With knowledge and practice, realize your aspirations.

A pioneer in integrative teaching and learning, CIIS is known for the following:

- Nationally and internationally recognized professors who expand the traditional boundaries of learning in their classes and scholarship. Study with faculty members who are committed to integrating, with academic rigor, diverse perspectives, and multiple ways of knowing.
- Leading-edge graduate programs in the School of Professional Psychology & Health and the School of Consciousness and Transformation.
- A unique School of Undergraduate Studies that features a Bachelor of Arts Completion (BAC) program offered on weekends in a cohort format. The BAC program enables students with previously earned college credit to earn an undergraduate degree in Interdisciplinary Studies.
- Online graduate programs in the groundbreaking fields of Transformative Studies and Transformative Leadership that expand our borders beyond the Bay Area. Online students benefit from an international community of learners and their reflective interaction with one another.
- A dynamic and supportive learning community—the perfect incubator for innovative ideas and study. The personal attention of faculty and our small classes enable students to express themselves with confidence.
- Internships in the six award-winning CIIS counseling centers and affiliated sites located throughout San Francisco. Students learn by practice under the guidance of trained supervisors.

Engaged and Innovative Community
Creative, curious, mindful, and socially aware—these are just a few of the words that describe the people of CIIS. What sets us apart is how we put those characteristics to work. We're passionate about intellectual inquiry and disciplined in our practice. We engage fully with our studies, one another, and our communities. Above all, we're open to new learning experiences, and we draw on the opportunities CIIS offers us to transform the world.

A Pioneering Vision
In 1968, San Francisco was the scene of a national revolution in music, politics, culture, and self-awareness. That same year Professor Haridas Chaudhuri and his wife, Bina, established CIIS, developing an equally revolutionary approach to education. They envisioned an integral approach to higher education that drew on the inspiration of the renowned Indian philosopher Sri Aurobindo. Originally focused on the integration of Asian and Western studies, CIIS has grown to include programs that offer a broad array of multicultural perspectives. While expanding the range of its programs, CIIS has retained the intimacy of an academic community rare in U.S. higher education. At the intersection of global and personal responsibility, CIIS has been committed to fulfilling Professor Chaudhuri’s vision: “Humankind can no longer be divided into exclusive segments so that the fortune of one will not affect the fortune of the other.”

Admissions
We begin accepting applications for the spring semester in September and for the fall semester in November. It is highly recommended that you submit all application materials at least two weeks before the February 1 priority deadline in order to avoid delays in having your application reviewed. Applicants who apply by the fall priority deadline will be notified of the admissions decision by April 1, with enrollment deposits required by May 1. If you are mailing your application from outside the United States, mail it at least thirty days before the department deadline. Applications are accepted after the posted deadline on a space-available basis.

For information on application requirements, procedures for admissions, and program-specific application deadlines, or to complete an application online, please visit www.ciis.edu/admissions. Admissions counselors (415.575.6154, admissions@ciis.edu) are pleased to answer your questions.
Integral Counseling Psychology

MA in Counseling Psychology with a Concentration in Integral Counseling Psychology

Program Description
visit us online at http://www.ciis.edu/icp

Academic Year 2012–2014
California Institute of Integral Studies
1453 Mission Street, San Francisco CA 94103
415.575.6100 www.ciis.edu
About the Program

Educational Vision
- Transpersonal—Spiritual, greater than the individual, transcends the personal
- Integral—Essential to wholeness, involving all aspects of a person, the synthesis of different theories
- Transformative—Understand your own psyche in order to become a therapist and help the greater community
- Experiential—Practice what you are learning in class
- Diversity—Awareness and process of threading cultural, gender, and sexual orientation diversity throughout the program

The Integral Counseling Psychology (ICP) program was the first East-West, transpersonal psychology graduate program in the world. As a transpersonally oriented program, we view psychological healing and growth within the larger context of spiritual unfolding.

Integral and transpersonal psychologies are frameworks in which Western schools of psychology are synthesized with the world’s spiritual traditions. While behavioral, analytic, systemic, and humanistic-existential schools of psychology offer important visions of the psyche, they have largely ignored the spiritual dimension. An integral approach holds that psychological training must be inclusive of the spiritual to be complete.

A major emphasis is on the two major streams of depth psychology: contemporary psychoanalytic and humanistic-existential. We want students to become sophisticated in working with transference and countertransference dynamics in a relational approach to the psyche while also being astute with regard to existential and somatic approaches incorporating the wisdom of the body. Behavioral and family systems orientations are also taught in the ICP program. Because our education is so thorough, we consistently have one of the highest pass rates of all graduate degree programs in California for the Marriage and Family Therapist (MFT) exam.

This program is experiential, transformational, culturally sensitive, and centered on the inner work necessary for becoming a healer. We create a learning community that is both deeply supportive and profoundly challenging. From the first class in Therapeutic Communication through the final Integrative Seminar, threads of spiritual integration, rigorous self-reflection and self-realization, and understanding and practicing the craft of psychotherapy are woven together by each student. Some will be more stretched by the academic demands; others will be more challenged by the culture of ICP, which asks us to look inside ourselves and bring awareness to those parts that may limit our ability to freely connect with our clients; still others may find it is the clinical training that confronts their personal edges most directly.

The fundamental assumption behind ICP’s integral education is that it is only in deeply engaging our own psychological healing that we are able to help our clients deeply engage in their own healing. This is not a “neck up” education. Integral education is demanding on every level: body, heart, mind, spirit. It is also, we believe, profoundly rewarding.
Weekend Option
The ICP program at CIIS also offers a full-time weekend schedule designed for working adults. The curriculum of this program (ICPW) mirrors that of the regular ICP program and takes 3 years to complete. The ICPW program schedule consists of a weeklong retreat in August and 10 weekend sessions September through May for 3 years, ending after the third spring semester. Weekend sessions are Friday and Saturday 9:00AM–8:00PM and Sunday 9:00AM–4:00PM. The ICPW program is based on a cohort model, which means that students beginning the program together take all classes and complete their coursework as a single group, or cohort. Cohorts range in size from 18 to 22 students, and each cohort becomes a network of support for its members both during the course of study and afterward as graduates transition into their counseling careers.

Diversity Statement

The ICP community is committed to diversity. We know we are not where we want to be, but we are working hard to modify our curricula to reflect a variety of perspectives, we are actively reaching out to attract a more diverse student base, and we are consistently reflecting on cultural lenses and biases that we bring to this field. In the ICP program, diversity consciousness is a part of all classes, not just the Multicultural Counseling and the Family. We find it exciting and humbling to work on integrating this dimension with psychology much the way spirituality has become a part of the field of integral psychology.

Diversity Committees: Purpose

• To develop scholarships, fellowships, and other financial support for diverse students
• To diversify the faculty and to get greater student involvement in the process of hiring new faculty
• To develop trainings for both faculty and students
• To diversify the curriculum and to help in fostering classroom environments that are more respectful and welcoming of diversity
• To provide a safe and supportive space for students to address issues and conflicts that come up around diversity
• To continually grow and refine our vision of what we want for the program as a whole
• To connect with the broader school around the CIIS Mission and the Seven Ideals

Course of Study

The Integral Counseling Psychology program strives to educate students in the dynamics of transference and psychoanalytic theory, and to provide training in the more humanistic therapies, such as Gestalt and existential psychotherapy, all within a transpersonal framework. The program meets these goals in the following ways:

• Providing beginning students with a variety of learning experiences designed to help them develop the clinical skills necessary to be a psychotherapist.
• Advancing a view that places psychological growth and healing into a larger context of spiritual unfolding. Classes explore the integration of spiritual and psychological approaches to development, personality, and society.
• Offering students the opportunity to participate in the work of the Integral Counseling Centers, the CIIS-run community mental health services. At the centers, students at various levels of experience are given an opportunity to apply their counseling skills.

The Master of Arts in Counseling Psychology with a concentration in Integral Counseling Psychology requires 60 semester units of work, divided between required courses and electives. For more information about the Integral Counseling Psychology curriculum, please see the online catalog or call the Admissions Office at 415.575.6152.
## Curriculum

### I. Counseling Courses
- MCP 5101 Professional Ethics and Family Law (2 units)
- MCP 5201 Human Development and the Family (3 units)
- MCP 5603 Psychopathology and Psychological Assessment (3 units)
- MCP 6102 Alcohol and Chemical Dependency Counseling (1 unit)
- MCP 6401 Research Methods (3 units)
- MCP 6502 Child Therapy (2 units)
- MCP 6546 Community Mental Health and the Recovery Model (3 units)

### II. Counseling Courses with Emphasis in Integral Counseling Psychology
The following courses have equivalencies in the Community Mental Health, Drama Therapy, Expressive Arts Therapy, and Somatic Psychology concentrations. These equivalent courses cover the same content, but from the perspective of their own concentrations:
- MCP 5501 Psychodynamics (3 units)
- MCPI 5602 The Clinical Relationship (3 units)
- MCPI 5604 Group Dynamics (3 units)
- MCPI 5605 Family Dynamics and Therapy (3–4 units)
- MCPI 5610 Therapeutic Communication (3 units)
- MCPI 6601 Marriage and Couples Counseling (3 units)
- MCPI 6603 Multicultural Counseling and the Family
- MCPI 7601 Supervised Clinical Practicum: Individual (minimum three semesters) (2 units) or
- MCPI 7602 Supervised Clinical Practicum: Group (can be one of three practicum semesters) (2 units) or
- MCPI 7604 Supervised Clinical Practicum: School Setting (two semesters) (3 units) or
- MCPI 7612 Supervised Clinical Practicum: Group Child Focus (2 units)

### III. Integral Counseling Psychology Concentration Courses
These courses do not have equivalents in the other concentrations.
- ICP 5606 Gestalt Therapy (3 units)
- ICP 5621 Cognitive Behavioral Therapy (3 units)
- ICP 6700 Trauma: An Introduction to Treatment (2 units)
- ICP 7702 Integrative Seminar (3 units)
- ICP 6501 Transpersonal Psychotherapy OR
- ICP 8606 Integral Psychology (3 units each)

### IV. Electives
**General Electives**
Units can be taken from any CIIS program. ICP offers the following electives:
- Psychosynthesis
- Hakomi
- The Art of Listening
- Inner Realization and the Writings of A. H. Almaas, Founder of Diamond Heart
- Clinical Practice Lab

**Additional MFT and LPCC Requirements**
1. Licensure as an MFT in California requires the student to successfully complete the following workshop as part of the degree program prior to graduation. It must be completed through an accredited college or university:
   - Spousal/Partner Abuse, Detection, and Intervention (15 hours)
The following workshops may be taken after completing the MA but before applying for MFT licensure. They must be completed through an accredited college or university; a BBS-approved continuing education provider; or a country, state, or other government entity:
- Child Abuse Assessment and Reporting (7 hours)
- Human Sexuality (10 hours)
- Aging and Long-term Care (10 hours)

2A. Licensure for the LPCC in California for students who begin graduate study before August 1, 2012 and complete study before December 31, 2018, requires the student to successfully complete the following as part of the degree program prior to graduation:
- Spousal/Partner Abuse, Detection, and Intervention (15 hours) (through an accredited college or university)
- 3 semester units in one of these three courses:
  a. Career development theories and techniques
  b. Group counseling theories and techniques
  c. Assessment, appraisal, and testing of individuals

The following workshops may be taken after completing the MA but before applying for LPCC licensure. They must be completed through an accredited college or university; a BBS-approved continuing education provider; or a country, state, or other government entity:
- Child Abuse Assessment and Reporting (7 hours)
- Human Sexuality (10 hours)
- Aging and Long-Term Care (10 hours)
- Crisis/Trauma Counseling (15 hours)
- Psychopharmacology (2 semester units or 3 quarter units)

2B. Licensure for the LPCC in California for students who begin graduate study after August 1, 2012 requires the student to successfully complete the following as part of the degree program prior to graduation:
- Spousal/Partner Abuse, Detection, and Intervention (15 hours) (through an accredited college or university)
- 3 semester units in three of these six courses:
  a. Career development theories and techniques
  b. Group counseling theories and techniques
  c. Assessment, appraisal, and testing of individuals
  d. Psychopharmacology
  e. Addictions counseling
  f. Crisis or trauma counseling

The following workshops may be taken after completing the MA but before applying for LPCC licensure. They must be completed through an accredited college or university; a BBS-approved continuing education provider; or a country, state, or other government entity:
- Child Abuse Assessment and Reporting (7 hours)
- Human Sexuality (10 hours)
- Aging and Long-Term Care (10 hours)

**Selected Course Descriptions**

**ICP 5606: Gestalt Therapy (3 units)**
Gestalt Therapy will be presented as an adjunct to existential philosophy and therapy, and as a natural reflection of humanistic psychology. The elements of Gestalt therapy will be demonstrated—i.e., contact boundaries, awareness, figure formation, the Gestalt theory of neurosis, and disturbances at the boundaries. The primary emphasis will be on working in the “here and now” with a process-oriented focus.

**ICP 6501: Transpersonal and Integral Psychotherapy (3 units)**
An overview of transpersonal psychology with an emphasis upon integral approaches to psychotherapy. Focus upon specific clinical issues in the field, such as spiritual emergency, meditation and psychotherapy, altered states of consciousness, and opening the heart; and psychospiritual methods for working with clients.
ICP 8606: Integral Psychology (3 units)
Sri Aurobindo’s integral yoga and integral philosophy, including Haridas Chaudhuri’s contributions, form the spiritual foundation of the Institute. As an integration of the major schools of Vedanta, yoga, and tantra, integral philosophy provides an integrative framework for the many divergent schools of Western psychology as well as a synthesis of Eastern psychological perspectives. Integral psychotherapy is a psychospiritual method of working that is relational, embodied, and transformational.

MCP 6502: Child Therapy (2 units)
Techniques to remedy or prevent problems in children and their families. Case material introduces strategies of intervention.

MCPI 5201: Human Development and the Family (3 units)
Theories and research in life transitions, stages of development, and rites of passage, from prenatal conditions through adult experience to dying.

MCPI 5501: Psychodynamics (3 units)
Presents a history of psychodynamic ideas and their application in clinical settings. Offers a historical perspective beginning with Freudian theory through the development of object relations theory. Covers basic theoretical and clinical concepts, clinical theories about the self and self-development, and the topics of transference, countertransference, and defense. Examines relationships between psychodynamic and other clinical theories.

MCPI 5602: The Clinical Relationship (3 units)
The relationship between therapist and client is one of the central concerns of contemporary theories of therapeutic change. This course explores the relationship between therapist and client from the perspectives of contemporary psychoanalysis, humanism, and self-psychology. Provides various perspectives on transference and countertransference, and how to work with these dynamics in the clinical setting.

MCPI 5604: Group Dynamics: T-Group (3 units)
This course has a specific focus: to improve our interpersonal sensitivity and our interpersonal skills in a way that will serve us as therapists. The goal is to learn how empathy, genuineness, and unconditional positive regard can inform our interpersonal communication. In our speech, we will do our best to learn how to tell the truth in the context of compassion. Truth and compassion are equally important criteria. In our listening, we will try to reduce our defensiveness—i.e., we will seriously consider feedback that may not fit our self-image and also be willing to explore our contribution to a given interaction.

MCPI 5605: Family Dynamics and Therapy (4 units)
This course explores the various schools of family therapy, including the work of Whitaker, Satir, Bowen, and Minuchin, as well as strategic, narrative, internal family systems, and core focused family therapy. There will be a strong experiential component involving in-depth study of each student’s family of origin through psychodramatic or monodramatic formats or sculpture, as well as through live demonstrations of therapy sessions with students’ family members. In the lab, each student will have an opportunity to practice conducting a role-play family therapy session.

MCPI 5610: Therapeutic Communication (3 units)
This course provides an overview of key concepts and methods in therapeutic communication, integrating psychodynamic, humanistic, and other approaches. Experiential portion includes role-play and simulations.

MCPI 6603: Multicultural Counseling and the Family (3 units)
This course provides an overview of cross-cultural counseling through exploration of ethnic, social, and cultural mores and values of representative social groups and special populations.
Sample ICP Program Flowchart
Most students complete the ICP program in 2 ½ to 3 years. Below is an example of an 8-semester course curriculum. Keep in mind that this is only an example. You may choose to complete the curriculum in any number of different ways.

<table>
<thead>
<tr>
<th>1st Semester: Fall</th>
<th>2nd Semester: Spring</th>
<th>3rd Semester: Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Human Development (3)</td>
<td>• Family Dynamics (4)</td>
<td>• Gestalt Therapy (3)</td>
</tr>
<tr>
<td>• Therapeutic Comm. (3)</td>
<td>• Clinical Relationship (3)</td>
<td>• Prof. Ethics and Family Law (2)</td>
</tr>
<tr>
<td>• Psychodynamics (3)</td>
<td>• Multicultural Counseling and the Family (3)</td>
<td></td>
</tr>
<tr>
<td>• Group Dynamics (3)</td>
<td>Total: 10 units</td>
<td>Total: 5 units</td>
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<tr>
<td>Total: 12 units</td>
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<table>
<thead>
<tr>
<th>4th Semester: Fall</th>
<th>5th Semester: Spring</th>
<th>6th Semester: Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Psychopathology and Psych. Assessment (3)</td>
<td>• Transpersonal/Integral Psych. (3)</td>
<td>• Practicum (2)</td>
</tr>
<tr>
<td>• Marriage and Couples (3)</td>
<td>• General Elective (3)</td>
<td>• Cognitive Behavioral Therapy (1)</td>
</tr>
<tr>
<td>• Child Therapy (2)</td>
<td>• Trauma: An introduction to Treatment (3)</td>
<td></td>
</tr>
<tr>
<td>• Alcohol and Chem. Dependency (1)</td>
<td>• Community Mental Health (2)</td>
<td>Total: 3 units</td>
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<tr>
<td>Total: 9 units</td>
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<table>
<thead>
<tr>
<th>7th Semester: Fall</th>
<th>8th Semester: Spring</th>
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</thead>
<tbody>
<tr>
<td>• Practicum (2)</td>
<td>• Practicum (2)</td>
</tr>
<tr>
<td>• Research Methods (3)</td>
<td>• Integrative Seminar (3)</td>
</tr>
<tr>
<td>Total: 5 units</td>
<td>• Spousal Abuse Workshop</td>
</tr>
<tr>
<td></td>
<td>Total: 5 units</td>
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<tr>
<td></td>
<td>CIIS Commencement Ceremony</td>
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</tbody>
</table>

Courses in italics must be completed before applying for practicum.

ICPW Program Flowchart

<table>
<thead>
<tr>
<th>Fall Intensive 2012</th>
<th>Fall 2012</th>
<th>Spring 2013</th>
<th>Summer 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Group Dynamics (2)</td>
<td>• Group Dynamics (1)</td>
<td>• Psychodynamics (3)</td>
<td>Summer 2013</td>
</tr>
<tr>
<td>• Therapeutic Communication (1)</td>
<td>• Therapeutic Communication (2)</td>
<td>• Clinical Relationship (3)</td>
<td>-Off-</td>
</tr>
<tr>
<td>• Integral Philosophy, Meditation, and Yoga (1)</td>
<td>• Human Development (3)</td>
<td>• Law and Ethics (1)</td>
<td></td>
</tr>
<tr>
<td>Total: 4 units</td>
<td>• Psychodynamics (2)</td>
<td>• Multicultural Counseling and the Family (3)</td>
<td>Total: 8 units</td>
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</tbody>
</table>

<table>
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<tr>
<th>Fall Intensive 2013</th>
<th>Fall 2013</th>
<th>Spring 2014</th>
<th>Summer 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Gestalt Therapy (3)</td>
<td>• Psychopathology and Psychological Assessment (3)</td>
<td>• Couples Counseling (3)</td>
<td>Summer 2014</td>
</tr>
<tr>
<td>• Law and Ethics (1)</td>
<td>• Trauma: An introduction to Treatment (2)</td>
<td>• Child Therapy (2)</td>
<td>-Off-</td>
</tr>
<tr>
<td>Total: 4 units</td>
<td>• Family Dynamics (3)</td>
<td>• Community Mental Health (3)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total: 8 units</td>
<td>Total: 8 units</td>
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<table>
<thead>
<tr>
<th>Fall Intensive 2014</th>
<th>Fall 2014</th>
<th>Spring 2015</th>
<th>Summer 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Electives (3)</td>
<td>• Research Methods (3)</td>
<td>• Integrative Seminar (3)</td>
<td>Summer 2015</td>
</tr>
<tr>
<td>• Cognitive-Behavioral Therapy (1)</td>
<td>• Transpersonal Psychotherapy (3)</td>
<td>• Alcohol and Chemical Dependency (1)</td>
<td>-Off-</td>
</tr>
<tr>
<td>Total: 4 units</td>
<td>• Practicum (2)</td>
<td>• Practicum (2)</td>
<td>Total: 2 units</td>
</tr>
<tr>
<td></td>
<td>Total: 8 units</td>
<td>Total: 6 units</td>
<td>CIIS Commencement Ceremony</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Fall 2015</th>
<th>Spring 2015</th>
<th>Summer 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Practicum (2)</td>
<td></td>
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</table>
Core Faculty

Alzak Amlani, PhD, joined the ICP faculty in 2007. He has been a practicing psychologist since 1995. He began his education in psychology at the University of California, Santa Cruz, where he was introduced to Gestalt, humanistic-existential perspectives, yoga, and Buddhism. He completed his doctorate in transpersonal psychology at the Institute of Transpersonal Psychology in 1995, where his interests included diet and psychospiritual development, diversity, Jungian psychology, object relations, aikido, and ecopsychology. In 2002, he began practicing the Diamond Heart work with A.H. Almaas. Amlani has published a chapter on intuitive ways of knowing in *Honoring Human Experience: Transpersonal Research Methods for the Social Sciences*. He has also published on queer experiences in *Trikone Magazine* and *Queer Dharma*. His story “My Mentor, My Friend,” about his relationship with the Jungian analyst Robert A. Johnson, is published in *White Crane Journal*.

Philip Brooks, EdD, MFT, received his doctoral degree from the University of Massachusetts in 1975. His areas of interest include psychosynthesis, T-groups, existential humanist psychology, and integrating diversity awareness. Brooks's work training clinicians is featured in the video series *Psychotherapy Live*, which he produced and directed.

Brant Cortright, PhD, received his doctorate in clinical psychology from Union Institute in 1976. He is the author of two books, *Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy* (SUNY Press) and *Integral Psychology: Yoga, Growth, and Opening the Heart* (SUNY Press), as well as numerous articles and professional presentations on transpersonal psychology, Hinduism, and psychology, and the dialogue between Eastern and Western psychology. He is a licensed psychologist and maintains a private practice in San Francisco.

Mark Fromm, PhD, joined the ICP core faculty in January 2012 after more than a decade of teaching. He has been a practicing psychotherapist working with individuals, couples, and families in San Francisco and Oakland since 1986. He received his PhD from the University of Colorado Boulder. Fromm has served an expert consultant on legal and ethical issues to the California Board of Psychology and California Board of Behavioral Sciences. He has been vice president of psychologytoday.com, and his writings have appeared in *Psychology Today* magazine. He has appeared on KRON-TV, and was a guest psychologist host on KQED-FM. He has participated in the Diamond Approach with A.H. Almaas since 1992 and has been involved with spiritual practice for several decades, studying with Ram Dass, Jack Kornfield, and others.

Lucanna Grey, MA, MFT, received her master’s degree from the University of Santa Clara in 1981. She is in private practice and served as the director of CIIS’s Church Street Integral Counseling Center. She is passionate about existential and Gestalt approaches to psychotherapy, and was a trainer at the Gestalt Institute of San Francisco from 1984 to 1991.

F. Antonio Ramírez Hernández, PsyD, received his doctorate in clinical psychology (2006), and an MA in drama therapy both from CIIS, as well as an MA in music from the San Francisco Conservatory of Music. His areas of interest include domestic violence; drama therapy; shamanic practices with Native American and Latin American healers; and how shamanic practices can be used in psychotherapy, cross-cultural counseling, research design, transpersonal psychotherapy, and clinical case seminars. He is the author of the book *Violencia masculina en el hogar* and the chapter “CECEVIM—Stopping Male Violence in the Latino Home” for the book *Programs for Men Who Batter* (Civic Research Institute, 2002).

Judye Hess, PhD, received her doctorate in clinical psychology from the University of Rhode Island in 1975. She is the coauthor of *Core Focused Family Therapy: Moving From Chaos to Clarity* (Idyll Arbor, 2008) and “Dual Dwelling Duos: An Alternative for Long-term Relationships,” *Journal of Couples Therapy*, Vol. 10, Nos. 3/4, 2001. Her areas of expertise are family systems, Gestalt, experiential learning, and interpersonal dynamics. She has a private practice in Berkeley, California, specializing in couples, families, and groups.
Barbara Morrill, PhD, program chair, is a licensed psychologist who maintains a private practice in Palo Alto, California. She received her MEd in counseling psychology from Boston College and her PhD from the Institute of Transpersonal Psychology, also in Palo Alto, where she is director of a public program series called Circles of Inquiry. Her current qualitative research paper, “Being in the Face of Annihilation,” presented at an ATP conference in India, is about two Dutch women during the Holocaust.

Sergio Rodriguez-Castrillo, MA, LLM, JD, earned an MA in Integral Counseling Psychology from CIIS in 2007. He has served as faculty at the Instituto Tecnológico y de Estudios Superiores de Monterrey, the Contemporary Education University Center, and the Queretaro State University in Mexico. His fields of interest include human development, transpersonal psychotherapy, and therapeutic communication. He has worked as a therapist at the Instituto Familiar de la Raza. Prior to his psychotherapy work, he was a director of a public relations company and a corporate lawyer in international firms. He is also the author of Jesus in the Times of Freud, a book on psychotherapy and Catholicism, soon to be published in Mexico.

Adjunct Faculty

David Akullian, MS, MFT
Nancy Arvold, PhD, MFT
Robert Bartner, PsyD
Michael Baugh, LCSW
Denise Benson, MFT
Doris Bersing, PhD
Greg Bogart, PhD
Toni Brooks, MFT
Kathleen Brown, PhD
Richard Chiavarelli, PsyD
Linda Cunningham, PhD, MFT
Christopher Dryer, PhD
Mildred Dubitzky, PhD
Rob Fisher, MFT
Glenn Fleisch, PhD, MFT
Larry Fritzlan, MFT
Daniel Fronczak, PsyD
Anthony Guarnieri, PhD
Christopher Harrison, PhD

Wendy Heffner, MS
Cheryl Johnson, MS, PsyD
Alan Klein, MA
Michael Klein, PhD
Alan Kubler, PhD
Eva Leveton, MS, MFT
Janet Linder, PhD, LCSW, BCD
Barbara Nova, PhD
Gieve Patel, MFT
John J. Prendergast, PhD
Fred Rozendal, PhD
Jane Rubin, PhD
Meire Santos, MFT
Laura Shekerjian, MA, MFT
Priscilla Taylor PhD, MFT
Todd Troutman, PsyD
Taquelia Washington, MSW
Sue Ellen Wise, MFT, PCE
Ahria Wolf, MFT

Selected Adjunct Faculty Profiles

Kathleen Brown, PhD, is past-chair of the Board of National Training Laboratories Institute of Applied Behavioral Science, and is a long-time internal and external organizational development consultant. At CIIS, she currently teaches Group Dynamics, Group Intervention, and Ways of Relating. She is qualified to administer the Myers-Briggs Type Indicator, certified to teach and administer William Bridges’ work on managing organizational and personal transitions, and is pursuing training and certification as a coach.

Linda Cunningham, PhD, MFT, is a psychotherapist in private practice in San Francisco and Petaluma. She gives trainings on the clinical relationship and the therapist’s use of self throughout the Bay Area in both graduate and postgraduate settings. She is the author of Relational Sandplay Therapy and many articles in the Journal of Sandplay Therapy on the topic of relational fields and the clinical relationship in sandplay. She currently teaches MCPI 5602, Clinical Relationship, a required clinical skills class offered each semester.

Rob Fisher, MFT, is a psychotherapist, consultant, and CAMFT (California Association of Marriage and Family Therapists) certified supervisor in private practice in Mill Valley. He is a certified Hakomi Therapist and Trainer. He is the publisher of the Couples Psychotherapy Newsletter and the author of a book about experientially oriented couples therapy, Experiential Psychotherapy with Couples: A Guide for the Creative Pragmatist (Zeig/Tucker),
in addition to numerous articles published in the U.S. and abroad. He currently teaches ICP 8601, Hakomi, an elective offered each summer in the ICP program.

**John J. Prendergast, PhD, MFT,** received his BA from University of California, Santa Cruz and his doctorate in clinical psychology from CIIS. He has been an adjunct faculty member at CIIS since 1990. He is the editor of and contributor to two anthologies of original essays: *The Sacred Mirror: Nondual Wisdom and Psychotherapy* and *Listening from the Heart of Silence*. He is also the editor-in-chief of *Undivided: The Online Journal of Nonduality and Psychology* at www.undividedjournal.com. He maintains a private practice in San Rafael.

www.listeningfromsilence.com

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### Student Profiles

**Paul Norris** retired in 2010 from a thirty-year career in information technology at Apple Computer, Gartner Group, and UCSF. Prior to his retirement, he became interested in Buddhism and non-dual wisdom, and the two became increasingly central to his life over the course of ten years. During this time, he saw and experienced a degree of healing that he had not known was possible. Entering the ICP program at CIIS seemed to him the best way to make this deep healing central to the rest of his life.

**Chelsea Rose Blake** is co-owner of Hipmama.com, a reader-written parenting zine committed to giving voice to radically diverse experiences of parenting. She also works as a postpartum doula, caring for families with new babies, and she recently began her practicum working with teenage moms. She lives in Grass Valley CA with her partner and three-year-old daughter. Through her education in the ICP Weekend Program, Blake hopes to continue working with parents from all walks of life, as they experience the joys and challenges of raising children.

**Arunima Sharma** has been engaged in community development work for almost a decade. She has worked as an independent contractor for United Nations HABITAT and served as the Youth Advisory for the United Nations Environmental Program, Indian National Youth Policy development, and forums reaching out to thousands of people living in urban slums. To balance her community work with personal growth, she began nurturing her spiritual aspirations and yearned for a program that bridges Eastern philosophy and Western psychology while maintaining the depth and integrity of both practices. She is inspired and delighted to be in a program that weaves a sacred web of tradition and contemporary thought, cultivating spiritual roots in psychological practice. She is a recipient of the Leadership in Diversity scholarship, currently works for the ICP office, and is a teaching assistant for the ICPW Multicultural Awareness class.

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### Alumni Profiles

**Cigdem Alper (’07)** graduated with an MA in counseling psychology at CIIS, in August 2007. She worked as an MFTI at the Center for Healthy Development in Santa Clara. She gained experience on leading parenting groups with high-conflict parents and worked in the development of the New Skills and Choices program curriculum. She returned to her home country—Turkey—in December 2008 and started working as a psychotherapist at the Relationship Psychotherapy Institute in Istanbul. Alper provides counseling to families, couples, and individuals on issues such as emotion regulation and relationship and communication problems. She leads groups and workshops on emotion regulation. In March 2009, she presented a workshop, “New Skills and Choices,” at the Fifth Turkish Family and Marriage Therapies Symposium.

**Amy Urbanowicz (’07)** began working for a small nonprofit contracted with the City of San Francisco to provide individual and group therapy to adults who have developmental and intellectual disabilities with co-occurring mood disorders. The program is housed in a city clinic, and is the only program in the city that provides individual therapy to this population. Since beginning her work there, Urbanowicz has transitioned to become a psychiatric social worker for San Francisco. She is responsible for doing group and individual therapy
and case management, and she also works on special projects such as vocational training and the African American Health Initiative.

**Liz Tong (‘07)** transitioned into the field of counseling psychology from a former career in public health. She was an administrator for FEMA's 9/11 crisis counseling programs in New York City before embarking on her path as a psychotherapist. After graduating from ICP, she began a private practice internship and worked part-time as a youth therapist at Asian Community Mental Health Services in Oakland. She received her MFT license in 2010 and is currently in private practice in San Francisco. She provides depth therapy for adults and attachment work with couples. She is also a psychotherapist at the AIDS Healthcare Foundation in Oakland, specializing in HIV and substance abuse issues. In her work, she utilizes psychodynamic psychotherapy, somatic approaches, EMDR, and Jungian psychology. [www.integraltherapymft.com](http://www.integraltherapymft.com)

**Nick Venegoni (‘07)** did his practicum at Haight Ashbury Psychological Services and worked as an MFT Intern at New Perspectives Center for Counseling. While there, he cultivated his interest in mindfulness practices through his trainings in Hakomi and Dialectical Behavioral Therapy (DBT). This eventually led him to become a Certified Hypnotherapist through the Foundation of the Sacred Stream. Nick also worked with children and families at Miraloma Elementary School, Opportunity Impact, and the Raphael House in San Francisco. He became a licensed MFT in 2011 and opened a private practice, where he works with couples and individuals. He uses mindfulness techniques with clients struggling with anxiety and anger, and he specializes in working with men as well as folks from the LGBTQ, kink/poly, and pagan communities. He also runs groups on anxiety reduction, anger management, and changing relationships to food and the body through mindfulness. He continues his transpersonal explorations through his studies of Buddhist psychology, shamanism and sound healing. [www.HolisticTherapySF.com](http://www.HolisticTherapySF.com)

**Nathan Lupo (‘07)** is the ICP program manager. He worked at the Church Street Integral Counseling Center for two years before opening a private practice under the supervision of Allan Regenstreif, MFT. He practices psychoanalytic psychotherapy with individuals and couples, and facilitates weekly dream groups. He continues his studies with the California Psychoanalytic Circle of the Freudian School of Quebec, the school of GIFRIC. [www.nathanlupo.com](http://www.nathanlupo.com)

**Susan Dusza Guerra Leksander (‘07)** was licensed in 2009, and is now offering clinical supervision. After graduation she interned at the Mental Health Program of Marin AIDS Project, providing individual psychotherapy to people living with HIV and AIDS. From 2008 to 2011 she worked as a personal services coordinator at the MHSA-funded Fred Finch Contra Costa Transition Age Youth Program in San Pablo. She provided individual and group mental health services to youth age eighteen to twenty-six with significant mental health issues, who were homeless or at risk of homelessness. Currently, she is admissions manager for the Bonita House Dual Diagnosis Residential Treatment Program in Berkeley, providing comprehensive assessments for clients seeking recovery from mental health and addiction issues. She also maintains a private practice in San Francisco, seeing individuals and couples. Additionally, she volunteers within the adoption community, providing education and support to all members of the triad through On Your Feet Foundation, where she is on the board of directors; and PACT, An Adoption Alliance, which publishes her quarterly column on adoption issues.

**Jennifer Wynne (‘10)** worked for seventeen years as a children's counselor, educator, and advocate. The ICP Weekend program at CIIS made it possible for her to earn her master’s degree while continuing to work and have her own baby. Two months after graduating from CIIS, she was offered her dream job with Sierra Forever Families, working with at-risk children and families and supporting their health and well being through play therapy, home-based parent coaching, and home-based family therapy. She specializes in working with children and families who have experienced generational attachment trauma. She helps them reconnect to themselves, their families, and their communities through nature-based family and play therapy.

**Sparlha Swaby (‘11)** spent seven years as a singer-songwriter recording and performing internationally before enrolling in the ICP Weekend program. She is completing a two-year training in psychodynamic and relational psychotherapy at the Women’s Therapy Center and will enter a third-year, advanced internship with an emphasis on couples. Swaby is currently applying to PhD programs to pursue her research interests in ecopsychology, Buddhist psychology, and their healing implications for people of color.
Admission to the Program

In addition to the general admissions considerations on the website, the program seeks individuals who exhibit the interpersonal communication skills necessary for psychotherapists, including congruence of feelings and action, the ability to listen, and an openness to giving and receiving feedback from peers as well as instructors. Applicants should be psychologically minded, be open to self-disclosure, have a desire for personal growth, and be seeking a holistic, transformative, and experiential community in which to foster their psychospiritual as well as professional growth.

Our Three Counseling Centers

CIIS Counseling Centers have been offering mind-body-spirit psychotherapy to individuals, couples, and families in the Bay Area for more than 27 years, providing a safe and supportive setting in which clients can explore a wide range of life issues—emotional, interpersonal, psychological, and spiritual.

Roughly 50% of ICP students complete their practica at the Integral Counseling Centers (ICCs). While the ICCs are geared towards a private-practice model and offer training in depth psychotherapy, some students may be more drawn to community mental health, working with a particular population or in a particular location that the ICCs do not serve, or to learning a theoretical orientation not taught at the ICCs. In addition to the ICCs, we encourage our students to apply to other Bay Area clinics for their practica. The CIIS Field Placement Office and the ICP advising and supervision coordinator offer support for finding and securing placements that match students’ interests.

Named “Best of the Bay” by the San Francisco Bay Guardian, CIIS Counseling Centers are conveniently located throughout San Francisco, and are staffed by graduate students and postgraduate interns. Our therapists are well trained in a variety of therapeutic orientations: somatic, transpersonal, psychodynamic, and Gestalt, as well as more conventional modes of psychotherapy. Because our therapists integrate Western psychology with knowledge from the world’s spiritual traditions, the counseling provided in our centers is unique and respects the specific growth and healing process of each individual. CIIS has a total of six counseling centers. One is within the Clinical Psychology Doctoral (PsyD) program, one is within the Somatic Psychology (SOM) program, one is within the Community Mental Health program, and three are within the ICP program. The three Integral Counseling Centers are: Church Street ICC, Pierce Street ICC, and Golden Gate ICC.

Church Street Integral Counseling Center—1782 Church Street, San Francisco. Directed by Gieve Patel, www.integralcounselingcenter.org. Our therapists take an integral approach to healing that recognizes the interrelationships among mind, body, and spirit. Our approaches emanate from traditional disciplines as well as contemporary humanistic and transpersonal psychologies, including Gestalt, narrative therapy, psychosynthesis, and dream work.

Pierce Street Integral Counseling Center—2140 Pierce Street, San Francisco. Directed by Dan Gottsegen, www.integralcounseling.org. We are a nonprofit counseling center dedicated to providing affordable psychotherapy to residents of the San Francisco Bay Area. Our therapy is tailored to honor and respect the uniqueness of each individual. We pay particular attention to clients’ desires to find answers within themselves, while also offering our professional expertise and direction in a collaborative effort toward healing.

Golden Gate Integral Counseling Center—507 Polk Street, Suite 450, San Francisco. Directed by Therese Bogan, www.goldengatecounseling.org. Our therapists’ approach is tailored to each person and recognizes the desire of individuals to find answers within themselves. We aim to provide caring, professional psychotherapy and counseling in a relationship of trust and respect. The basis of our practice is an integral model; we see each person as essentially whole and include all aspects of the person in the healing process.
Integral
An approach to life, philosophy, and education that focuses on wholeness and integration of body-mind-spirit. The Sri Yantra symbolizes the integration of the spiritual with the worldly, embracing paradoxes and honoring diversity as part of its method of comprehending unity.

“What happens at CIIS is very nearly unique in the world of higher education. It is also revolutionary...No one is truly educated until heart and mind have been joined with action.”

PARKER PALMER
Author, educator, activist

Accreditation
CIIS is accredited by WASC (Western Association of Schools and Colleges, 985 Atlantic Avenue, Suite 100, Alameda CA 94501; 510.748.9001).

Diversity
California Institute of Integral Studies recognizes and honors the value of a diverse academic community. It is committed by law and by purpose to serving all people on an equal and nondiscriminatory basis.

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In Brief
LOCATION
• In downtown San Francisco
• Walk to public transportation

COMMUNITY
• 1,400 students
• Age range from 20 to 75
• 7% international
• 26% students of color
• 71% women
• Online students across 4 continents
• More than 5,000 alumni in 28 countries

COSTS
For a detailed breakdown of costs—full-time, part-time, and per-unit—visit www.ciis.edu/admissions or call Admissions at 415.575.6154.
Financial Aid Is Available

CIIS administers a full complement of financial aid programs, including federal student loans, scholarships, grants, student employment, and private loans. Please call the Financial Aid Office for details at 415.575.6122 or visit www.ciis.edu/financialaid

San Francisco Is Our Campus

San Francisco is a hub of connections—international, cultural, and professional—within one of the world’s most beautiful natural environments. Diverse neighborhoods make up the city, and CIIS is located in the lively downtown area.

Inside our buildings, you’ll find intense learning experiences, a rooftop Zen garden, meditation room, bookstore, art exhibits, and our popular organic café. Outside, a spirit of renewal is invigorating SoMa, our South of Market neighborhood. Parks, shops, and housing are sprouting up in the area between Mission Street and the San Francisco Bay, already anchored by Symphony Hall, the Asian Art Museum, Yerba Buena Center for the Arts, the Museum of Modern Art, San Francisco Public Library, and City Hall.

In the city and throughout the Bay Area, students gain work experience at challenging practicum sites. There’s an exciting synergy here between personal and communal growth you won’t find anywhere else.

Through CIIS Public Programs & Performances, the Institute offers students and the public a dazzling variety of concerts, workshops, conferences, lecture series, and urban retreats—many granting continuing education credit—that showcase leaders in spiritual practice, interfaith dialogue, psychology, social activism, bodywork, performing arts, dance, movement, and many other areas. The Arts at CIIS sponsors numerous art exhibits and events, and travel tours take alumni and friends to such destinations as India and Costa Rica. A recent major conference, “Expanding the Circle: Creating an Inclusive Environment in Higher Education for LGBTQ Students and Studies” attracted participants from colleges and universities throughout the U.S. and internationally.

Open the Door to Your Future

Our place is yours during CIIS open houses and program information sessions—great ways to experience our community and learn about programs firsthand. You can also call or email our admissions counselors who can answer your questions, put you in touch with specific programs, and schedule a classroom or campus visit.

Academic Programs

**SCHOOL OF CONSCIOUSNESS AND TRANSFORMATION**
- Asian and Comparative Studies (MA, PhD in Philosophy and Religion)
- Anthropology and Social Change (MA, PhD)
- East-West Psychology (MA, PhD)
- Ecology, Spirituality, and Religion (MA, PhD in Philosophy and Religion)
- Philosophy, Cosmology, and Consciousness (MA, PhD in Philosophy and Religion)
- Transformative Leadership (MA, online)
- Transformative Studies (PhD, online)
- Women's Spirituality (MA, PhD in Philosophy and Religion)
- Creative Inquiry, Interdisciplinary Arts (MFA)
- Writing and Consciousness (MFA)

**SCHOOL OF PROFESSIONAL PSYCHOLOGY & HEALTH**
- Clinical Psychology (PsyD)
- Community Mental Health (MA in Counseling Psychology)
- Drama Therapy (MA in Counseling Psychology)
- Expressive Arts Therapy (MA in Counseling Psychology)
- Integral Counseling Psychology (MA in Counseling Psychology)
- Integrative Health Studies (MA)
- Somatic Psychology (MA in Counseling Psychology)

**SCHOOL OF UNDERGRADUATE STUDIES**
- Bachelor of Arts Completion (BAC) Program
- BA in Interdisciplinary Studies

**ONLINE DEGREES**
- Transformative Leadership (MA)
- Transformative Studies (PhD)

**CERTIFICATE PROGRAMS**
- Advanced Certificate in East-West Spiritual Counseling