@gmail.com) and [richmlamb@gmail.com](mailto:richmlamb@gmail.com)*

## **SYNTHESIS GROUPS:**

This area is to provide support and space for specific zones of interest shown by our members; including co learning, networking, thought leadership, training and focused opportunities for AAP members. Responsibilities will be developed by the group leader/co-leaders with the support and guidance of the Synthesis Group committee leads.

These groups may or may not evolve and change shape, but for now we have the following.

- AAP Synthesis Groups: (as of 2022)
  - Diversity (JEDIs)
    - The Justice, Equity, Diversity, and Inclusions seekers (JEDIs) are a group of AAP members committed to creating a compassionate container for honest inquiry and purposeful collaboration.
    - If you'd like to connect with them, they meet via Zoom bi-weekly on Thursdays. Contact Zoë Isdell for any questions: [zoe.isdell@gmail.com](mailto:zoe.isdell@gmail.com)
  - Book reading group

- Meets monthly to read and discuss together a book chosen by the volunteer member facilitator.
  - Please see the related news announcement in the March quarterly. This will be led by Catherine Lombard. Please refer to the events page for more information and to register: <https://aap-psychoanalysis.wildapricot.org/events>
- Writing group
    - Will meet regularly to share insights as authors, and soon-to-be-authors, to develop topics for new books related to PS, and to engage in a supportive writing culture to become better writers/editors.
    - For more information please feel free to contact Kevin Harrington and Christina Gustafson: please cc [coachkch@gmail.com](mailto:coachkch@gmail.com) and [christina@enlightenaptos.com](mailto:christina@enlightenaptos.com)
  - Trauma & Recovery
    - Meets monthly to discuss current Psychosynthesis global approaches, education & training opportunities to address trauma & recovery.
    - For more information please contact Jean Rhea: [jean@jeanarhea.com](mailto:jean@jeanarhea.com)

## EVENTS:

**Global Hour** is an online get together we are forming with our overseas organization(s) in order to facilitate a 'getting-to-know-you' on a worldwide basis. This will give us all a global opportunity to share ideas, thoughts, questions, etc.

*Stay tuned, as we are still in the developing phases with the newly formed EPA (European Psychosynthesis Association). Expected start mid-2022.*

## **Talking PS Chat Group**

Talking PS is intended to be a frequent opportunity for members to meet, greet & chat. It is an open ended PS related conversation, often with a theme or prompt to spark individual or small-group discussions for those who can attend. This first get-together will be an opportunity to construct some guidelines around future meetings. Our first meeting is Tuesday March 15th at 12pm EST.

Please keep an eye on the AAP Events calendar for information and registration: <https://aap-psychosynthesis.wildapricot.org/events>

**Conference in Summer 2024.** We are beginning discussions and planning related to offering a conference in the Northeast United States. Our conference team will be reaching out to our membership soon to solicit input regarding topics of interest, themes, and willingness to volunteer as a part of the Organizing Committee.

*If you already have questions/comments/concerns regarding the conference, please feel free to contact Kevin Harrington, Christina Gustafson and Jonny Dray:*  
cc [coachkch@gmail.com](mailto:coachkch@gmail.com) and [christina@enlightenaptos.com](mailto:christina@enlightenaptos.com) and [jonnydraycoaching@gmail.com](mailto:jonnydraycoaching@gmail.com)

If any or all of the above interests YOU, and you are not a member, we would like to kindly offer a reminder once again to consider joining (or

renewing): <https://aap-psychoanalysis.wildapricot.org/membership-aap>