

# **AAP** Association for the Advancement of Psychosynthesis

*E-News*  
*August 1, 2011*

*Keeping in Touch with our Members*

***In this issue: "Psychosynthesis Today" Foundations Course // From the Co-Chairs // Letters to the Editor // History Book Announcement // August Meditation Keyword // Quote of the Month // Psychosynthesis in a Time of Global Crisis // At the Wellsprings of Psychosynthesis // Mediating Conflicts with Subpersonalities // News & Events from the Centers // New Book: Co-Creating Relationship // Gathered Life Survey***

## **Reflections on the Intensive Foundations Course** **By the Professional Development Committee**

The AAP Intensive Foundations Course took place June 12-16, 2011, at Mercy Retreat Center in the San Francisco Bay Area, with 15 participants and 7 teacher/trainers. Both students and faculty found the experience rich with learning about psychosynthesis, both as a body of knowledge and in action.

This course is the fruition of the efforts of a dedicated volunteer group working over many years, and part of a larger Will project to make psychosynthesis training more readily available, and to train a new generation of teachers of psychosynthesis. (More on the history and future of this Will project at the end of this article).

The beautiful campus of Mercy Center was an ideal setting for the Intensive, "...excellent for personal growth contemplation," one participant wrote in their course evaluation. Responses from participants regarding course content and teaching were enthusiastic and affirming of the objectives of the course. Two examples are: "...the collective experience and multiple (non-competitive) cooperative perspectives and teaching styles as well as various creative modalities offered by



Back row: Brad Roth, Deborah Onken, Janet Messer, Vincent Dummer  
Front row: Molly Young Brown, Judith Broadus, Mary Kelso

the faculty served to create a truly awesome 'immersion' experience for everyone involved"; and "...struck by the passion, patience, and love manifested by the faculty."

It was indeed intensive. Some participants would have liked a less intensive schedule. One response suggested making the course last "at least five days with more time for rejuvenation." At the same time, some wanted to have more content than was actually offered during those intense four days. One participant wrote: "Organizational development was not presented", and another: "...would have liked having more on the developmental model presented."

Overall, people were very impressed by what was called many times, the "loving cooperation" among the faculty. There was a great appreciation for the warm and friendly atmosphere of the circle of students and faculty. One participant wrote, "...appreciated the

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Lori Richloff and Cynthia Bost



Drs. Lippmann and Schafer,  
practitioners from  
Sacramento area

## Intensive Foundation Course *(continued)*

openness and encouragement of students to participate openly.” Another comment, one shared by many and by the faculty, “... The course overall feels like a total success.” Participants also made constructive suggestions for improving the Intensive. One wrote, “...night sessions are maybe too much,” and another, “...pull back from giving too many choices”. These comments all were given and received in the spirit of good will that characterized the first Intensive Foundations Course, June 2011.



The "Center" table with rock, Assagioli photo, and participants personal items

## History and Future

The Professional Development Committee (PDC) offered the first Trainer Development Program (TDP) in 2003. Our purpose was to encourage and support advanced students to become trainers. During a time when many of our original centers were closing, our intent was for current trainers to work in support of the future of psychosynthesis in North America.

Since then, the TDP has been held in conjunction with the AAP Conference nearly every year. We have experimented with a variety of formats, focusing on curriculum development, psychosynthesis theory, interest groups and applications, and particularly on mentoring emerging trainers.

In 2010, people attending the TDP worked together on a Will project to create and actualize an “ideal model” for a North American unified training program. Its intent was to offer participants a variety of means for training in psychosynthesis, including study at existing centers, mentoring with experienced psychosynthesists, on-line programs, teleseminars, and regional or national intensives. Technology available today has a valuable role to play. Students can learn at their own pace at a

place convenient to them. At the same time we value in-person learning and intensive group process as key modalities for truly experiencing psychosynthesis.

Beginning in 2007, the PDC began to formulate a basic curriculum – a core curriculum is at the heart of a unified training model. Its content includes input from various TDPs, as well as input from directors of existing and former Centers. The seven core concepts outlined by Roberto Assagioli in 1974 offer a basis for a future unified curriculum:

*While psychosynthesis is offered as a synthesis of various therapies and educational approaches, it is well to keep in mind that it possesses its own original and central essence. This is so as not to present a watered down and distorted version, or one over-coloured by the concepts and tendencies of the various contemporary schools. Certain fundamental facts exist, and their relative conceptual elaboration, deep experience and understanding are central, and constitute the sine qua non of psychosynthesistic training. These experiences are: 1) Disidentification, 2) The personal self, 3) The will: good, strong, skillful, 4) The ideal model, and 5) Synthesis (in its various aspects), 6) The superconscious, 7) The Transpersonal Self. (Assagioli 1974)*

The PDC expanded on these seven core concepts, adding as essential, techniques used by Assagioli, such as meditation and symbolic imagery, and the importance of training and refining the body, emotions and mind. Further applications of Psychosynthesis, such as forgiveness, empathy training, and unconditional love are also in consideration as elements in a core curriculum.

The 2011 AAP Intensive Foundations Course is a major step in this Will project’s actualization. Many

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Achalán Barnett and Sharon Daly, yoga instructors



Carolyn Brien and Inessa Mil'berg

## Intensive Foundation Course *(continued)*



Judith Bradus, Mary Kelso, and Molly Brown co-teaching a session

opportunities for development and implementation remain. The PDC intends to dialogue with existing Centers in developing curriculum standards, and measures of student learning outcomes, that would be included in training programs. Training programs would not be limited to this curriculum, but would include it as foundational learning in psychosynthesis, again based principally on Assagioli's seven core concepts outlined above.

The PDC hopes to develop a consensus among North American psychosynthesists about what constitutes and demonstrates foundational training in psychosynthesis, and then support the broad dissemination of the foundational training. More into the future, we would like to expand this further to include training and mentoring in specific applications of psychosynthesis, including but not limited to therapy settings. Such applications can include environmental work, organizational development, working with gifted children, psychosynthesis and special needs populations, working with the elderly, and psychosynthesis and the arts. Finally, we wish to support the training of the next generation of psychosynthesis teachers, who will conduct the teaching that will bring psychosynthesis into greater fruition in the decades to come. The PDC welcomes you to contribute your ideas and energy to this will project.



One of many places for contemplation in Mercy's gardens

## Letters to the Editor

Dear Dori,

I was very touched and moved by the last newsletter by the description of the Psychosynthesis Today workshop. It as conveyed with such a level of depth that I experienced it organically. And when I read about the return to the founder, Assagioli, I experienced a sense of joy.... It was as if Self had entered at that point and the tap root of the constellation enactment and reached its source, bringing refreshment to all the arid places. The play/enactment of personal and transpersonal levels sounded very powerful. It's takes me back to my own training in psychosynthesis, when there was discomfort, fear and suffering in the room then, at some point, someone would name the unconscious and the energy would flow again towards joy and Peace. Self had spoken....Spirit had entered in.

Last but not least, thank you, Dori, for including my book and giving it such good coverage. I did a talk at a London bookshop last month and there was a lot of interest. I'm also giving a workshop in the South of England in September on this, which I hope will ignite interest.

I hope to write something for the next newsletter when I have finished working nights... all possible blessings, Steffie

Stephanie Sorrell <steffiesorrell@gmail.com>

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## Quote of the Month

"The first step to participation in the destiny of humanity today, which is neither of this folk nor of that, but of the whole population of the globe, is to recognize every such local image of a god as but one of many thousands, millions, even perhaps billions, of locally useful symbolizations of that same mystery beyond sight or thought which our teachers have taught us to seek in their god alone."

– Joseph Campbell

## From the AAP Co-Chairs

In contacting people this year, we have become aware of the vast diversity of the community today, in perspective and in ongoing pioneering ventures in the advancement of psychosynthesis. Many conversations have resonated with our own inner state of being – a deep sense of travelling, over-extended, in a wilderness full of possibilities.

Let's face it, **AAP has grown** way beyond what we have imagined it to be, and we are a long way from our home base beginnings fifteen years ago. The reality of today is NOT that we are falling apart. Rather, we are global, integrated into disciplines such as coaching, consulting, education, and finding effective ways to introduce psychosynthesis to a wider audience.

In response to the need to create a new image of who we are as a community, we are taking a journey through psychosynthesis today, to learn what we are all doing these days and what we see as the future of the psychosynthesis community dynamics. We conducted vision and obstacle surveys and created a renewed image of our common purpose and initially assessed the underlying current reality which is keeping that vision from flourishing. We held a retreat on the west coast to renew a sense of community there, and to support the Professional Development Committee (PDC) in their venture.

The debut of the Basic Foundations Course, which followed the retreat, was a huge success. We'd like to express our deepest gratitude to this team for the dedication and cooperation that made this course possible. We applaud their determination to work together on a course which is a synthesis of their diverse perspectives, and included approaches which have emerged from the core principles of Roberto Assagioli's work. Congratulations for a job well done, Judith Broadus, Molly Brown, Vincent Dummer, Mary Kelso, Janet Messer, Deborah Onken, and Brad Roth

The Steering Committee is beginning to use a participatory decision-making process. We want to be able to include as many who wish to contribute to the decisions we are making. We encourage your participation. The process involves pulling together input and interpreting it relative to the continuing advancement of psychosynthesis.

The Steering Committee members all have an innate expertise on reading a consensus, but we know that it involves more than getting it right. The key to a living a vital healthy community dynamic is openness and **participation**.

The History Book project is at the printers. This has been a long, long journey to completion. Gathering perspectives of many into one account is an impossible deed. Yet, the result is an accurate, lively account of the history of AAP in North America. It represents a solid foundation upon which to move into the future. This is a Plymouth Rock, in its own right, for AAP. Congratulations to the writers, the Editorial Board, Dr. John Parks who initiated the project, Dori Smith who saw it through with Carol Blanchard on the editing, and absolutely everyone who contributed continuing support, spending endless hours of love giving form to this great accomplishment which has the potential of changing AAP forever.

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## August Meditation Keyword

### Transparency

AAP invites you to participate in monthly meditations on the first of each month. You choose the duration of the meditation, how long to meditate, and how to meditate. Know that others will be with you in space/time.

You may choose to meditate on [Transparency](#) as a deepening practice throughout the month.



Photography by Kurt Rolfes,  
Colombo, Sri Lanka

## From the AAP Co-Chairs (continued)

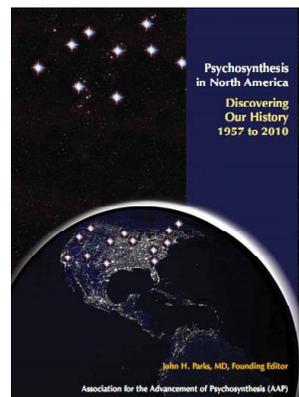
Patrick Dufour has put into place a new intranet for AAP. It can accommodate ten administrators and has all the capacities that people have been asking for in creating a website. We look forward to this digital infrastructure as being **the central focus of our inter-communication** as well as its being **a beckoning face to the world** for people seeking to learn about Roberto Assagioli's psychosynthesis.

This year, **Judi White** will take the lead as co-chair, with **Sharon Mandt** standing shoulder to shoulder, as she leads the smooth transition from her many years of total dedication to AAP. **Audrey McMorro** has assumed full responsibility as Treasurer after a year in training with Sharon. **Ellen Faith** is the Secretary and Group Life Chair. **Dori Smith**, on leave this summer, will begin a new phase of publications in the fall. New members are **Dirk Kelder**, **Inessa Mil'berg** and **Patrick Dufour**. **Dirk** was part of the group that formed AAP at its beginning and is a returning member to the Steering Committee. He brings a deep commitment, great wisdom, and a passion for social synthesis, especially for healthy relationships among AAP members. **Inessa** brings a passion for our global relatedness, courage to work for positive change, and a willingness to pick up a challenge and see it through masterfully. **Patrick** brings a synthesis of his experience in the world of work and his training in psychosynthesis. He has already volunteered endless hours to creating the framework for a new intranet for AAP and a determination that it be a collaborative venture. **Vincent Dummer** has responded to an invitation to be the PDC liaison to the steering committee (SC) for a year, with a proposal that this would rotate yearly. This may be the beginning of a future where committee heads are directly related to the SC once again.

Yes, for a while this year, we really felt things were falling apart. We now see that we have been in the process of successfully turning to an endless possibility filled future of AAP. Closure is completing its course, and the New is beginning to take form.

Grateful for the Journey,  
Judi White and Sharon Mandt  
on behalf of the AAP Steering Committee

## Announcement: The History Book is at the Printers!



With admiration and deep appreciation to all those who have persevered through many trials in producing our first book, we happily announce and begin a celebration of the upcoming publication of *Psychosynthesis in North America: Discovering Our History 1957-2010*. The book is now in the hands of the printer and we anticipate shipping to occur in August.

To all of you who have already purchased a book or are among the writers and editors who will receive a complimentary copy, it is important that you contact us if your shipping address has changed.

If you did not order a copy and want to reserve one or more, please contact us and someone will get back to you regarding the price and shipping information needed.

Contact us at 606-678-5751,  
[aap.input@gmail.com](mailto:aap.input@gmail.com) or write to  
AAP, PO Box 414, Somerset KY 42502

– Sharon Mandt

### Welcome to new members

Carolyn Brien	Walnut Creek, CA
Sharon Daly	Courtenay, British Columbia
Clifford Ishigaki	Santa Ana, CA
Lori Richloff	Penngrove, CA
Ann Schafer	Groveland, CA

## ***Psychosynthesis in a Time of Global Crisis***

Inessa Mil'berg

We - as individuals, practitioners, and organization – stand at the moment of great change and great awakening. Life is out of balance at all levels – physical, mental, emotional and spiritual. It is no longer localized at some places on the planet – it is finally coming home and affecting all of us. We have outgrown our old views and ways, and old structures are breaking down. In the midst of the death of old ways, new ways are springing up. We are in position to respond deeply to this crisis and bring to the world what we know to help this. Yet, as we are witnessing the great upheaval, we wonder – what is our role in this?

Psychosynthesis today and its practitioners seem to be an unknown group within the greater field of healing. This is puzzling to us, because we all have deeply experienced the rich potential of the work we do, both for ourselves and for others, the transformative and healing potential of it. Yet we stand in the shadows, wondering why the world doesn't know about us and this wonderful work we have to offer.

Recent systemic constellation done during the AAP retreat pointed to the importance of acknowledging the depth of human suffering and responding to the true needs of people. In a poignant portrayal of needs of the people, we saw deep suffering. People don't know where to turn, don't know what to ask for. They feel to be in a pure survival mode, tuning out the world and becoming fixed on the media and entertainment as means of coping with the pain. And it is clearly evident in our society. As the global crisis grows larger, as the imminent turmoil of the planet becomes more and more apparent, we can see how social media networks, internet and digital reality become an escape for so many people who are confused and scared in the world that is crumbling before their eyes.

So what can we offer as practitioners, as healers, as soul workers? It seems that so far we helplessly stand by and watch the process, all the time wondering how come the amazing tools we have and work we do is virtually unknown. We all know that, as we grow more conscious, we have to deal with more and more darkness within ourselves and the world. Have we shunned that work? Have we been too interested in working with

the higher aspects of ourselves? Have we forgotten what our calling is? We have to stop waiting for the world to come to us. We have to stop feeling our subtle superiority and being an elite (perhaps deeply unconscious, never acknowledged, but nonetheless true) group, we have to stop focusing on ourselves and how do we “advance” ourselves, but rather turn to the world, turn to the people. Come out and say, here we are, don't feel lonely and scared, here is what we can do. And do this in any possible way.

During the brainstorming group at the AAP retreat, a number of such ways have been identified. Here are a few ways that have been suggested (published fully in the previous issue of E-News): Simplify our message, which would make psychosynthesis more readily available to individuals, groups and ultimately to society. Identify needs and suffering of various types: addictions (alcohol, drugs, food, sex, work, etc.), parenting issues, relationship issues, general stress, food & body issues (bulimia, anorexia, etc.), financial issues, health stress. Identify simple but specific and concrete words to describe what psychosynthesis offers. Be empathically present to suffering in self and others. Offer a safe space, use language people understand. Share knowledge about processes for working with suffering through public venues. And - do our own work all the time.

Can we step forward and join the many people in many disciplines who work on this Great Turning? It is our chance to bring the work we do to the acute problems of humanity. Let's explore together what it means to us as an organization, as practitioners, and as individuals. We welcome your letters and reflections as an ongoing conversation which we would be happy to publish in future issues.



## ***At the Wellsprings of Psychosynthesis***

Paola Marinelli, Archives coordinator, Firenze, Italy

Five years ago, in the summer of 2006, the locked attic of Roberto Assagioli's house was opened. We found there, Assagioli's materials on psychosynthesis, Judaism, astrology, esoteric psychology, and other topics. Since that time, a dedicated group of psychosynthesis students, teachers and leaders from all over Italy have worked to clean, protect, and organize the materials. The group, named "At the Wellsprings of Psychosynthesis," is now ready to share the work with others who wish to join them in these activities, which also includes the library.

The work in Assagioli's archives and historical library, which has been going on since 2007, is developing at different levels of action:

- **Archives and library cataloguing:** due to the relevant amount of papers and the difficulty to assign them to a clear, univocal category, the work will still go on for some time. A dedicated group is meeting one weekend every month.
- **National and international meetings:** the work is meant to offer the opportunity for psychosynthesis members, both Italian and international, to connect with the deep work, inspiration, collaboration and living

example that "dwell" in the materials of the archives. So, we welcomed members of the Centre of Varese for a visit in May, and will have a workshop dedicated to international guests next September. We are also planning a post-conference workshop after the International Conference in Rome, June 2012, for one or two days. News about that will be on the conference website.

- **Creation of a "permanent exhibition" in the house dedicated to Roberto Assagioli's life, activities and cultural interests:** we are working on panels showing his life, work and contacts, in an attempt to make the house- his own house that he donated as heritage to the Italian Institute - a place of cultural interest , with "windows into the archives".

- **The group:** working in the archives is not without consequences. During the years, a permanent group of about 12 volunteers - all trained psychosynthesists - was formed. Members of the group realized the importance of the inner work - both individually and in relationship with others. The direct physical contact with Assagioli's work - so inspiring and stimulating - provokes many dynamics through which the individual and the group consciousness can grow intensively.

*See also "Invitation to the Wellsprings of Psychosynthesis" next page*

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### ***Psychosynthesis in the World***

#### **2012 Psychosynthesis Conference in Italy**

June 21 - 24, 2012

<http://www.psicosintesi.it/en/psychosynthesis-world>

Here is a link to the fees for the 2012 International Conference, Rome, Italy

<http://www.psicosintesi.it/istituto/psicosintesi-mondo/quote-iscrizione>

It is not yet translated into English, but still very readable.

# **Invitation to the Wellsprings of Psychosynthesis**

by Phyllis Clay

**Where:** Florence, Italy. Assagioli's Home and Studio; the Home of the Italian Istituto di Psicointegrazione and the rooms of the new Archive

**When:** September 29 - October 3, 2011

**Background:** see Paola's article on previous page.

## **Purpose**

- Orientation to Assagioli's house and archives and an orientation to the work in progress.
- Continuation of the work of cleaning and organizing the materials still in the boxes.
- Opportunity to use the archives for personal study of Assagioli's notes related to a topic of your choice.
- Time to be (and/or work) in Assagioli's meditation "garden."

## **Vision**

- Intentional looking ahead to what this work together means for your own life and work.
- Participation in planning for a leading workshop at the International Psychosynthesis Conference in Rome June 21-24, 2012.
- Envisioning and creating an international community of learners and workers to support the development of psychosynthesis in the world – from the Source, the Wellsprings of psychosynthesis.

## **Facilitators for the work:**

- Rosella D'Amato, Firenze, Italia
- Paola Marinelli, Roma, Italia
- Luce Ramorino, Varese, Italia
- Phyllis Clay, Albuquerque, NM, USA

**Prices:** for the workshop 180 € including meals (cooking together in the house), while sleeping is at a nearby small hotel (Villa La Stella) 5 minutes walk from the Institute. Prices for the rooms: 55 €single, 85 € double.

**Space is limited**, so if you are interested, inquire soon.

Email to:

[livia.frischer@gmail.com](mailto:livia.frischer@gmail.com) (Europe)

[SynthesisIntl@aol.com](mailto:SynthesisIntl@aol.com) (Phyllis Clay, USA)

## **SCHEDULE**

### **Sept. 29 - arrival at the Institute at 15:30**

15:30 – Arrival at the Institute

- Meeting the group: the "old" and the "new" one, sharing experiences and expectations, planning the work.
- Group meditation
- Visiting the House: the archives, the library will be shown.
- Setting everyone's field of interest

20:00 – dinner

After dinner – free time: visit Florence, dancing, telling stories, sharing Psychosynthesis experiences from different countries ... open to proposals from individuals or groups.

### **Sept. 30 - Oct 1 and 2**

#### **Morning:**

8:45 – Group meditation

9:00 - 12:30 – practical work in the Archives/ in the Library

13:00 - 15:00 – lunch

#### **Afternoon:**

15:00 - 18:00 – individual work in one's own field

18:00 - 19:30 – sharing / planning

20:00 – dinner

After dinner – free time: visit Florence, dancing, chatting, ... free proposals

### **Oct 3**

#### **Morning:**

8:45 – Group meditation

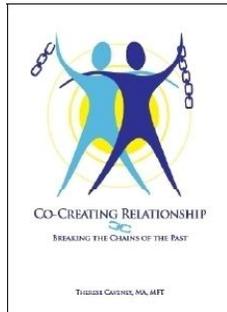
9:00 - 11:00 – practical work / individual work in the Archives/ in the Library

11:00 - 12:30 – final sharing

13:00 – lunch and leave

Meals will be cooked in the house, we will share cooking (a main cook is already available) and dishes washing. Please communicate particular needs (vegetarian, other...) prior to coming, so that we can purchase ingredients and arrange appropriate menus.

The schedule will be adapted to other needs of the participants.



## **New Book Release**

Co-Creating Relationship – Breaking the Chains of the Past  
By Therese Caveney, MA, MFT  
Trafford Publishing 2011, \$18.25

Much as the egg must crack for the baby chick to emerge, the initial romantic or “being-in-love” state can never last, because this is based on an illusion of wholeness – but something much better can happen! A moment of inspiration brought about the unique model and process shared in this book that guides and supports each partner in taking responsibility for their own wounding and coping style. The results have been amazing. Obstacles transform into a path toward greater wholeness within each partner. Partners can then more clearly refine their vision of ideal relationship that honors the need of each partner for connection as well as their ability to experience and express their own authentic being.

The process described in this book came out of the author’s work in the 1980’s with adults abused as children, originally described in the booklet entitled *Healing the Wounds of Adults Abused As Children*. It is actually not possible to “heal the wounds of the inner child.” It is the *relationship* with the inner child that is need of healing.

The search for restored connection is what brings couples into relationship. What brings couples into therapy is the loss (or the perceived loss) of this connection as partners move toward finding that connection within themselves, instead of being “the other

half.” As stated by Patricia Sun, a popular motivational speaker and spiritual teacher, once said, “We fall in love not just because we have matching goals and dreams, but also because we have matching junk. It’s God’s carrot!” Relationships change us, reveal us and evoke more from us.

Part I of this book provides a model for assessing and working with couple relationships. It also provides some examples of how some were able to turn obstacles to relationship into a path toward more ideal relationship.

Part II provides additional techniques for guiding the couple’s journey and more detail about the ongoing process as the client (and/or partners) step out of childhood identifications (based on their past roles in the family system) and into independent adulthood and mature partnership.

The Appendix includes a brief overview of the core concepts of Psychosynthesis and some exercises that can be used in couple therapy as well as two scripts for exercises (using guided imagery) that will allow the reader to have a first hand experience of the power of restoring empathic connection to the wounded parts of themselves.

Available at [www.LivingYourVision.net](http://www.LivingYourVision.net).

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## **Psychosynthesis Research**

### **Mediating Conflicts with Subpersonalities**

I am a doctoral student in clinical psychology at the Institute of Transpersonal Psychology in Palo Alto, CA. I am conducting research on several therapy models working with subpersonalities, including psychosynthesis. I am looking for participants who have expertise in psychosynthesis therapy and who have been doing their own inner work for at least 5 years. Participants could

include instructors, therapists, trainers, or developed learners. All together, the time needed to complete this study would be approximately 1.5 – 2 hours.

If you or someone you know would be interested and fit these criteria, please contact Jennifer Krug at [jkrug12965@yahoo.com](mailto:jkrug12965@yahoo.com) or 307-256-8260.

## News & Events from the Centers

The Center for Awakening offers another free learning and practice opportunity!

### **Book Study Plus: Roberto Assagioli's *The Act of Will* plus Real Life Application**

**Who:** Anyone interested in learning how to exercise, strengthen, and effectively use their will to accomplish their goals is invited to participate. We only ask that you make a commitment to participate in the entire book study, as dropping out or erratic participation diminishes the energy of the study for everyone.

**Facilitators:** Hedwig Weiler, MSN, APRN-BC, LCSW and Carla Peterson, MS, LPC, SAC

**What:** This is a communal effort both to understand and assimilate Assagioli's work on the will and also to mutually support each other in carrying out a project that each of us will select in order to put into practice what we are learning conceptually.

**When:** Begin September 13, 2011, 11 a.m. Eastern, 10 a.m. Central, 9 Mountain, 8 a.m. Pacific Time. Continues weekly for 10 weeks, ends November 15<sup>th</sup>.

**How:** Weekly telephone conference calls, emails, and a blog, ([www.psychosynthesiswis.blogspot.com](http://www.psychosynthesiswis.blogspot.com)) . In addition, each participant will select a personal project to practice what is being learned through the book study. Examples of such projects could include remodeling a room, learning or relearning a language, engaging in a political campaign, planning and taking a long bicycle trip, etc.

Each of the 10 weekly sessions will consist of readings,



On Holding Your Own!

telephone conference calls, emails, and use of the blog (see above) on which participants may comment about any aspect of the Book Study Plus. Because learning is enhanced by repetition and reflection, all the telephone conference calls will be recorded and made available on the blog. Weekly emails from the facilitators will pose questions and/or comments to promote discussion and sharing. Each participant will choose a project to work on in order to practice what is being learned conceptually. Participants can share their progress, blocks, challenges and triumphs can be shared with the group, which will offer mutual support in a safe environment and opportunities to problem-solve, commiserate, or celebrate together.

There will also be the option of individual consultation with Hedi or Carla for a moderate fee. Time for telephone or Skype consultation sessions can be arranged within the duration of the book study or after its conclusion.

If you do not already have the book, you will need to order it from a used book seller, such as Alibris Books, Abe Books, Powell's Books, or from the Synthesis Center.

**Register** for Book Study Plus by sending an email to Carla Peterson at [carla@centerforawakening.org](mailto:carla@centerforawakening.org) In your email please include your name, address, a telephone number and indicate what draws your interest to this book study at this time. You will receive a reply and more information by email.

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### **Psychosynthesis Pathways, Montreal**

Olga Denisko is leading a  
"Luminous Self" workshop  
July 29, 30, 31 in Tatamagouche Nova Scotia.

Then, also co-leading a  
Basic Principles of Psychosynthesis,  
a Two-Weekend Intensive in Montreal  
Sept 30, Oct 1,2 AND Oct 14 - 16

For more information, contact:  
Olga Denisko at (514) 484-5383 or  
[olgajay20@yahoo.ca](mailto:olgajay20@yahoo.ca)

## **Advanced Teacher Training with Molly Brown**

I plan to offer a training program for advanced students of psychosynthesis who want to teach basic principles and practices of psychosynthesis in their communities. I believe many people today can benefit from learning disidentification, centering practices, how to work with subpersonalities, how to seek wisdom and guidance from the superconscious, and how to recognize and respond to the call of Self. I want to help advanced students of psychosynthesis to acquire the necessary skills, body of techniques, and deep understanding of psychosynthesis concepts, so they can teach it effectively in their communities. This training will not focus on individual work, but rather how to facilitate learning in groups. Prerequisite: at least one year of foundations training or equivalent.

I believe there are many people in North America today who would benefit from psychosynthesis workshops and classes (including, but not limited to, professionals who would integrate psychosynthesis into their work). Cultural creatives (as identified by Paul H. Ray and Sherry Ruth Anderson) enjoy attending workshops and classes in various humanistic and transpersonal psychologies; psychosynthesis has great benefits to offer to these folks. As we face the challenges of global crises (environmental, climate change, economic collapse, militarism, etc) everyone will need increasingly to call upon the psychological and spiritual capacities that psychosynthesis helps develop.

I propose to offer a teacher training program in Mount Shasta on an intensive basis—4 or 5 day workshops, with preliminary reading and preparation, and follow-up mentoring and supervision. I imagine a group of 8 to 10 learning together, with opportunities to lead exercises and get feedback. I may offer an optional additional day on “the Work That Reconnects” (Joanna Macy’s work in deep ecology) and how that integrates with psychosynthesis. I will offer a Certificate of Completion and possibly CEs.

Because of the winter weather in Mount Shasta, workshops would need to be held in the early fall, mid-to-late spring, or summer. In those seasons, the Mount Shasta region is a paradise to visit, with hiking trails, lakes and rivers, and beauty all around.

I plan to schedule the first workshop in May or July 2012, dates to be determined.

If you are interested in such a program, please let me know what sort of schedule and what times of year would work best for you, and any other ideas or preferences you have.

Email: [molly@mollyyoungbrown.com](mailto:molly@mollyyoungbrown.com)

Website: <http://mollyyoungbrown.com>

Molly Brown, PO Box 1301, Mt Shasta CA 96067.

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## **The Synthesis Center, Amherst, MA**

News from Didi Firman

We have a new level 1 training program starting in the fall, as well as a teacher training program that is for folks who have taken 2 years of psychosynthesis. For more on our Professional Training programs, visit our website at

[www.synthesiscenter.org](http://www.synthesiscenter.org)

Also I have a blog on psychologytoday.com, "Living a Life of Purpose" very psychosynthetically focused (of course). Go to:

[www.psychologytoday.com/blog/living-life-purpose](http://www.psychologytoday.com/blog/living-life-purpose)

And having finally updated our website, we have now entered the 21st century by being on Facebook! Visit us there.

There is an opening on the AAP membership committee. If interested contact Judi White at [membership@aap-psychosynthesis.org](mailto:membership@aap-psychosynthesis.org)

**LIFE ISN'T ABOUT  
FINDING YOURSELF.  
LIFE IS ABOUT  
CREATING  
YOURSELF.**

(UNKNOWN)

## Survey to Determine Interest in Gathering for a 2012 Event

by Judi White

The Gathered Life Survey, created by Judi White and input from Steering Committee members, was sent to 900 psychosynthesis colleagues. At this time, approximately 300 viewed it and 60 responded to the questions. We look forward to analyzing the responses and encourage you to participate if you haven't already. To those who have, we value your responses, apologize for the glitches, and welcome your feedback to improve our use of Constant Contact. We are still in its learning phase. At first glance, about 30 are planning to attend the conference in Italy next summer. There is interest in holding regional events and the preferred time is summer. We anticipate that everyone will not be able to get to

Italy and that two major conferences is not a workable scenario. This is the primary purpose for conducting this survey. Many have indicated they are willing to work on a committee, but, no one has offered to chair or host an event. We do believe that **something new** is trying to happen and **will** emerge this year. What we know, here at the beginning of August is that it will be a **creative** undertaking that will engage the interest of many **in a new way**.

*Note: There were many comments about the use of phrase "gathered life". We welcome your suggestions about a generic name for coming together for an event which has a particular purpose.*

If you would like to review results, copy and paste this link to your browser:

<http://survey.constantcontact.com/survey/a07e48k6xibgpk0n33d/results>

To take the survey, use this link:

<http://survey.constantcontact.com/survey/a07e48k6xibgpk0n33d/start>

### Notes from the Editor:

When advertising your workshop or training event in the E-News, perhaps you will consider making a small donation to AAP.

In future issues of AAP E-News we would like to include a section entitled

### News from AAP Members

If you have any news you'd like to share, let us know at [aap.input@gmail.com](mailto:aap.input@gmail.com)

**Thank you** to Dirk Kelder, Inessa Mil'berg and Judi White for putting together this issue of AAP E-News.

**Editor's note** We look forward to your contributions and suggestions for our next issue. The deadline is August 18. Please send to [aap.input@gmail.com](mailto:aap.input@gmail.com). Thank you!

Dori Smith, Managing Editor (on leave) AAP E-News is a member service of the Association for the Advancement of Psychosynthesis. Copyright © 2011, All Rights Reserved.

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**Change of address:** Please fill out the change of address form at [www.aap-psychosynthesis.org/formcoa.htm](http://www.aap-psychosynthesis.org/formcoa.htm)