

Congratulations to the 2022 - 2023 Scholarship Recipients!!
See below for more details

President's Update to the Saybrook University Community

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News from Saybrook University's Office of the President

September 2022

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President's Greeting





Click the video image below to watch President Long's message to the Saybrook Community. Or click this link to view directly: [September 2022 Greeting Final](#).

September 2022

Greetings, Saybrookians and Friends of the Saybrook University Community,

On Monday, we commenced with the opening of our Fall 2022 semester, welcoming over 190 new students and welcoming back nearly 850 students, all of whom hail from around the country and several foreign countries. For the first time in Saybrook's 52-year history, we will have enrolled over 1,000 students. This is important on many levels, not least of which is the fact that our university's humanistic mission, grounded in social justice, resonates with even more individuals who are seeking to make a difference whether in delivering therapy or in their broader organizations and communities. What's more, we're welcoming in some of our largest cohorts in clinical mental health counseling and clinical psychology. The size of each group is impressive. The growth of these programs with our integrative health offerings comes at a critical juncture in our nation's history in which we're working to mobilize a new generation of practitioners who can help tackle what is being dubbed the worst

mental health crisis in our nation's history. If ever there was a time in which the meaning and purpose in the pursuit of a degree were more vital, now is that time. We need you and your dedication to helping our communities and our nation find the path towards improved mental health as well as physical and social well-being. In short, each of you - our students - is critical to supporting the health and well-being of our communities!

I also want to take this time to commend our outstanding faculty and staff who have shown a sterling commitment to our students by advancing the mission and learning in ways that are innovative and person-centered. This approach is the essence of being a part of a humanistic institution of higher learning of which Saybrook stands as a leader. For our students, you're in great hands.

Before I sign off for this month's greeting, I want to encourage our students to connect, connect, connect. Part of the graduate school experience is building a peer support network, engaging the resources we have out there, and seeking help when you are in need.

First, take time to get to know your classmates and build a network of support. Whether it's teaming up on assignments, making time to talk through challenges, or just taking time to have a cup of coffee or a glass of wine, your peers are invaluable.

Second, we have various resources to help our students, including a top-notch library, writing center, research department, and more. I urge you to take some time to explore these resources in the student portal as you will find these immensely helpful on your journey.

Third, and finally, if you need help, know you're not alone. Our student affairs staff, including our academic advising team, are here to get you connected with the help you need. Finding help early is the key to your long-term success. We also work with Student Solutions, which you can find in the student portal. Student Solutions offers a range of services including mental health support. For your benefit, I have included contact information for these resources in the main newsletter.

Fourth, stay connected! Following me and our university on social media as well as subscribing to our podcast - Saybrook Insights (found on all major podcast platforms and our University YouTube page) is a great way to learn what is happening across the university.

Have a terrific semester! We're thrilled you have chosen Saybrook University, entrusting us with your graduate education.

Take good care,

Sincerely,



Nathan Long, President
Saybrook University

P.S. As a reminder, this monthly update is designed to bring our community up to speed on what is going on across the university. If you have news you would like to share or information disseminated, please reach out to me (nlong@saybrook.edu), Val Smith (lsmith6@saybrook.edu), or Carmen Bowen (cbowen@saybrook.edu). We will be happy to work with you on getting your information out in this or one of our other publications.

RESOURCES

* Employees, please go to <https://www.myworkday.com/tcsedsystem/d/home.html>, click on Benefits, and then Benefit Carrier Contact Information. Scroll to ComPsych Guidance Resources. The necessary contact information can be found here. Alternatively, you may contact our HR team member Ma Krystiel Hudson.

** Saybrook University is proud to partner with Student Solutions to provide students with access to counseling, financial, and legal assistance. As a student with Saybrook, you are eligible to receive three counseling sessions per area of concern covered by the university. The Student Solutions team is accessible 24 hours, 7 days a week for confidential support. Students can access these resources online at www.guidanceresources.com with the Web ID: SAYBROOK or via phone at 866.379.0894.

Student Support: Online Student Portal: <https://my.saybrook.edu/students/>

- Dr. Shaniece McGill, Dean of Students: smcgill2@saybrook.edu
- Mr. Joseph Strouth, Associate Dean of Students: jstrouth@saybrook.edu
- Student Virtual Portal: <https://tcsedsystem.instructure.com/enroll/86XJPE>
- **Student Solutions:** for a broad range of support services designed to help students manage during a crisis or other

personal situations: 1-866-379-0894
(www.guidanceresources.com)

- Student Accounts, Billing, Financial Aid, and Registration
- Student Billing and Accounts: 888-253-5100 or studentaccounts@saybrook.edu
- Financial Aid: 888-253-5100 or finaid@saybrook.edu
- Registrar: 626-316-5322 or registrar@saybrook.edu

Staff Support (Faculty & Staff Support): Online Employee Portal -

<http://intranet.saybrook.edu/>

- Ms. Joline Pruitt, Dir. Business Operations: jpruitt@saybrook.edu
- **Employee Assistance Program:** Faculty and Staff should go to WorkDay>Benefits>Benefit Vendor Websites>ComPsych for information

Alumni & Community Support

- For all community members, we urge you to connect with local and regional resources with which you feel most comfortable.

Additionally, especially in moments of crisis, we encourage you to reach out to the National Alliance for Mental Health. They can be reached as follows:

- Website: <https://www.nami.org/help>
- 24/7 Text Line: Text HOME to 741741 to reach a volunteer Crisis Counselor.
- Telephone: 1-800-950-NAMI (6264) or info@nami.org

Social Media (Stay connected with recent news/updates)

- Saybrook University Facebook Page:
<https://www.facebook.com/SaybrookU/>
- Saybrook President's Facebook Page:
www.facebook.com/saybrookpresident
- Saybrook President's LinkedIN Page:
<https://www.linkedin.com/in/saybrookpresident/>
- Saybrook President's Twitter Page:
www.twitter.com/saybrookuprez
- Saybrook Alumni Facebook Page:
<https://www.facebook.com/groups/445244689206596>

Finance Update

<i>July Month End FY23</i>	<i>YTD Actual</i>	<i>% of Revenue</i>	<i>Budget</i>	<i>% of Revenue</i>	<i>Variance \$</i>	<i>Prior Year</i>	<i>% of Revenue</i>	<i>Variance \$</i>	<i>Variance %</i>
<i>Total Revenue</i>	<i>1,612,275</i>	<i>100.00%</i>	<i>2,653,808</i>	<i>100.00%</i>	<i>(1,041,533)</i>	<i>1,997,715</i>	<i>100.00%</i>	<i>(385,441)</i>	<i>19.29%</i>
<i>Total Academic Support Expenditures</i>	<i>1,625,182</i>	<i>(100.80%)</i>	<i>1,701,069</i>	<i>(64.10%)</i>	<i>(75,887)</i>	<i>1,372,744</i>	<i>(68.72%)</i>	<i>252,437</i>	<i>18.39%</i>
<i>Total Marketing & Admissions Support Expenditures</i>	<i>839,457</i>	<i>(52.07%)</i>	<i>862,939</i>	<i>(32.52%)</i>	<i>(23,481)</i>	<i>708,493</i>	<i>(35.47%)</i>	<i>130,964</i>	<i>18.48%</i>
<i>Total Institutional Support Expenditures</i>	<i>755,450</i>	<i>(46.86%)</i>	<i>891,503</i>	<i>(33.59%)</i>	<i>(136,053)</i>	<i>591,048</i>	<i>(29.59%)</i>	<i>164,402</i>	<i>27.82%</i>
<i>Total Expenditures</i>	<i>3,220,089</i>	<i>(2)</i>	<i>3,455,510</i>	<i>(1)</i>	<i>(235,421)</i>	<i>2,672,286</i>	<i>(1)</i>	<i>547,803</i>	<i>0</i>
OPERATING SURPLUS (DEFICIT)	(1,607,815)	(1)	(801,703)	(0)	(806,112)	(674,571)	(0)	(933,244)	(1)

Total Revenue is under budget due to the timing of revenue being recognized evenly over the summer term vs the majority budgeted in June. Actual revenue is expected to meet budget by the end of the term in August. Expenses are tracking under budget due to a combination of timing of projects, unfilled salaried positions, lower medical benefits expenses, and lower travel expenses.

Operations & Events

• Pasadena Campus Renovation

- The campus renovation has begun with creating a new lobby at the front entrance! The scope of work also includes new ceiling tiles, light fixtures, laminate flooring, a reception area, and fresh paint. Updates and photos will be shared in the newsletter as the project progresses.

FY 2022 Goals Update

FY 2022 UNIVERSITY GOALS Overview for Community

FY 2022 Goals Progress Year-to-Date

For this month's newsletter, we will focus on our progress for Goal 4.

For detailed information on all goals click [HERE!](#)

GOAL 4: Improve/Expand Academic Access, Quality, & Value

Objectives	Tactics & Measures	Progress
Roll out Technology Masterplan to Saybrook community and begin implementation.	<ul style="list-style-type: none"> Formalize and publish plan. Meet with stakeholders to execute on key initiatives identified for FY 2022. 	
Articulate and execute plan for revised residential conference experiences that improve student experience through innovation of curricular, co-curricular, and extra-curricular experiences beginning FY 2022 through FY 2025.	<ul style="list-style-type: none"> Develop community input process. Develop report based on stakeholder input. Execute on action items outlined in the report. 	
Continue deployment, assessment, and enhancement of professional development & networking tracks for students & alumni, promoting professional advancement and lifelong learning.	<ul style="list-style-type: none"> In collaboration with Alumni Council, Student Affairs and student leadership groups, continue creation/refinement of professional programs that can be deployed face-to-face or virtually 	
Successfully complete regional and programmatic/professional accreditations and further pursuit of state authorizations.	<ul style="list-style-type: none"> Successfully execute WASC mid-cycle review Successfully execute CACREP-PHD CES accreditation (minimally achieve basic accreditation) Explore and report on next steps for PsyD APA accreditation. 	
Successfully complete next round of programmatic review processes for academic programs.	<ul style="list-style-type: none"> 1-2 program reviews per Academic Affairs protocols. 	

Recognizing 2022-2023 Scholarship Recipients

The Rollo May Student Scholarship: \$5,000

The Rollo May Scholarship is awarded to a continuing student of any of Saybrook University's two colleges whose graduate work explicitly applies and extends the existential-humanistic contributions of Rollo May. Student work may include scholarship in the areas of personality theory, psychotherapy, art and literature, cultural criticism, existential encounters, or other topics clearly connected to the Rollo May tradition.



Christopher Bradshaw



Erin Clare



Todd Hioki



Kiarash Parsa

Alan Watts Student Scholarship: \$5,000

This scholarship is named in honor of British philosopher Alan Watts, who was associated with Saybrook University in its formative years. The scholarship is awarded to an accomplished continuing student interested in the work and teachings of Alan Watts. Recipients seek to go beyond simplistic notions of what is, or of what should be, recognizing the need for exploration of oneself through various modalities ranging from meditation to humor, and the impact such practices have on our lives, on the continuing development of humanistic/transpersonal psychology and on our social order.



Lola Clay



Pamela Hansen



Shaneisha Wofford

Leonard Shlain Student Scholarship: \$1,500

The Leonard Shlain scholarship is named in honor of former Saybrook trustee, Dr. Leonard Shlain. The scholarship provides \$1,500 to an accomplished continuing student interested in the work and research of Dr. Shlain. These areas include creativity, the development of the human brain and neuroscience, art and science, human sexuality and the effects of the word and image on the human brain.



Rebekah Walker



Kasey McClurg

Alumni Funded Student Scholarship: \$1,500

The Saybrook Alumni Association Scholarship Fund is made possible by the generous donations of alumni, who desire to support the next generation of humanistic leaders in the community. The recipients of this scholarship must possess a deep passion and commitment to humanistic and social justice values, as evidenced through their work as scholars.



Nicola Prestano

Nancy Anne Moss Student Scholarship: \$2,500

The Nancy Anne Moss Integrative Medicine and Health Sciences Scholarship was created in memorial of Nancy Anne Moss, beloved partner of Dr. Donald Moss, who currently serves as the Founding Dean of the College of Integrative

Medicine and Health Sciences. Nancy Anne Moss was a lifelong educator, working with students from elementary to graduate levels. She was well respected in the education field and a strong advocate for humanitarian work here and abroad. She was passionate, adventurous, and dedicated to the students in the communities she served at her core. In honor of her commitment, this scholarship is dedicated to Saybrook University Mind-Body Medicine.



Christina Grosso

Leadership Team Notes

Academic Affairs



Robyn Parker, Ph.D.
Vice President for Academic Affairs &
Chief Academic Officer

It's always a thrill to start a new Academic Year. As I write this entry, I am preparing to participate in my first Residential Conference (virtual) and Residential Learning Experience (in person) in Pasadena. I'm very excited about those events and grateful to all who have contributed to their planning and content.

- Congratulations to this year's recipients of the Rollo May, Alan Watts, Leonard Shlain, Nancy Anne Moss, and alumni-funded scholarships. Ten scholarships totaling \$42,000 were awarded. We are grateful to all who participated in the application, selection, and funding of these scholarships. Details about each award and recipient appear later in the newsletter.
- Congratulations to Ph.D. Counseling student, Jeannel King, was named a first-place recipient of the 2022 Most Promising Dissertation Proposal Award from the Management, Spirituality, and Religion (MSR) Special Interest Group of the Academy of Management.

- Best wishes and congratulations to Dr. Gina Belton as she assumes the role of President of APA, Division 32. Saybrook has a long history of leadership and service to the division and Dr. Belton extends that legacy.
- Bravo to the faculty and inaugural alumni who recently took the Certified Nutrition Specialist Exam. The program is celebrating a 100% Pass Rate!
- Kudos to the Integrative Wellness Coaching (IWC) team in the Mind-Body Medicine (MBM) department on their IWC Certificate program's 3-year renewal from the National Board for Health and Wellness Coaching (NBHWC)!
- The Saybrook Pedagogy Innovation Lab is kicking off a series of dialogues and workshops for faculty by faculty. The *Promising Practices Series* is the creation of the volunteer Faculty Ambassadors Group. The Lab has a broad range of session topics for Fall 2022. You can see session descriptions and dates via the lab's [Fall 2022 Calendar of Events](#).
- The Center for Writing and Academic Success has updated its services and created a mission statement. We're thrilled to be offering enhanced support for students throughout their learning journey.
- On a final note, hats off to faculty and students who are presenting and publishing their research and creative work, adding to the body of knowledge and epitomizing Saybrook University's mission. Read more about the accomplishments of students and faculty later in the newsletter.

Business Operations



Joline Pruitt, MBA
Assistant Vice President for
Business Operations and Institutional CFO

Human Resources

Adjunct Faculty Contracts

- Adjunct contracts for the Fall Term have been issued to those that are assigned to a course in CampusVue. If you have not received a contract and are teaching a course, please contact Joline Pruitt or Krystiel Hudson. Adjunct payments will be processed after add/drop for all states except California. Adjunct faculty that reside in California will track hours in Workday. For questions or assistance tracking hours in Workday, please contact Krystiel Hudson at mhudson@saybrook.edu.

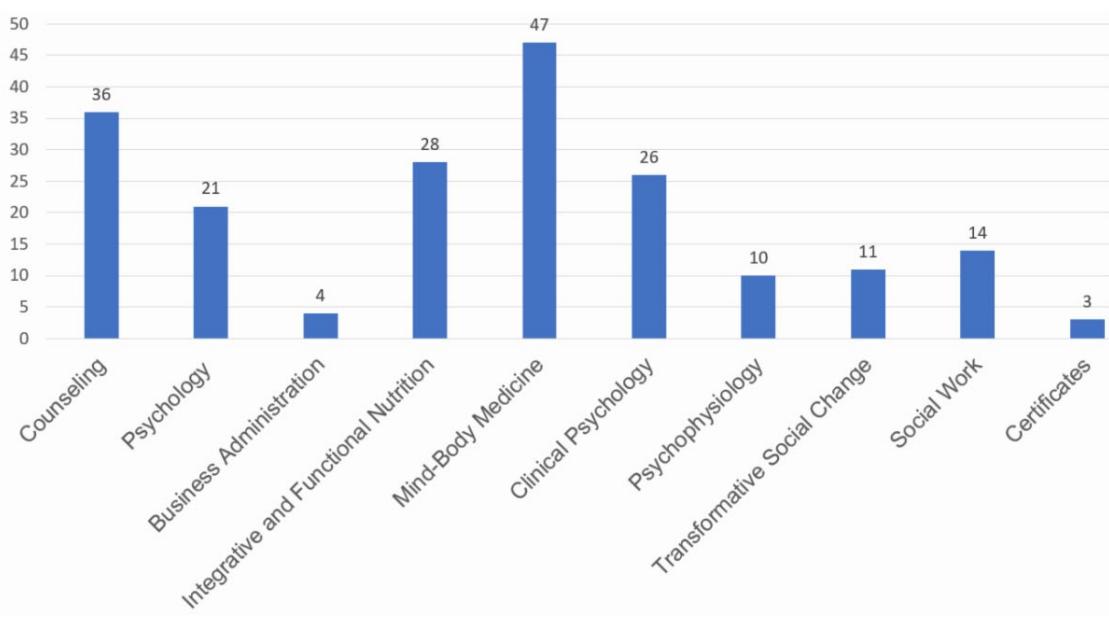
Enrollment Management



Karyn Lee,
Vice President for Admissions and
Enrollment Services

Welcome to our Fall, 2022, incoming class!

We so enjoyed the opportunity to meet our Counseling and Clinical Psychology students at the Residential Conference / Residential Learning Experience in Pasadena. We heard so many inspiring stories from our new and continuing students.



Student Affairs



Shaniece McGill, Ed.D.,

Assistant Vice President for Student Affairs

Commencement 2022



Commencement is quickly approaching, and the Intent to Participate form has officially closed. If you have any students or alum whom you know who want to participate in this year's commencement but have not completed the form, please have them contact saycommencement@saybrook.edu as soon as possible.

University Relations



Carmen Bowen, MBA
Assistant Vice President for
Institutional Advancement

Promotion Announcement!



Please join me in congratulating Mark Murphy on his promotion to Director of Institutional Advancement! Mark is an integral part of University Relations, and this position advancement was well earned.

Congratulations!

Mark your calendar for November 9, 2022, for the Saybrook Awards and Recognition Gala – A Night in Hollywood “Glitz, Glamour & Giving”. We will have the event virtually and in person at The University Club in Pasadena. Please keep an eye out for the opening of the Gala landing page to register and purchase your ticket online or in-person (limited Availability). Additionally, we have sponsorships available; please check out the available levels <https://online.flippingbook.com/view/601697322/> please email me if you have any questions at cbowen@saybrook.edu. An event you won’t want to miss.

Here is the registration link for the Gala: <https://app.groupize.com/e/2022-saybrook-annual-awards-gala>

Sponsorship kit: <https://online.flippingbook.com/view/601697322/>

Saybrook Annual Awards and Spotlight Gala



We're rolling out the red carpet for our

Annual Awards & Spotlight Gala

November 9, 2022

4:30 p.m. PDT

Hybrid Event

Attend virtually on REMO or in person

Cocktail Hour: 4:30-5:30 p.m. PDT

Reception: 5:30-8:00 p.m. PDT

Theme: A Night in Hollywood

Attire: Semi-Formal

Scan the QR code
to register



Scan the QR code
to view the sponsor kit



If you will not attend but would like to donate,
please visit saybrook.edu/giving



2022 Donor Appreciation Event

2022 Donor Appreciation Event
"Recording"



Thank you for your gift

We did it! The first Donor Appreciation Event was held Thursday, August 25, 2022. Thank you to all who were able to attend this congratulatory event. The link and QR code are provided below if you missed it or want to replay it. We will begin planning the 2023 event soon and would like your [feedback](#). Please complete this [survey](#) by September 26, 2022; we want to continue to improve and enhance our events.

Full Version with Slideshow:

<https://online.flippingbook.com/view/622965602/>

Faculty Senate



Co-Chairs:
Dr. Gina Belton & Dr. Robert Cleve

Faculty Senators



Dr. Julie Cerrato



Dr. Aparna Ramaswamy

Adjunct Representatives:



Nik Roberts, CSS



Kristin Jamieson, CIMHS

Greetings Saybrook Community!

Faculty Senate meets the third Friday of each month from 8:30 am to 10:45 am Pacific followed by hosting and facilitating the All-Faculty meeting from 11:00 am to 12 noon Pacific.

Please welcome new Faculty Senate members and new roles

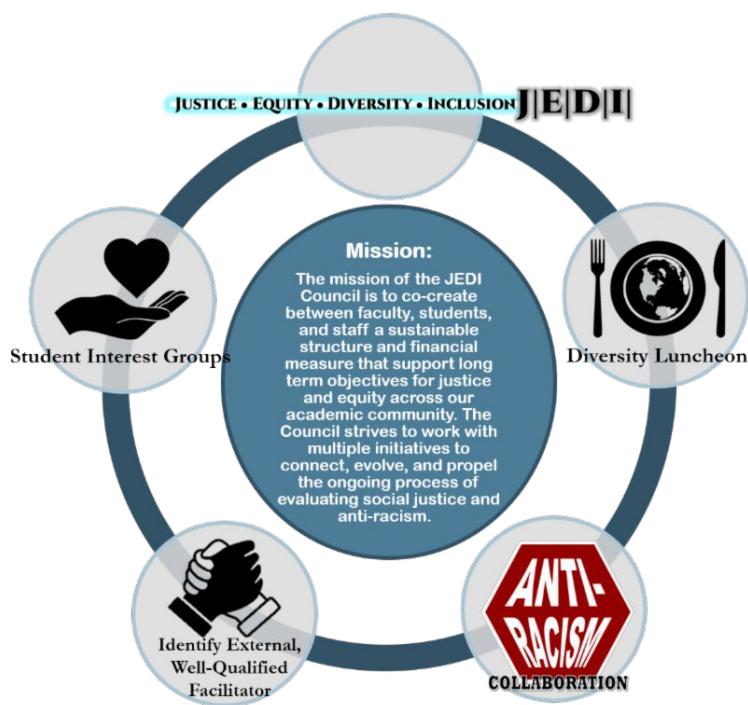
- Co-Chair, Dr. Robert Cleve, CSS
- Nik Roberts, CSS and Kristin Jamieson, CIMHS, Adjunct faculty representative,

We look forward to welcoming everyone back from your summer activities, conferences, and hopefully, some rest in our first All-Faculty meeting on Friday, September 16, 2022, at 11:00 am Pacific

Yours in the song of the community!

Gina Belton & Robert Cleve, Faculty Senate Co-chairs

JEDI Council



In the wake of the triple pandemics, specifically, the racial justice uprisings in the Spring of 2020 a presidential call was activated by Dr. Nathan Long, for Saybrook University students, staff, and faculty to respond with embodied, meaningful action. They joined together to create The President's JEDI (Justice, Equity, Diversity, and Inclusion) Council. The work of the President's JEDI Council is grounded in the historical foundations of the Diversity Luncheon at Saybrook University.

This month's updates:

- The subcommittee on data analysis, led by Dr. Dominique Avery, is complete and now being summarized in a draft for review by JEDI Council members, our Saybrook community, and the Board of trustees when presented at the annual fall meeting in September.
 1. The results of this data are being translated into the institutional strategic plan with its KSI, goals, and objectives.
 2. Committees and projects will be envisioned with our Saybrook community and an identified, external collaborator

- Group and community processes for the JEDI Council have been restructured in alignment with the goals and objectives of the JEDI KSI, this includes:
 1. Processes for student participation
 2. Processes for staff, faculty, and administrative engagement on the JEDI Council
- Invitations for participation will be forthcoming!

JEDI Mindful is also undergoing a revision in its group and community process. Be alert for the invitation to engage in meaningful dialogue with focused outcomes. We will continue to meet monthly in brave spaces, tender conversation, and Saybrook kinship—be alert for your monthly invitation from Julia Sondej.

Gina Belton PhD, JEDI Council Chair

President's JEDI Council Mission: *The mission of the President's JEDI Council is to co-create between faculty, students, and staff a sustainable structure and financial measure that support long-term objectives for justice and equity across our academic community. The Council strives to work with multiple initiatives to connect, evolve, and propel the ongoing process of evaluating social justice and anti-racism.*

College of Social Sciences

DEPARTMENT OF COUNSELING

Academy of Management's Management, Spirituality, and Religion (MSR) special interest group's 2022 Most Promising Dissertation Proposal Award



Jeannel King has been named as a first-place recipient of the Academy of Management's Management, Spirituality, and Religion (MSR) special interest group's 2022 Most Promising Dissertation Proposal Award for her proposal entitled, *The Intersectionality of Creativity and Spirituality Dynamics With the Agency of Organizational Change Practitioners*. The award is made annually to doctoral students beginning the formulation of their dissertation topics. and/or currently performing dissertation-related research. The award includes a stipend to the top four finalists for the purpose of offsetting dissertation research costs. Only four Promising Dissertation awards were given this year. Jeannel is also a Fetzer Scholar, an honor awarded to 20 doctoral candidates and new faculty members each year and includes membership and tuition to all MSR meetings and events for one year.

DEPARTMENT OF HUMANISTIC AND CLINICAL PSYCHOLOGY

Zelda Singer



Zelda Singer was accepted to participate in Leadership Education in Neurodevelopmental and Other Related Disabilities (LEND) as a Long-Term Trainee (LT) at Brooklyn SUNY Downstate. Zelda will gain experience conducting evaluationsassessments and assessment across the lifespan at various training sites including Developmental Pediatric Clinic and NYC Health + Hospitals/Kings County. This experience will also include didactic learning, participating in support and advocacy groups, a capstone project, and various workshops on relevant topics.

Vanessa Brown



Dr. Vanessa Brown, Associate Chair for the Department of Humanistic Clinical Psychology, presented alongside her research team at the Society for Scientific Sexuality Studies. Their topic was “Developing a Kink Operational Cultural Competence Scale,” and they presented the results of an exploratory factor analysis laying the groundwork for this new scale. More information on the Kink Practice Guidelines that informed their work can be found at www.kinkguidelines.com

Theopia Jackson



Dr. Theopia Jackson, Chair of the Department of Humanistic Clinical Psychology, participated in the American Psychological Association (APA) Council of Representatives (CoR) two-day leadership meeting as the representative for Division 32 Society of Humanistic Psychology. A few highlights include the CoR adoption of the Resolution on the Imposition of Death as a Penalty for Persons Aged 18 – 20, Also Known as the Late Adolescent Class; Guidelines for psychological practice with women with Severe Mental Illness; and the Racial Equity Action Plan that outlines the next steps the association and psychology should take to prioritize and operationalize the commitments made in the association's 2021 apology for its role in contributing to racism. Additionally, on July 27th Dr. Jackson was an invited panelist for the virtual preconvention webinar, Demystifying the APA Council of Representatives: Why & How to Serve, that was hosted by the Committee on Early Career Psychologists.

Dr. Jackson joined Saybrook Adjunct Faculty member and Div 32 President, Dr. Todd Dubose, in co-hosting a critical conversation titled Deconstructing Supremacist Ideologies in the Field of Psychology on August 5, 2022, during the in-person APA convention in Minnesota, Minn. As the immediate past president of the Association of Black Psychologists, Inc., Dr. Jackson joined representatives from the other ethnic psychological associations (EPAs) for a historical conversation hosted by APA President Frank Worrell and Chief Diversity Officer Dr. Maysa Akbar on the main stage on August 6th titled, Working Differently, Together: Collaboration on the Path Toward Reconciliation and Repair with Communities of Color

College of Integrative Medicine and Health Science

DEPARTMENT OF INTEGRATIVE AND FUNCTIONAL NUTRITION

Integrative and Functional Nutrition Program Celebrates 100% Pass Rate on CNS Credentialing Exam

Saybrook's Integrative and Functional Nutrition Program graduates have a 100% pass rate on the Certified Nutrition Specialist (CNS) credentialing exam in a recent release of 2020-2022 data. The CNS credential is overseen by the American Nutrition Association, which praises it as "the most advanced certification for personalized nutrition practitioners. Certified Nutrition Specialists practice science-based personalized nutrition therapy to power people to health." The IFN program provides supplemental exam support in addition to coursework that prepares students for success with obtaining this highly-acclaimed credential. The national pass rate averages 72%, so 100% from Saybrook is outstanding. Congrats to all those who have passed the CNS credentialing exam and for the superior work from Saybrook faculty and staff!

Heather Pate, Ph.D. Candidate IFN, Receives Inaugural Federal Work Study Award of Excellence for Spring 2022



Each semester, one Federal Work Study employee from each Saybrook Department is recognized for outstanding achievements and contributions to the University. IFN's first selection was obvious, as Heather Pate has been a key to the growth and success of the IFN program over her time with Saybrook. Heather is an impressive, self-disciplined, and self-directed team player with a great personality and passion for her work. Dr. Jessica Weissman Department Chair, and Dr. Donald Moss, Dean, highlight Heather's many accomplishments to include:

- Creating an IFN Community Canvas shell so faculty and students can share resources such as job announcements, resumé development resources, recordings of important educational sessions, and the IFN dissertation manual which you created in partnership with the IFN Department Chair, Jessica Weissman.
- Working tirelessly as the Lead FWS employee and successfully mentoring another FWS employee to become your Co-Lead FWS and ultimately the Lead FWS as you near graduation from the PhD IFN program.
- Creating the IFN peer mentoring system in which all IFN students are assigned a Senior Ph.D. IFN student mentor from day one in

the program who is available to answer questions about program plans, how to manage work-life balance, and more.

- Developing a Teaching Assistant (TA) training system for new FWS TA's.
- Creating and managing the IFN tutoring program, making daily sessions available to our students.

Dr. Wiessman celebrates Heather, stating, "Simply put, the Integrative and Functional Nutrition program at Saybrook would not be as successful as it is without [Heather]. [She] truly cares about the student experience and really makes students in our program feel welcome and valued. Our department would not be as successful as it is without [her] exemplary contributions."

Congratulations on your much-deserved recognition, Heather! The entire IFN department shares in gratitude for you!

IFN Welcomes Dr. Gina Blunt Gonzalez as Core Faculty



It is with great excitement, joy, and pleasure to announce Dr. Gina Blunt Gonzalez as the newest core faculty for the IFN program. Dr. Gonzalez earned her Ph.D. in Exercise Science from the University of Mississippi and her M.A. and B.S. degrees from the University of Central Florida. She has been with Saybrook since May 2020 as an adjunct instructor, teaching courses in the IFN and Research Departments.

Dr. Gonzalez has been in higher education for over 16 years with experience teaching traditional, hybrid, and online courses. Prior to joining Saybrook, she was a Professor of Kinesiology at Morehead State University and taught undergraduate and graduate courses in kinesiology, research, nutrition, and wellness. Her primary research interests focus on personal and community-based physical activity interventions, and dietary supplement behaviors and motivations in the health and fitness industry. Dr. Gonzalez spends her free time teaching yoga as well as spending time outdoors hiking, paddle boarding, and rock climbing with her friends and family. On a nice fall or spring day, you

will probably find her outside playing on the sandstone cliffs of eastern Kentucky.

DEPARTMENT OF MIND-BODY MEDICINE

Faculty Announcements

The Department of Mind-Body Medicine welcomes Dr. Annette Anderson-Engler as a core faculty member. Since she joined the adjunct faculty team in January 2022, Dr. Anderson-Engler has been serving as Mind-Body-Spirit Integration (MBSI) facilitator, teaching ethics, and participating on multiple dissertation committees. With over 20 years of academic advising, teaching, and supervising multidisciplinary doctoral students at different universities, we look forward to Dr. Anderson-Engler sharing her practice and research expertise with students and faculty across departments.

Brief Bio: Dr. Annette Anderson-Engler earned her a PhD in Human Science, from Saybrook University, an MSW degree in Clinical Social Work from Walla Walla University, and an MS in Conflict, Analysis, and Resolution from Nova Southeastern University. Her expertise includes grief, trauma, ambiguous loss, PTSD, and a secondary degree of trauma among military families. Other areas of expertise include transgenerational transmissions of trauma, identity displacement, emotional transmission, health disparities, social and cultural inequities, transformational leadership, and collective identity among marginalized groups. Specialized research interests include diversity and inclusion, oppression, critical race theory, people of color and transformational narratives through storytelling, self and othering, and the conspiracy of silence as it relates to voice and personal meaning.

Dr. Anderson-Engler has also been afforded international opportunities to conduct her research endeavors in Germany, Zurich, Norway, France, and the UK. Her methodological expertise includes narrative research, autoethnographic and biographic research, action research, grounded theory, phenomenology, and case studies.

Dr. Kristin Jamieson, Featured Presenter of Contemplative Neuroscience and Integrative Hospice



With a deep bow of gratitude, Dr. Kristin Jameson has accepted an invitation as an ongoing guest teacher to present dharma talks on contemplative neuroscience at the Magnolia Grove Monastery's international meditation sessions. The monastery, located in Mississippi, is one of 11 residential monasteries and mindfulness practice centers in the Plum Village Tradition, founded by Zen Master Thich Nhat Hanh in 2005. Kristin shares empirical research on the intersection of Buddhism, mindfulness meditation, and topics such as neuroscience, biochemistry, physiology, immunology, epigenetics, psychology, and sociology with monastics and community guests. In recent presentations, she discussed the role of mindfulness in mitigating inflammation and damage to DNA telomeres and the effects of mind-wandering on emotional health.

She has also been invited to present integrative hospice practices and ways to effectively communicate with patients with Alzheimer's disease to the Homecare and Hospice Associations of Utah and Colorado during their upcoming annual conferences. She exemplifies Saybrook's humanistic values by facilitating sustainable communities and fostering the development of compassionate and dignified healthcare.

Congratulations, Kristin.

Federal Work Study of the Semester Award

In Spring 2022, CIMHS initiated a Federal Work-Study (FWS) of the Semester Award. Congratulations to PhD MBM students Jenny Decker and Sandy Lee as the recipients of this award.

Jenny DeDecker: Spring 2022 FWS Award



Jenny was selected by the MBM faculty because of her exemplary service as the lead teaching assistant in MBM 5690 Complementary Integrative Medicine course and peer-mentor to the Mindful Leadership in Healthcare students. Her faculty members appreciated her knowledge and mindful presence in how she trained new FWS Teaching Assistants, provided mentoring support to students, and collaborated on administrative tasks throughout the course.

Sandy Lee: Summer 2022 FWS Award

Sandy was selected by the MBM faculty because she consistently delivered excellent service in coordinating the Mindful Moments events, superior performance on summer administrative tasks, and exemplary follow-through as

a teaching assistant for the Mind-Body-Spirit Integration Seminar and the MBM 5681 Psychophysiology of the Human Stress Response courses (2 sections).



Congratulations to the Integrative Wellness Coaching (IWC) team in the Mind-Bodyan Medicine (MBM) department on their IWC Certificate program's 3-year renewal from the National Board for Health and Wellness Coaching (NBHWC)! Saybrook's IWC Certificate program was created in 2012 by Dr. Lisa Kelly, Dr. Devorah Curtis, and Dr. Carrie Phelps. The NBHWC initially approved it as a National Consortium for Credentialing Health & Wellness Coaches (NCCHWC) Transition program in 2015 and later as a NBHWC Approved Training program in 2019 under the tutelage of Dr. Phelps and Dr. Julie Cerrato. It has received great support from Saybrook's President Dr. Nathan Long and the College of Integrative Medicine and Health Sciences (CIMHS) Dean Dr. Donald Moss.

Saybrook's IWC Certificate program is accredited by the esteemed global coaching bodies NBHWC and the International Coaching Federation (ICF). Under the leadership of Specialization Director Dr. Julie Cerrato, the program upholds all coaching standards of excellence from both organizations. Saybrook is proud to offer a dual-accredited coaching program of this caliber and graduate professional integrative wellness coaches.

It is with immense gratitude that we celebrate the longstanding and ongoing collaboration of the IWC MBM team: Chair: Dr. Devorah Curtis; Specialization Director: Dr. Julie Cerrato; Faculty: Dr. Valerie Worthington; Faculty: Dr. Beth Haggett; Faculty: Dr. Laura Licato, Faculty: Dr. Kat Barclay; Faculty: Dr. James Weeden; Faculty: Dr. Robin Dickey; Teaching Assistant (TA): Joanie Terrizzi; TA: Kathy Soverow; TA: Keshia Arlinghaus; TA: Margie Nichols; TA: Katie Cooley; TA: Katie Napoli; TA: Abonee Parker; and TA: Denise Dinkins.

A heartfelt congratulations to all!

Center for Writing and Academic Success

Dear Saybrook Students and Faculty,

We hope you are enjoying the start of a wonderful Fall semester. The Center for Writing and Academic Success is pleased to announce that, starting this week, we will begin offering weekly drop-in hours! A calendar invitation was sent out, but the login information is included below.

Drop-in hours are best used for *quick questions* about writing or the resources available through the Center for Writing and Academic Success. Students with questions about writing that require further support should schedule an appointment with one of our staff members.

WHEN: Thursdays from 2:30-4pm (Pacific Time)

WHERE: Online via Zoom (see meeting information below)

WHO: Any member of the Saybrook community is welcome to drop-in! However, students will take priority if there is a queue.

Questions? Contact us at sbwritingcenter@saybrook.edu

Join Zoom Meeting

<https://tcsedsystem.zoom.us/j/95956801238>

Meeting ID: 959 5680 1238

One tap mobile

+16694449171,,95956801238# US

+16699006833,,95956801238# US (San Jose)

Dial by your location

+1 669 444 9171 US

+1 669 900 6833 US (San Jose)

+1 408 638 0968 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 646 876 9923 US (New York)

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 386 347 5053 US

+1 564 217 2000 US
Meeting ID: 959 5680 1238

Find your local number: <https://tcsedsystem.zoom.us/u/awlJ7q5uN>

Sincerely,

Christina Quirong

Assistant Director of the Center for Writing and Academic Success (CWAS)

Research and Institutional Review Board

September 2022 - News from the Department of Research and Institutional Review Board

Upcoming Events Sponsored by Department of Research Faculty

Dr. Kara Vander Linden is currently working with the non-profit “The Institute for Research and Theory Methodologies,” which is offering a free webinar on NVIVO. The information is below and you can register at this link -
<https://www.mentoringresearchers.org/s/store/courses/description/Webinar-Visualize-Your-Data---Using-NVivo-to-Tell-the-Story>



The Institute for Research and Theory Methodologies (RTM) is offering **a free NVIVO webinar: Visualize Your Data - Using NVivo to Tell the Story** on **September 13, 2022, at 12 noon PT**.

If a picture is worth a thousand words, imagine how visualizing your data could enrich your research experience, creating yet another perspective from which to view your data.

Participants will learn:

- How to explore our query, chart, and modeling capabilities so you can discover visuals created from queries
- Create models to visualize your study or explore project items
- Generate charts involving nodes, sources, or attributes
- Utilize cluster analysis to explore word and coding similarities

**Facilitator NVivo Engagement & Enablement Director,
Stacy Penna, Ed.D.**

Stacy has combined her educational and research experience with her work in the software industry and is delighted to be supporting and building a wider research community. Stacy earned a doctorate in education using NVivo for both her literature review and qualitative research. She has worked at QSR International for 10 years and is excited about the future of research.

Online Petitions – Mentor Petitions

A reminder that we have transitioned our Request for External Committee Member Petition and Petition to Form Dissertation Committee (PTFDC) to our online Mentor Petition System. Mentor's online submission and review system enables student to also solicit necessary reviews, approvals, and signatures online. Please look for more information about the new system from the Research-IRB website on the [Mentor Petitions – Research Petitions Online](#) page. If you have any questions about this project, please contact the Department of Research (research@saybrook.edu).

Department of Research Project Assistant & TA Positions

The Department of Research and the IRB is actively recruiting students with Federal Works Study (FWS) to join our team as Teaching Assistants and/or Project Assistants. We currently have positions posted on the [Saybrook Employment](#) page (R0006495). We'd love to work with students who are looking for additional experience with research teaching, IRB support, and many other graduate education and curriculum support projects. If you'd like to know more about any of our positions, please reach out to us at the Department of Research at Research@saybrook.edu.

Drop-in Office Hours and Weekly IRB Peer Support sessions

We are offering open IRB Office Hours, for faculty or students on alternating Wednesdays and Thursdays, as well as Faculty IRB Office Hours on Mondays. We have Peer Support IRB Office Hours on Fridays. You can find information about the specific times and access information for these Zoom sessions on our [DoR-IRB Calendar](#). We hope to see you at one of these support sessions soon.

The Department of Research will also continue to offer weekly drop-in office hours over Zoom for students and faculty. You can come to the DoR Office Hours with any research curriculum or dissertation process question. Again, you can find dates, times, and login information for these sessions on the [DoR-IRB Calendar](#).

Global Engagement

TCS Global Distinction

What: The Global Distinction program asks Saybrook students to commit to a globally focused career by participating in international education opportunities and reflecting upon the value of an international perspective. To receive distinction the before, students must:

- Attend and reflect on 4 GLOBE Talks and/or International Activities
- Complete a course that includes international engagement
- Submit a capstone paper for review

When: Applications are received on a rolling basis. Participants will complete the program requirements independently and submit their capstone paper before their intended graduation date.

Apply: Apply to the program using the [Global Distinction Application Form](#). Your application will be reviewed to ensure you are a current student in good standing.

For more information, visit the [program site](#), or contact Community and Global Engagement: engage@tcsedsystem.edu



Call for Proposals: Faculty-Led Study Abroad

Faculty-Led Study Abroad course proposals for Summer 2023, Fall 2023, and Spring 2024 are being accepted! Study Abroad leads students to embrace broader views of the world and to act as agents of change in their communities.

- Courses meet throughout the term and culminate in short-term travel during semester breaks. Travel may not commence until after the last day of Instruction of each semester.
- Faculty holding an earned terminal degree, are eligible to propose a Study Abroad course. Adjunct Faculty residing in California are currently not eligible to apply.
- The proposal application and all required documentation must be submitted by the deadline of **September 15, 2022**.

Want to learn more? Contact engage@tcsedsystem.edu with any questions!

GLOBE Talk: Considerations for Building & Sustaining Professional Relationships within the Cuban Context



- **What:** Join us for a discussion highlighting background, rationale and strategies for professionals who would like to know how to build and sustain relationships in Cuba. Contextual factors such as laws, politics, culture, societal norms, and communication will be explored. Participants will have the opportunity to reflect and share how they build and sustain relationships globally.
- **Featured Speakers:**
 - **Patricia H. A. Perez, PhD**, Associate Professor, IP, Online Campus, The Chicago School of Professional Psychology
 - **Jared Carter, JD**, Adjunct Professor of Law, The Colleges of Law

- **When:** Thursday, November 17, 2022 @11am-12pm PST; 1pm-2pm CST; 2pm-3pm EST
- **Register:** [Click here to register!](#)

Saybrook University | 626.316.5300 | Website: www.saybrook.edu

