Public Programs & Performances Courses for Credit

Please refer to the policies on page 248.

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About the Program
Public Programs & Performances (P3) is a department of CIIS that offers courses and events to the public on subjects that are closely aligned with CIIS’s mission, centering on such themes as integrative health, spirituality, social justice, East-West psychology, consciousness studies, and the performing arts. P3 provides opportunities to study with visiting scholars, thought leaders, and academics from a variety of fields to further students’ area of study. Our mission is to uplift and engage San Francisco Bay Area communities by offering a global showcase of performing arts and educational events:

• Our performances celebrate cultural diversity by presenting traditional and contemporary artists from around the world.
• Our lectures by leading scholars and authors provide a platform for exploring new perspectives about oneself and society.
• Our workshops and certificate programs, taught by leaders in their respective fields, encourage personal discovery, spiritual inquiry, and personal growth.

Credit Applicability
P3 does not offer academic credit certificates or degrees itself. However, every semester a subset of our courses are offered for academic credit. They are at the graduate level, are open to undergraduate students, and require the completion of readings and a paper that our public participants do not do. A unit taken in P3 constitutes, as it does for all CIIS courses, a 45-hour combination of classroom instruction and student work. Such courses, like regular CIIS courses, must be registered for through CIIS’s Registrar’s Office (not P3’s registration office), must appear on the CIIS transcript, and are included in determining students’ enrollment status, academic standing and progress, and financial aid eligibility. These courses fulfill the elective portion of CIIS degree requirements. The following courses are offered for academic credit.

Course Descriptions
WKS 001 Yoga Sutras of Patanjali (1.00 Unit) PF Grade Option
If you and your life have been powerfully changed by your yoga practice and you’re wondering why, then this class is for you. If you’ve tried to study the Yoga Sutras before but found them too esoteric and hard to understand, then this class is for you. If you’d like to go deeper in your yoga practice, take it off the mat and into your life in practical and manageable ways, then this class is for you. Patañjali’s Yoga Sutras, composed over 1,700 years ago in India, are a foundational set of texts in the study and practice of yoga, meditation, and spiritual practice. The Sutras’ concise presentation of how to bring yoga, meditation, and spirituality off the mat and into daily life is considered an “owner’s manual” for life and has guided the practice of countless generations of practitioners. This ongoing series of classes will examine Patañjali’s Yoga Sutras sutra by sutra and word by word, emphasizing how to apply its messages in our daily lives. Along the way, we will explore foundational concepts of yoga and meditation as a topic, as a practice, and as a teaching to be embodied in each moment of each day.

WKS 015 Tibetan Compassion Practices: Terror, Trauma, and Transcendence (1.00 Unit) PF Grade Option
While experiences of fear and some degree of trauma are part of the human condition, the meaning we give to these experiences and the ways we integrate them into our lives vary widely. Likewise, when a terrifying experience lingers as trauma, a person’s response often manifests paradoxically as an unconscious yearning for transcendent experience. Tibetan Buddhist compassion practices offer natural ways of accepting and integrating negative material into a confident and responsive way of living. In this intensive experiential workshop, participants explore various practices—calming relaxation, mindful awareness, and Tantric visualization—that can help create a context for identifying and integrating painful, emotionally conflicted aspects of the psyche.
WKS 016 Rosen Method Bodywork (1.00 Units) PF Grade Option
Marion Rosen was the founder of the Rosen Method, a somatic practice that develops the ability to decipher body language and to see through the outer layers of a person into the innermost working of the human heart. In this workshop, participants learn how to interpret muscle tension and to support the release of this tension through gentle touch. Students explore how muscle tension, breath, and body postures interface with emotion. Participants also develop greater sensitivity in their touch and increase their ability to see subtle changes in the breath that indicate a person is speaking the truth or having a long-forgotten memory well up from the past. The spiritual and emotional dimensions of the breath are clarified, as well as the physiological foundations of breathing and the connection of breath to the unconscious. The workshop is a wonderful opportunity to study with Marion Rosen’s close colleagues and experienced senior teachers. Each brings a different perspective to Rosen’s far-reaching and broad-based somatic approach to the whole person.

WKS 022 The Art and Science of Lucid Dreaming (1.00 Units) PF Grade Option
Lucid dreaming, awareness in dreams while we are dreaming, is a powerful practice of awakening to the great dimensions of our creative mind. The practice of lucid dreaming challenges our perception and habitual patterns and can lead to the practice of lucid waking. In this public program, we will focus on historical, scientific, and phenomenological research on lucid dreaming. We will explore the topic in the context of spiritual experiences, creative inspirations, problem solving, and nightmare, and will discuss lucid dreaming as a practice to prepare for dying. Through innovated methods, the participants will learn awareness techniques in waking and dreaming, and learn practical and creative tools with which to view their dreams.

WKS 024 Sound Science and Sound Therapies (1.00 Units) PF Grade Option
BioSonic Repatterning™ is a method of healing that uses tuning forks to attune the nervous system and repattern mind, body, and spirit. Witness through demonstration how this form of energy medicine, based on sonic ratios inherent in nature, has practical applications in the healing arts. Topics include the history of sound healing, the study of wave phenomena, sound and molecular science, sonic anatomy, voice and movement analysis, and sound as superconscious psychotherapy. We’ll also discuss the alchemy of mind, the art of still point, cranial anatomy, sonic fields, chaos theory, and sacred geometry. Students will learn the theory and practice of healing with Pythagorean tuning forks through direct experience and group exercises. In addition, students will explore techniques of ear reception, point stimulation, and overtone healing, and examine numerous case studies representing applications for children, relationships, psychiatric disorders, and addictions.

WKS 029 The Upanishads (1.00 Units) PF Grade Option
The Upanishads include some of the earliest mentions of yoga. Dating from nearly 3,000 years ago, these seminal Sanskrit masterpieces helped shape the civilization of India. We will begin with the earliest image from the Brhadaranyaka Upanishads: the sacrifice of the cosmic horse and the related creation of the world through desire. From the Chandogya Upanishad we will explore the primacy of the breath, and the contest between gods and demons that leads not to good and evil but to the profound understanding of the fourfold complexity of human presence in this reality, the world of dreams, and beyond. We will consider the role of animals and the elements in the story of Satyakama and examine the early practice of yoga in the Maitri and Svetasvatara Upanishads. A grand collection of dialogues between guru and disciple, stories, and philosophical assertions, the Upanishads hold an important key for understanding the wisdom of yoga.

WKS 030 Yoga and Psyche—Psychological Integration Through Yoga (1.00 Units) PF Grade Option
Have you noticed that no matter how many times you chant a mantra or how often you return to the breath, relationship difficulties, anxiety, depression, and other self-defeating behaviors persist? By learning how to use our yoga practice to work with psychological issues and trauma stored in the body, and how to integrate the benefits of yogic practice and philosophy into our therapy practice, we gain access to a new breadth and depth of knowledge and tools. Therapists and other healing professionals learn skills to deepen their work with clients and their own resilience. Through light physical yoga practice, somatic exercises, and partner and group practice, participants discover (1) why psychological work is relevant to yoga practice; (2) somatic psychotherapy techniques that allow us to intelligently process trauma and emotion in the body, and help clients process trauma safely; (3) how to feel our emotions in the body and how to use yoga practice to access our unconscious more deeply; (4) how to do “emotional adjustments” during yoga practice; (5) how to cultivate self-love and self-acceptance for all parts of ourselves. Those new to yoga, or with physical challenges, are welcome to attend.

WKS 034 Tantric Yoga as a Psychology of Enlightenment: A Practical Workshop in Tantric Wisdom (1.00 Units) PF Grade Option
Tantra is the science of aligning the human with the divine, the physical with the subtle. Offering one of the world’s most sophisticated practical technologies for enlightening the body, the emotions, and the mind, tantra has become a profound influence on contemporary yogic practice and theory. This workshop will explore the tantric paradigm for enlightenment, both philosophically and experientially. We’ll map the tantric journey as described in such key texts as the Shiva Sutras and Spanda Karikas. We’ll work deeply with tantric techniques for awakening, including processes for opening the subtle body, transforming emotional states, and generating shakti, or spiritual energy. The workshop includes sutra practice as well as meditation, contemplative writing, and voice dialogue.
WKS 035 Ain't I Got a Right to the Tree of Life? Healing Spirit Through Music (1.00 Units) PF Grade Option
The class will focus on the wisdom and courage (as expressed boldly in their songs) of noble men and women held in bondage during the 17th and 18th centuries—people who suffered unspeakable cruelties yet, through song and faith, maintained the belief that all human beings had an equal right to freedom and dignity. In our current society, these songs (African American spirituals) still show timeless wisdom and vision. We will explore how these songs have been used throughout the 20th and 21st centuries to carry a strong message in times of struggle. In labor movements, the civil rights movement, the free speech movement, and the protests in Tiananmen Square, these songs have inspired millions to keep pushing forward. They continue to inspire us now, as we work toward deconstructing the multiple layers of racism, sexism, religious persecution, cultural exclusion, homophobia, and generational barriers that impede our progress toward building a society in which all people have the freedom to live without fear of oppression.

WKS 036 Wisdom Healing Qigong: Ancient Science of Energy Healing (1.00 Units) PF Grade Option
Wisdom Healing Qigong (Zhineng) is one of the most powerful systems of self-healing from China. It has been clinically researched in the largest Qigong Healing Center in China for 25 years, achieving a 95 percent success rate on 200,000 patients and over 185 diseases. Master Gu will teach the powerful tools prescribed by the Center in China for improving health and opening to spiritual dimensions. This workshop will empower people of all faiths and with all levels of healing need. It will strengthen your connection to the True Source of Creative Energy—being called by different names under different traditions, including science and spirituality. Qigong can empower you to experience healing energy with every cell in your body and to transmit it for the highest purpose of healing yourself and others.

WKS 037 Creativity in Tibetan Buddhism: The Poetics of Enlightenment (1.00 Units) PF Grade Option
Join us for an experiential celebration of the enlightened arts of Tibet. We will explore the radiant mysteries of the heart, using the elemental energies of sound and light, as well as their magical displays: poetry, music, dance, and painting. We will learn about the “crazy wisdom” traditions of India and Tibet and how they can open us to delight and amazement. Through guided practices, we will experience ways of moving beyond the bounds of the ordinary—and into open spontaneous presence.

WKS 042 The Enneagram: Inner Work for Outer Change (1.00 Units) PF Grade Option
Projection shapes what reality looks like from different type perspectives. Eights report a world of potential conflicts to control, while Twos feel bombarded by other people’s needs. Each type’s reality is subjectively true, but when emotions run high, our conditioned focus of attention “in here” shapes what we actually see “out there.” Then we are caught in an unrecognized illusion where you are the source of my well-being or you are causing my distress. This series highlights projection in relationships that matter. Taught with panelists who can verbalize their self-reflections, we can internally replicate the placements of attention that lead them from truth to projection in relating. This level of inner practice allows us to enter the worldview held by different types of people, while also revealing how our own projected reality affects our significant others.

WKS 043 Free Your Inner Musician: The Art of Improvisation (1.00 Units) PF Grade Option
We are all born with the ability to sing, to dance, and to live a celebratory lifestyle. Music is one of the most natural ways to heal and rejoice in our spirit. Singing, chanting, and playing an instrument allow us to nurture a loving relationship with ourselves. This workshop provides a humorous and energetic environment for deepening our relationship with our natural musical self. Through improvisational techniques and musical gestures from India, Brazil, Africa, and the West, we discover how distant worlds of music complement and complete each other, engaging in optimally balanced left- and right-brain activity. This all-levels workshop develops confidence by creating a positive musical experience and cultivating a balanced approach to a long-term musical journey.

WKS 046 Hakomi (1.00 Units) PF Grade Option
Hakomi body-centered psychotherapy is an elegant, deep, and gentle experiential and somatic approach to working with clients. The course, through both didactic and experiential material, will provide the basic knowledge and skills necessary to apply a variety of Hakomi interventions and principles to therapeutic encounters that will immediately inspire, enliven, and deepen your work.

WKS 047 The Tomatis Method, Auditory Stimulation Programs, and Cross-Cultural Healing Music (1.00 Units) PF Grade Option
Since the 1940s, auditory stimulation has been used for the reeducation of the ear. This field has grown to include methods that address listening and learning disabilities, including dyslexia, attention deficit disorders, speech problems, and poor reading comprehension and communication skills. This workshop explores the research on and clinical applications of the Tomatis Method and related auditory stimulation technologies used nationwide in learning centers, schools, clinics, and homes. The workshop includes lecture, audiovisual presentations, and demonstrations; individual, dyad, and group exercises; and discussions. Participants will learn about both indigenous and traditional cross-cultural therapeutic techniques and sound/music repertoires used in Western health-care settings today. Emphasis will be placed on transcultural themes and the needs of a multiethnic client/patient population. Students will investigate how sound and music are used as diagnostic tools, healing agents, and connectors to spiritual domains.

WKS 048 Active Hope: How to Face the Mess We’re in Without Going Crazy (1.00 Units) PF Grade Option
In this workshop, Joanna Macy will guide us in the Work That Reconnects. She will offer teachings and interactive processes that enliven our understanding of the hidden promise in the planetary crisis, and of our own power and authority to act on behalf of life on Earth. Drawn from deep ecology, living systems theory, and spiritual traditions, this group work grows our courage, resilience, and solidarity for the healing of our world. It helps us to clarify the survival skills needed for navigating the challenging times ahead, as well as the unique and particular roles we each want to play in the Great Turning. This experiential workshop is appropriate for all who wish to engage deeply with themselves and others, regardless of any prior experience with the Work That Reconnects.
**WKS 050 Healer/Warrior Masks: A Shamanic Journey** (1.00 Units) PF Grade Option

Discover the archetypal energy of your Inner Healer-Warrior and create your own unique totem mask. The adventure begins with qigong to open chakras and energy flows as portals to creativity. Guided journeying leads you into realms of your psyche to access deep archetypal wisdom, manifesting as your Inner Healer-Warrior. Working with a partner, who uses special mask-making techniques and caring touch to sculpt the mask mold of your face, you feel the plaster gauze as another layer of skin. Your enlivened senses will bring you deeper into realms of inner awareness. Summoning the energy of the Healer-Warrior, you then channel your discoveries into creative expression through sculpting, painting, and adorning your mask of personal transformation. This workshop offers an empowering process for artists, therapists, healers, and anyone interested in shamanism, dreams, and creativity for self-discovery and healing. All levels welcome.

**WKS 053 Internal Family Systems Therapy** (1.00 Units) PF Grade Option

This two-day workshop provides a dynamic introduction to one of the fastest-growing approaches to psychotherapy. Day 1: Introduction to the Internal Family Systems (IFS) Model—this workshop presents the principles and methods of the IFS model. IFS is a way to understand and work with individuals, couples, and families, that helps people quickly find and differentiate their self—a key to developing leadership qualities—and to harmonize their internal family of subpersonalities or “parts.” IFS synthesizes two paradigms—systems thinking and the multiplicity of the mind—and brings together concepts and methods from many schools of family therapy. Day 2: The Treatment of Trauma and the IFS Model—IFS offers both a conceptual umbrella under which a variety of practices and different approaches can be grounded and guided, and a set of original techniques for creating safety and fostering self-to-self connection in couples and families. This workshop will focus on the IFS model and its use with attachment and trauma. Clinical applications as well as a live demonstration will be presented.

**WKS 066 Creating Great Relationships Through Family Constellations** (1.00 Units) PF Grade Option

Whether you're single or in a relationship, this workshop is designed to get to the heart of what prevents you from having the closeness you desire. Come experience Family Constellations, a three-dimensional learning process designed to reveal hidden dynamics and unconscious family loyalties that limit your ability to have successful relationships. You will learn what influences relationship choices on a subconscious level, 20 invisible dynamics that can erode true intimacy, three ways in which relationships can be significantly damaged, and how to preserve aliveness and establish your full weight with a partner. Family Constellations allow you to break destructive patterns so that you can live a more fulfilled life. The results can be life-changing. Thousands of people throughout the world have benefited from this insightful and intuitive approach.

**WKS 067 Ecotherapy and Foundational Attachment: Remaking Therapy with Nature in Mind** (1.00 Units) PF Grade Option

From the viewpoint of ecopsychology, much of our psychological dysfunction can be traced to our alienation from nature. In this era of increasing ecological imbalance, ecotherapists are responding with innovative perspectives and approaches that reframe the context, purpose, and measures of success for therapy and social work. This experiential, skills-based workshop offers healing-arts practitioners an introduction to the emerging field of ecotherapy. When the psyche is considered to be part of nature, human nature may be understood and worked with in an entirely different way. Participants will learn a variety of ecotherapeutic interventions and resources, including an introduction to nature-based psychology for use in assessment, treatment planning and intervention, management of the therapist's inner state to enhance ecotherapeutic effectiveness, and ecotherapeutic interventions with clients during sessions and as client homework assignments.

**WKS 068 Collaborative Couple Therapy: Turning Fights into Intimate Conversations** (1.00 Units) PF Grade Option

Conversation concealed by the flames of the couple’s fight or buried in the ashes of their withdrawal are revealed. Students learn how to create an intimate conversation by bringing out the haunting feelings that each partner struggles with alone and provide a glimpse into the rarely revealed inner life of the couples therapist. Descriptions are given of the specific interventions of Collaborative Couple Therapy, and demonstrations are shown of its principal tasks: helping partners find their voice, turning fights into intimate conversations, creating a perspective above the fray, finding a way to empathize with the less likable partner, and appealing to partners as consultants in dealing with the problems that arise in the therapy.

**WKS 071 Grieving and Ritual** (1.00 Units) PF Grade Option

This is a transformational and soul-invigorating workshop designed to break through our cultural barriers of grief. There is a need to periodically feel and express grief in order to purge the soul of hurts and pains. The interdiction and suppression of emotion in general, and grief in particular, has recently been linked to the general sense of spiritual drought, emotional confusion, and certain illnesses. To begin to regain a serious and lasting sense of connectedness with ourselves and with spirit, we need to find a proper place to release our grief—grief about all the losses we have endured in this lifetime—the loss of loved ones, the loss of our dreams, and the loss of our connection with the ancestors. In the traditional world of the Dagara of Burkina Faso, West Africa, the ritual of grief, conducted almost daily in different parts of the tribe, is the Dagara people’s way of releasing the tension caused by loss and restoring continuity in their relationships. We will enter into the ritual space of grief following the traditional model of the Dagara. It is our hope that it brings the deep sense of release, peace, and connectedness in our lives.

**WKS 077 Building a Vocal Community** (1.00 Units) PF Grade Option

There is an awesome power in the human voice, and when uncommon voices are blended for the common good, they become a vocal community at its best. Masterfully led by Ysaye M. Barnwell, singers and nonsingers alike will share the common experience of learning in the oral tradition. We sing rhythms; chants; traditional songs from Africa and the diaspora; and a variety of songs from African American culture, including spirituals, ring shouts, hymns, gospels, and songs from the civil rights movement. The historical, social, and political context will be provided as an introduction to the songs. Throughout this experience, the group will explore the values imbedded in the music; the nature of cultural responses to, and influences on, political and social struggle; and finally the significance of a shared communal
experience in our personal lives. This all-levels workshop is designed to help develop confidence through creating a positive musical experience. All that is required is a willingness to sing.

**WKS 078 Creating the Work You Love** (1.00 Units) PF Grade Option
The Bengali poet Rabindranath Tagore said, “God respects me when I work, but loves me when I sing.” If “singing” exemplifies the life of the soul, why do we keep our nose so close to the grindstone? Why have we allowed our souls to be collared and colonized by such a brutal economy; is this really the life that we were meant to live? Creating the Work You Love shows you how to honor your soul first, to make quality time for your being, to follow the call of your heart, and to align your work with its power. Jarow inspires you to live freely from your core and still thrive in this world—not by magic, but through choices you make on a regular basis, your ability to receive support, and your willingness to put your heart on the line and do what you really came here to do. Working with a meditative format based on the chakra system, Rick Jarow offers a practical and available model that aligns the core vocational issues of abundance, family history, goal-based focusing, and community building with the creative life of the spirit and its full manifestation in the world.

**WKS 086 Yoga for Grief Relief** (1.00 Units) PF Grade Option
Yoga can be instrumental in addressing the symptoms of grief because it focuses on mind, body, and spirit, the three areas where grief manifests—and often goes unacknowledged. Participants will learn about the physical symptoms of grief, its psychoneuroimmunological bases, and a set of simple yoga exercises to address them while aiding the psychological transformation of grief into a resource of personal growth. A comparative analysis is made of the Western and Eastern models of the psyche stating the importance of the psychic centers’ involvement (particularly the heart chakra), both physically and emotionally. Special attention is given to the role of attachment, stating the differences between the Western psychology and yogic views. The methodology alternates theoretical lectures with experiential work. The workshop is appropriate for health-care professionals, social workers, marriage and family therapists, counselors, bodyworkers, hospice staff, and yoga therapists.

**WKS 089 Filosofia Caribena: Music as Identity and Resistance** (1.00 Units) PF Grade Option
The Creole nature of Latin jazz—and Caribbean culture in general—is in many ways a template for diversity, respect, and understanding for the entire planet. It tells an urgent story that is a beautiful testament to human perseverance, but it is not a pretty story. Genocide, slavery, apartheid, and continued colonial mentality are the results of the American experiment and clash of cultures. Identities lost and found also epitomize American history and are the basis of great turmoil and passion for the individual and collective mind. The Caribbean region plays a central role in American history, reminding us that it is the heart of the Americas both historically and culturally. The Afro-Latin music that emanates from the Caribbean is a powerful manifestation of self-determination and education within working-class communities. This series is based on the music of the Spanish-speaking Antilles—music that documents and embodies the American saga as well as any.

**WKS 090 Healing the Soul Wound: Indigenous People and the Colonial Template** (1.00 Units) PF Grade Option
Part one focuses on how colonialism and historical trauma have affected indigenous peoples. The workshop will bring out parallels between Native Americans and African Americans by analyzing the soul wound through indigenous epistemologies. Archetypal ideas will also be integrated into the discussion in order to facilitate cultural bridging. Part two focuses on the area of clinical applications of therapies that are relevant in healing the soul wound and the effects of colonialism. Preparation of the therapist as well as case material will be part of the workshop. Archetypal concepts will be used in order to facilitate understanding within a Western framework.

**WKS 091 Culturally Appropriate Therapeutic Models: Understanding Post-Traumatic Slave Syndrome** (1.00 Units) PF Grade Option
This workshop focuses on the suffering and trauma associated with the African experience in America, inclusive of the periods of capture, transport, enslavement, emancipation, and leading up to current times. Multigenerational patterns of adaptive behaviors passed along through generations will be explored, with an emphasis on assessment and interventions using evidence-based, culture-specific, and social-justice models. A relationship-based approach with a particular focus on strategies that inform practice will be presented. The goal of this workshop is to expose students to the historical events and policies that have led to contemporary social problems and structural inequalities that continue to negatively affect African Americans. The workshop will provide practical tools to inform practice and empower individuals, families, groups, organizations, and communities throughout the change process. A crucial aspect of counseling involves sensitivity and competence in working with African Americans as an underserved population. This course is designed to enable students to develop a knowledge base and critical awareness of issues specifically affecting African Americans in practice and policy.

**WKS 092 The Emerging Field of Restorative Justice** (1.00 Units) PF Grade Option
Restorative justice is quickly emerging as a desired set of principles and practices to mediate conflict, strengthen community, and repair harm in multiple contexts. It is currently practiced in schools, in community groups, and along the entire continuum of the justice process, whether as an alternative to incarceration, as an in-custody education program, or for reentry. It is used by social workers, students, justice advocates, professors, schoolteachers, psychologists, community activists, and others in the United States and around the globe, most notably in South Africa and New Zealand. This is a two-day workshop of experiential learning about restorative justice theory and applications in school, justice, and community settings. In this workshop you will also hear from a few cutting-edge practitioners in the field who have successfully used circles and other restorative practices to change the culture of their schools, as well as those doing restorative conferences as an alternative to mass incarceration strategies. This is an exciting opportunity to learn about these principles and explore how you might apply them in your own personal and professional contexts.

**WKS 093 Heal Yourself with Writing** (1.00 Units) PF Grade Option
Our lives may be determined less by past events than by the way we remember them. You are invited on an inner adventure, a journey of discovery and re-visioning through focused journaling. Throughout the sessions, you will be guided through focused journaling exercises designed to facilitate healing and transformation from within. Remembering our story through focused journaling enables us to make
meaning out of memory and to put the past in perspective. Healing then takes place, one individual, one tribe, at a time. What story are you living? How do you choose to remember your story?

WKS 094 Feeling at Home Facilitating Groups (1.00 Units) PF Grade Option
Providing psycho-education and support in group settings is an important and often powerful tool for personal and professional learning, yet not all clinicians feel competent to facilitate group process. Working with focused small groups is an excellent way to get comfortable with the practice. In this workshop, participants will be able to enhance their abilities in their role as a facilitator in small, psycho-educational groups. Theories, approaches, and understandings of group structure and process will be introduced via readings, discussions, media, and simulated group formation. The multiplicity of culture and diversity will be considered as well as the competency standards for legal and ethical group leadership. Together we will explore, practice, and reflect upon leader development and skill-building exercises within the learning community of the classroom.

WKS 096 Healing with Holotropic Breathwork: A New Approach to Self-Exploration and Therapy (1.00 Units) PF Grade Option
Consciousness research conducted in the second half of the 20th century brought revolutionary changes into psychology and psychotherapy regarding the nature of consciousness and its relationship to matter, dimensions of the human psyche, the roots of emotional and psychosomatic disorders, and therapeutic strategy. The new findings showed that the roots of emotional problems reach much deeper than postnatal biography, to domains not yet recognized by mainstream theoreticians and clinicians (perinatal and transpersonal). They also revealed new effective healing strategies that can reach these deep domains of the psyche. In this workshop, we will explore Holotropic Breathwork, a psycho-spiritual experiential method developed by Stan and Christina Grof that is based on these new principles. It uses a combination of breathing, evocative music, focused bodywork, and mandala drawing to explore realms of the psyche ordinarily hidden from awareness. Holotropic sessions mediate access to emotionally relevant childhood memories and other biographical issues, sequences of psychological death and rebirth, and a broad spectrum of transpersonal experiences. Participants will alternate in the roles of experiencers and “sitters,” and the group will be supported by a team of experienced trained facilitators.

WKS 101 The Business of Healing (1.00 Units) PF Grade Option
You clearly have a gift if you chose to work in the wellness field. Now learn the skills to make your business viable as a career. In the first Saturday of this experiential course, we’ll explore the fundamentals of starting a successful private practice in wellness. Demystify the business world and build confidence in offering your talents. Designed for therapists, artists, coaches, and healers of all kinds who want to create a business of healing, this intensive, physical workshop is filled with creative exercises, dyad work, and fun group challenges to empower your vision to succeed. Create an authentic roadmap to launch your private practice with confidence. The second Saturday of this course offers advanced tools you can use to grow your private practice. Take your business to the next level by learning how to enrich the client experience, build rapport in minutes, create authentic marketing, and expand your network so that you stand out in your profession. At the end of the course, you’ll learn how to unite personal healing with your professional work; approach business as a spiritual path; embody practices for authenticity in your work; discover your niche and articulate your vision in the healing arts; understand the power of storytelling for a compelling brand; use tools for speaking with confidence; clarify boundaries on work, clientele, and money; understand the secret to growing by word of mouth; develop a growth strategy for yourself and your practice; and apply inside tips and practices to build your blog.

WKS 102 Embodying Shakti: Awakening Sacred Power in Your Body, Mind, and Sound (1.00 Units) PF Grade Option
In this highly practical workshop, two powerful teachers reveal core sacred technologies from the Tantric traditions of goddess wisdom. We’ll work with myth, sound, meditation, and other practices that strengthen your physical and subtle bodies, dissolving energetic blocks and opening your capacity for flow. In the course of this weekend you’ll also have the opportunity to discover your personal energetic connections to goddesses such as Saraswati (sacred inspiration and flow), Durga (warrior strength), Lalita (fully empowered sacred sexuality), and Chinnamasta (pure awareness).

WKS 103 Yoga and Psyche Conference (1.00 Units) PF Grade Option
The first academic conference in the Western world dedicated to the integration of yoga and Western psychology. We will engage in a passionate inquiry about what happens when yoga, as considered from its vast and original context, including scripture, study, meditation, breath work, and physical postures, is integrated with Western psychological theory and clinical practice, including the breakthroughs in somatic psychology, trauma research, and neuroscience. Together we will explore the implications and applications of this new evolutionary possibility, as pioneering practitioners of these traditions gather together in dialogue, deep exchange, and community. Teachings, research, insights, and practices from these two vast and complementary traditions will be presented. Academic papers will be presented by esteemed doctors, clinicians, professors, yoga therapists, and cutting-edge researchers from around the world, demonstrating how yoga becomes more effective to the Western practitioner through the integration of psychology, and how psychological theory and methods benefit from the knowledge and practices of the yoga tradition.

WKS 104 Nondual Wisdom Conference (1.00 Units) PF Grade Option
Nonduality derives from the Sanskrit word advaita, which means “not-two,” referring to the fundamental consciousness that underlies the apparent distinction between perceiver and perceived. From the nondual perspective, the split between self and other is a purely mental construct. This understanding, rooted in the direct experience of countless sages through millennia, is at the heart of Hindu Vedanta, Judaism, Islam, and many schools of Buddhism, Taoism, and mystical Christianity. Nonduality points to “That” which is before and beyond the projections of a separative, self-reflexive mind. As nondual awareness emerges in the West in both therapists and clients, the practical and theoretical implications for psychotherapy are far-reaching. This annual cutting-edge conference hosts leading therapists and teachers who are exploring the confluence of nondual wisdom and psychotherapy. How does psychotherapy change when therapists and clients awaken to and embody their true nature as open, lucid awareness that is essentially not separate from the whole of life?
WKS 105 Writing and Performing from Your Roots (1.00 Units) PF Grade Option
Writing and performing from your roots—from the deepest parts of your identity—is an act of courage, transgression, and discovery. It's a first step toward coming out as an artist and making your life your work. This weekend workshop incorporates intensive writing and solo work culminating in live performances of new works in progress. Students choose one of three strands: the five-minute play, the five-minute solo performance, or the three-minute spoken word piece. Develop your skills and confidence as a writer and performer. Deepen your work, or explore and experiment in a new form.

WKS 106 Understanding Advances Toward Full LGBT Equality (and What It Means for You) (1.00 Units) PF Grade Option
The movement for equality for lesbian, gay, bisexual, and transgender (LGBT) people is one of the most successful in recent history. In the United States, even though LGBT people and same-sex-couple families experience inequality and exclusion in a wide range of state and federal policy arenas, significant policy advances have occurred. This workshop examines the history of urban LGBT communities in the United States since the 1920s, and the pro- and anti-gay political forces that coalesced in the late 1940s and emerged onto the national stage in the 1960s and early 1970s. We will look at the incredible successes of LGBT rights activism in the United States and globally, and the treatment of LGBT people in several policy areas, including family recognition, elder issues, youth policy, and health policy. Group projects will grapple with key policy discussions currently under way, such as how to increase collection of sexual orientation and gender identity data in clinical settings and on health and demographic surveys, and how to implement pre-exposure chemoprophylaxis for HIV prevention with gay and bisexual men and transgender women. We will also examine debates within the United States, look at LGBT movement between progressives/liberals and conservatives, look at gay voting behavior, analyze trends in public opinion toward LGBT issues, and examine the status of LGBT people around the world and in global policy and funding bodies.

WKS 107 African American Multigenerational Trauma and Issues of Violence (2.00 Units) PF Grade Option
This course focuses on the suffering and traumas associated with the African experience in the United States inclusive of the periods of capture, transport, enslavement, and emancipation leading up to current times. Multigenerational patterns of adaptive behaviors passed along through generations will be explored, with an emphasis on assessment and interventions using evidence-based, culture-specific, and social-justice models. A relationship-based approach with a particular focus on strategies that inform practice will be presented. The goal of this course is to expose students to the historical events and policies that have led to contemporary social problems and structural inequalities that continue to negatively affect African Americans. The course will provide practical tools that will inform practice and empower individuals, families, groups, organizations, and communities throughout the change process. A crucial aspect of social work involves sensitivity and competence in working with African Americans as an underserved population. This course is designed to enable students to develop a knowledge base and critical awareness of issues specifically affecting African Americans in practice and policy. This course will include the development of techniques useful for practice.

WKS 109 Medicine Melodies: The Use of Music in Shamanic and Psychotherapeutic Practices (1.00 Units) PF Grade Option
This class explores the use of music to clear and free energetic constraints, and as a gateway for inner work and the therapeutic processes. Through guided sound-centered contemplative practices, drumming, and chanting, participants gather an original repertoire of medicine melodies to use in shamanic, psychotherapy, and healing sessions. Participants experience the emotional magic that comes from singing the Icaros of the Peruvian Amazon, and traditional indigenous music from India, Tibet, Tuva, Africa, Brazil, and beyond. Through a multimedia presentation and case studies, the class will examine the implementation of music to support sound healing and psychotherapy sessions, and the effect of rhythm entrainment in shamanic healing journeys.

WKS 110 Restorative Justice and Trauma Healing Modalities in Prison (1.00 Units) PF Grade Option
This experiential workshop is grounded in an understanding that the growth of the prison industrial complex has compromised the health and well-being of communities of color and impoverished communities in the United States, and in an awareness of the need for a national movement to end mass incarceration. Over the course of the weekend, we will explore hands-on trauma healing modalities for men, women, and young people in prisons and jails through the use of restorative justice practices, including the Victim Offender Education Groups (VOEG); yoga; meditation; mindfulness; and strategies for addressing trauma on individual, community, and systems levels. Faculty will include members of the staff and facilitators of Insight Prison Project.

WKS 111 Ritual, Death, and Transformation: Lessons from Burning Man and the Zen Hospice Project (1.00 Units) PF Grade Option
Workshop participants will explore the role of temporal art and ritual in their own lives; Burning Man’s tradition of the Temple; and Zen Hospice’s spiritual practice of sitting with impermanence. Participants will bundle personal objects to mark a passage or honor a deceased loved one, and the workshop will culminate in a ritual to burn participants’ creations. Zen Hospice Project began helping people in 1987 and continues to offer programs and trainings that blend spiritual practice with service to the dying. Burning Man is world famous for its fire art, and offers an annual tradition of building and burning a temple that honors those lost in the previous year. In this workshop, participants will create offerings to loved ones who have passed; discuss and meditate on the meaning of death in their lives; and explore art making and burning as a transformative experience.

WKS 112 Introduction to Chinese Medicine (1.00 Units) PF Grade Option
In this workshop, students will learn about “qi” (the life force), acupuncture, Chinese herbs, tongue and pulse diagnosis, yin and yang, five elements, and the Chinese concept of internal organs. Discover more about this traditional medicine, which has provided health and relief for over 2,500 years.
WKS 113 Creative Music Therapy and Improvisation (1.00 Units) PF Grade Option
An intimate connection exists in music between composition and improvisation. Both use similar structural resources, such as formal procedures of harmonic progression, melodic construction, and rhythmic order. Composition, however, is free from any demands of immediacy, whereas improvisation is the creation of music in the moment and from moment to moment—composed in the living now. To practice “creative music therapy” is to live at the threshold of artistic and developmental potential. It invites therapists to trust music making—“music-ing”—as a means of reaching out and searching within, and as an instrument of clinical research. Learn how intuition determines the clinical approach and inspiration for using music in therapy, the significance of the quality of expression achieved, and the importance of order in its form.

WKS 114 The Interpersonal Neurobiology of Trauma: Working with the Therapeutic Spiral Model (1.00 Units) PF Grade Option
This workshop teaches participants the state-of-the-art research on interpersonal neurobiology and attachment theory as it relates to treating PTSD and other stress-related illnesses with experiential psychotherapy. Employing the evidence-based system of the Therapeutic Spiral Model (Hudgins & Toscani, 2013), we will use experiential education to present the “brain in action,” so that the complexities of interpersonal neurobiology—with its brain patterns, feelings, and defenses, which are both chemically and psychologically internalized in trauma—become immediately clear. Participants can then easily take away and use this demonstration in their own practices, clinics, classrooms, and organizations. Additionally, participants will learn the “body double,” a clinically modified psychodramatic intervention that teaches trauma survivors how to self-soothe and calm the overactive amygdala and right brain from the experience of trauma. Supervised skill practice guarantees hands-on skills that are immediately transferable to many settings. This workshop is appropriate for physicians, psychologists, mental health counselors, marriage and family therapists, social workers, spiritual counselors, bodyworkers, energy healers, shamanic practitioners, drama therapists, psychodramatists, playback conductors, educators and teachers, social activists, community developers, and business organizations that want to learn about the impact of trauma on the brain in their own settings, and of course people interested in their own recovery from PTSD.

WKS 115 Nature, Ritual, and Community Healing (1.00 Units) PF Grade Option
In Dogara society, all healing is accomplished in ritual through nature and the participation of the village community. Nature is the landscape in which all healing takes place, and it is the environment in which we renew ourselves and become whole, experiencing a sense of well-being. In modernity, we have lost our natural tendency to function communally by embracing such thinking as “pull one’s self up by one’s bootstraps” and “every man for himself.” Yet only with community is a person’s life purpose discovered, nurtured, and, most important, required to sustain community. Healing through ritual nourishes our spirits and our psyches. It heals the wounds in us that are unseen and unspoken. Ritual offers us a deeper healing solution to complex dilemmas that plague modern life—those problems that lie beneath the surface, waiting to erupt. Discover how to create community and learn the technology of ritual that activates the healing powers of nature! In this workshop, Malidoma will lead participants in ritual drumming and singing, so bring your drum and any other percussion instruments.

WKS 116 Diversity, Privilege, and Leadership (1.00 Units) PF Grade Option
This interactive, informational, challenging, and energetic course examines and explores issues of diversity, privilege, and leadership. Through lecture, discussion, interactive activities, and multimedia clips/links, students will be challenged to engage in courageous conversations about the critical cultural competency and leadership skills needed in the 21st century. All students have an excellent opportunity to be positive role models, powerful decision makers, and effective agents of change, if they have the tools. This course is specifically designed to address the skills and tools necessary for 21st-century leaders.

WKS 117 Expanding the Circle Summer Institute (1.00 Units) PF Grade Option
In order to advance pluralism, acknowledge a scholarly area of investigation, and deepen learning in higher education, we need to expand our circle of inclusion and broaden our definition of diversity by increasing lesbian, gay, bisexual, transgender, and queer (LGBTQ) studies. The annual Expanding the Circle Summer Institute: Advancing LGBTQ Initiatives in Higher Education, from the Classroom to the Campus Quad is designed for academic deans and administrators, campus counselors, faculty and faculty development specialists, student affairs professionals, and students. Goals of the Summer Institute will include advancing LGBTQ initiatives, enriching the quality of education and scholarship for all members of our campus communities by creating an inclusive environment for LGBTQ students and studies.

WKS 118 Spiritual and Religious Competencies in Clinical Practice (1.00 Units) PF Grade Option
This workshop will provide you with practical tools for working with your clients’ spiritual and religious beliefs and practices (SRBP) in the therapy room. Following 16 research-based guidelines as described in her 2015 book, *Spiritual and Religious Competencies in Clinical Practice: Guidelines for Psychotherapists and Mental Health Professionals*, Shelley Scammell, PsyD, will guide you through multiple exercises to enhance your awareness, knowledge, and skills on a number of important topics. These will include: how to take an oral, written, or visual history of your client’s SRBP; understanding your client’s lived experience with SRBP; exploring religious and spiritual diversity; lifespan development of SRBP; recognizing harmful involvement in SRBP; how to differentiate spiritual and religious experiences from psychopathology; helping clients recognize and access their religious and spiritual resources; becoming aware of legal and ethical issues and boundaries when working with SRBP, including when to make referrals if issues are beyond your scope of practice; and learning how meditation and other practices may impact brain functioning. Enhance your confidence in working with clients who meditate, practice yoga, or engage in other practices from which unexpected consequences, challenging as well as wonderful, may arise.

WKS 119 Spiritual and Religious Competencies for Clinical Practice (1.00 Units) PF Grade Option
This workshop will provide you with practical tools for working with your clients’ spiritual and religious beliefs and practices (SRBP) in the therapy room. Following 16 research-based guidelines as described in her 2015 book, Shelley Scammell, PsyD, will guide you through multiple exercises to enhance your awareness, knowledge, and skills on a number of important topics. These will include: how to take an
oral, written, or visual history of your client's SRBP; understanding your client's lived experience with SRBP; exploring religious and spiritual diversity; lifespan development of SRBP; recognizing harmful involvement in SRBP; how to differentiate spiritual and religious experiences from psychopathology; helping clients recognize and access their religious and spiritual resources; becoming aware of legal and ethical issues and boundaries when working with SRBP, including when to make referrals if issues are beyond your scope of practice; and learning how meditation and other practices may impact brain functioning. Enhance your confidence in working with clients who meditate, practice yoga, or engage in other practices from which unexpected consequences, challenging as well as wonderful, may arise.

**WKS 120 Money Matters: Personal Finance for Creative Individuals (1.00 Units) PF Grade Option**

The main reason most artists and writers stop pursuing their creative goals is money. Learn how to make your money work for you in support of your creativity. This course will help you understand your money personality and how to work with it. Be unstoppable! Learn the principles of sound financial management by developing a working knowledge of budgets. Design a financial roadmap for your creative work. At the conclusion of this course, you will be able to define common money terms; identify common legal structures that artists and writers use to run their creative enterprises; understand financial structures used to house money, such as banks, credit unions, and CDFIs; define common real estate types; understand basic tax principles; and hire and manage professional support for your creative enterprises, such as lawyers, accountants, and financial planners. Strategies to access professional services affordably will be highlighted.

**WKS 121 NTU: An African-Centered Approach to Healing and Wellness (1.00 Units) PF Grade Option**

NTU psychotherapy is an approach to working with families that allows them to recognize and tap into their inner strength for healing and oneness, understanding that healing is a natural process. NTU interventionists use spirituality-focused, culturally competent interventions to facilitate the healing process. This workshop will introduce participants to the basic elements of the NTU approach and, through didactic and experiential delivery, show its application to a range of human service practices. Additionally, the presenters will share empirical data that demonstrates positive outcomes for individuals and families served. Finally, participants will be exposed to practical tools and examples that will make the content relevant and useful in practice with urban communities.