

Ruth Hagemeyer Judy, Ph.D.

Educator, Writer, Spiritual Guidance Counselor

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Professional Interests

Spirituality in human development; Spirituality across traditions
Eldering/Conscious Aging; Grief, death and dying; Infertility
Compassionate self-care; Compassion fatigue

Core Competencies

Psycho-spiritual mentoring/counseling: mentor students in Sofia University's Global program; spiritual direction with individuals and groups, assisting them in personal and spiritual renewal; spirituality for older adults; bereavement and infertility counseling.

Health and wellness: address physical, emotional, and spiritual fatigue in adult life stages: through meditation, visualization, humor, creative expression and acupressure, and through an archetypal approach to the shadows, gifts, and myths underlying and guiding our lives.

Writing: address areas of interest and competency through non-fiction (SU module on creative and conscious aging; an updated SU module on spiritual development across the life span; a book based on persons who view themselves as non-traditional Christians; a psychological and spiritual sourcebook for infertile women, and fiction (a murder mystery).

Publications

Judy, R. (2013) *All my moneys says is bye-bye* (an ebook).

Judy, R. (2012.) *Where my soul lives: Being a Christian outside the lines*.
Haworth, NJ: St. Johann Press.

Judy, R., & Robba, S. (2008) *Creative and Conscious Aging*. Palo Alto: ITP.

Judy, R., & Rowe, N. (2006). *Spiritual dimensions of human behavior: Spiritual wholeness across the life span*. Palo Alto: ITP.

Judy, R. (2000). *Fierce longing: Women and infertility*. Syracuse, IN: RSHJ Communications.

Judy, R. (1984). *A journey through infertility: A mythological perspective*.
(Doctoral dissertation, ITP).

Judy, R. (1984). Coping with Infertility, *SURVIVING!* (a patient newsletter at Stanford University Medical Center.

Education

Ph.D. Transpersonal Psychology. (California) Institute of Transpersonal Psychology (ITP), June 1984
Focus: Spiritual development, health and wellness, acupressure, infertility
Dissertation: *Journey through infertility: A mythological perspective.*

M.A., Transpersonal Psychology, ITP, June, 1982

M.L.S., Library Science, Texas Woman's University, 1974
Focus: Work with children and adults in the public library

12 graduate hours, Holistic Studies, Antioch University West, 1980
Focus: Health and wellness in personal and professional life

16 graduate hours, Perkins School of Theology, Southern Methodist University
Focus: Spiritual development; Biblical foundation

B.A. Social Sciences, Southern Methodist University, 1967
Focus: Liberal arts foundation

Professional Experiences:

Sofia University (formerly Institute of Transpersonal Psychology):

Associate Core Faculty/Adjunct Faculty: 2012 – on-going.

As Associate Core Faculty, a member of the Global Master's governing board.

As Adjunct Faculty, instructor for various courses within the Program.

Faculty Mentor, Global Program, Institute of Transpersonal Psychology (ITP), 2004 – 2007; 2008 – 2012.

Associate Core Faculty Mentor: 2011-2012.

Focus: work within a cohort setting; address integration and transformation; provide a transpersonal foundation through course modules; oversee development of academic writing.

2008 – on-going: facilitate certificate and master's students through course modules; (Year 1, 2008 – 2010): *Spiritual Perspectives, Psychology of the Body, Theories of Personality*; Year 2, on-going): Spiritual Psychology specialization: *Self-Cultivation, Introduction to Spiritual Psychology, Spirituality in the Workplace*). Electives: *Creative and Conscious Aging* and others

2008 – on-going, for Spiritual Psychology track: oversee Transpersonal Integration Paper, Showcase ePortfolio, Professional Specialization Practicum, and Transpersonal Discipline and Practice

2004 – 2007: facilitate Ph.D. Year 1 and Year 2 students through the

course modules (*Spiritual Perspectives, Introduction to Transpersonal Theory, Psychology of the Body, Transpersonal Approaches to Creative Expression, Theories of Personality, Spiritual Dimensions of Human Behavior*).

Work with students (as primary mentor or second reader) in preparation and completion of the Application/Integration Paper

Revise (with Nancy Rowe and Chuck Fisher) above Ph.D. modules for on line access, 2005 – 2006.

Mentor students seeking Year 3 advanced standing by working with them on the *Spiritual Perspectives* and *Introduction to Transpersonal Theory* modules, on an as needed basis (2004-2007)

Adjunct Faculty, Global Ph. D. Program, ITP, 2007 – 2008

Focus: work with students in a cohort setting in PhD Years 1 and 2; address integration, transformation issues; teach transpersonal psychology courses.

Year 1: guide students through the *Spiritual Perspectives* module and the *Psychology of the Body* module; advise two students.

Year 2: guide students through the *Approaches to Transpersonal Psychotherapy* module, work with ten students (either as primary adjunct faculty or as second reader) in the preparation and completion of the Application/Integration Paper (AIP), a fifty page paper demonstrating academic skills in applying transpersonal psychology to a topic of significance to the student.

External Program Mentor, ITP, 1985

Australian Certificate students

Coordinator, Academic Standards Committee, ITP, 1981 – 1982

Educator: Spiritual Direction

Focus: Guide individuals and groups in spiritual development, personal and spiritual formation and renewal.

Workshop themes: Opening to the experiences of God in one's life through prayer (eg: Lectio Divina, Ignatian, Franciscan), humor, meditation, Biblical scripture (psalms, parables and other scripture), sayings of the Desert Mothers, nature walks and walking the labyrinth, guided imagery, and creative expression, such as poetry, collage, mandalas, and journaling.

Locations:

Lindenwood Spiritual Formation Program, January 2004

Grosse Pointe United Methodist Church, Michigan, women's group:
April 1999; March 2000; October 2002; October 2003; April 2005
Clergy Wives Seminar, Oakwood, April 1999
Oakwood Spirituality Life Center, Spring 1995
Bluffton United Methodist Men's retreat, February 2004
Inner Listening Workshops, various institutions, 1981 – 1982.

Educator: Health and Wellness

Stress and Well Being in Elders:

Focus: Define stress; understand its effects of stress physically, emotionally, and spiritually; learn ways to listen to our bodies, minds, and spirits that directly influence and enhance our daily lives.

Elderhostel classes at Oakwood Spiritual Life Center, 1996 – 2003: Biology of Stress, Stress Management, Relaxation and Inner Awareness, Psychology of Change, Wisdom of Our Lives Through Books, Psychology of Stress, Humor, Stress, and Life Transitions, Healing and the Mind, Loss and Grief.

Compassion Fatigue/Compassionate Self-Care Workshops

Focus: Address physical, emotional and spiritual fatigue, honor bodies and souls through retreat and renewal.

Workshop themes: "Holy Leisure" during Lent, shadows and myths of caretaking that can lead to compassion fatigue, stress awareness, the archetypal hero/heroines journey of caregivers, gifts and lessons in compassion and fatigue, meditation and visualization.

Locations:

Windsong, a ministry of the Sisters of the Holy Cross, March 2005
United Seminar: Doctor of Ministry Program, Spring 2000, Spring 2003
Parkview Hospital, Fort Wayne, September 2002
Center for Integrative Healing, South Bend, February 2002, October 2002
Oakwood Spiritual Life Center, November 2000, October 2001

Jin Shin Do Acupressure: Acupressure practitioner, 1982 – 1985.

Focus: Jin Shin Do, derived from acupuncture theory and techniques, works with "ki," one's vital energy. The name means Compassion, Spirit, and Tao or Way. It focuses on releasing physical armoring, emotional release and centering, rebalancing the ki (vital energy), breathing techniques, exercise and meditation, diet, and self-reflection.

Worked with individuals on health and wellness through acupressure.

Workshop topics: Taught Jin Shin Do acupressure, levels 1 and 2
Various institutions, 1982 – 1986.

Educator: Psychological Development/Infertility Workshops

Archetypes We Live By:

Focus: Based on the Hero and Heroine's journey: Preparation (Innocent, Orphan, Warrior, Caregiver archetypes), Journey (Seeker, Destroyer, Lover, Creator archetypes), and Return (ruler, Magician, Sage, Jester archetypes). The goals, fears, fits and shadows of each archetype have relevance to our life journeys. Use The Pearson-Marr Archetype Indicator to help participant identify the different, and occasionally contradictory, myths shaping their lives.

Workshop topics: Archetypes We Live By; Archetypes: Gifts and Talents for Work and Play; Awakening the Heroes Within

Locations:

Center for Integrative Healing, October 2002

Lindenwood Retreat Center, November 2001, February 2002

Covenant UMC, Women's Group, March 2001

First UMC, South Bend, January, 2001

Oakwood Spiritual Life Center, 2002

Infertility Workshops:

Focus: Provide support for women experiencing infertility.

Workshop topics: Explores the multi-faceted issues facing women who were having difficulty conceiving and bearing a child. Dealt with a woman's identity, what infertility means to her, the promise and confusion connected with medical possibilities, issues with family and community, and how she will achieve her life goals.

Locations:

Association of Transpersonal Psychology, August 1997

San Mateo County Community College District, 1985 – 1986

California Institute of Transpersonal Psychology (ITP), 1984

Spiritual Director

Work with individuals and groups in spiritual formation, 2000 to present.

Assist them in enhancing their relationship with the sacred, by exploring and developing their personal relationship with the divine through prayer, meditation, nature, journaling.

Book Store Manager

Oakwood Spiritual Life Center, 1994 – 2000

Book selection in variety of areas supporting Christian spiritual formation (prayer, meditation, theology, inspiration, spiritual direction, psychology, men and women's spirituality, health, life changes, spirituality and the world).

Bibliographic assistance to certificate and doctor of ministry students.

Bereavement Counselor

- Volunteer with Ryan's Place, a grief counseling agency for children, teens, and their families, Goshen, IN, 2004 – 2007. Worked with one of the adult groups, occasionally assisted in training of new facilitators.
- Grief support group, St. Luke United Methodist Church, Indianapolis, Summer 1997. Part of a team helping individuals grieve their losses, adjust to the changes, take care of themselves and their families compassionately.
- Grief support groups, Oakwood Spiritual Life Center, 1995 – 1997
Provided grief support for people in the local community.
- Kara (a Palo Alto, CA, agency, providing emotional support services for individuals dealing with a life threatening illness or grief):
 - Administrative Manager, 1985 – 1986: administrative assistance to overall functioning of Kara. Worked with the Veterans Administration on our yearly fundraiser.
 - Counseling Program Assistant, 1987 – 1991: did interviews with potential clients, directed them to needed resources, assisted in quarterly training of new facilitators.
 - Coordinator for Pilot Program for Grieving Children, 1991 – 1992. After training with the Dougy Center in Portland, OR, I coordinated a pilot program for grieving children.

Librarian

- Mesquite Public Library, 1974 – 1977
- Dallas Public Library, 1977 – 1979

Dissertation/Thesis Committees; Consultant

- ITP Global Program, PhD dissertations, 1986, 2007 on-going
- ITP Global Program, MA thesis, 2000 – 2001
- Consultant with the Ohio Board of Regents: Review of Project Demonstrating Excellence (PDE) for Union Institute & University.

Additional Training/Experience:

- Spiritual Directors International: Leadership Institute & Conference, March 2008
- The Feminine Divine in Cross-Cultural Perspective Conference, Nov. 2006.
- Goddess Pilgrimage to Crete, October 2004
- Kenya safari with the Chicago Zoo, June 1999, June 2001
- Simple Care of a Hopeful Heart, Robert Wicks, Retreats International, Notre Dame, July 2000
- From Age-ing to Sage-ing workshop, sponsored by The Sage-ing Center, Leighton Center for Senior Health, Memorial Hospital, August 2000.
- Journey Guide Certification Program, archetypal study with Carol Pearson, Ph.D.

August-September, 2000.
Consciousness and Imagery studies with Jeanne Achterberg, Ph.D. and Frank
Lawlis, Ph.D., 1999 – 2000.
Walking with Christ, with Bill Moon, Ph.D., Dwight Judy, Ph.D., Anita
Fenstermacher, M.A., Tom Albin, Ph.D., 1998.
Oakwood Certificate in Spiritual Formation, I & II, 1995 – 1996.
Jin Shin Do Certification with Iona Teegarden, 1983 – 1985.

Professional Member:

Association for Transpersonal Psychology
AAUW
Spiritual Directors International