

## New Event!

### Pluralism in Transpersonal Psychology: Methodological and Metaphysical Perspectives

Speech from Dr. Les Lancaster - President of the  
Board of the International Transpersonal  
Association (ITA)

Thursday, August 7th  
Classroom 1059A  
4:00 – 6:00 PM

On what basis may we argue that transpersonal psychology constitutes a sub-discipline of psychology having an appropriate scholarly, or academic, basis? The recent publication of the Wiley-Blackwell Handbook of Transpersonal Psychology, and a new project by MacDonald and Almendro to produce a book evaluating the current status of transpersonal psychology, has brought this question into focus. Moreover, the absence of a significant transpersonal focus within the upsurge of research into spirituality, meditation and mindfulness challenges us to clarify what epitomizes the approach of transpersonal psychology. Closer to home, the removal of the term 'transpersonal' from the title of what was the 'Institute of Transpersonal Psychology' might be construed as reflecting a crisis of identity amongst practitioners of transpersonal psychology.

Metaphysical and methodological issues are critical in establishing an interest or approach as a discipline. I argue that transpersonal psychology incorporates a metaphysical perspective in which transcendent realms are viewed as being irreducible to naturalistic categories when conceived in materialistic terms. In turn, this metaphysical perspective has implications for our view of methodology: 'Science' as traditionally understood is inadequate to the goals of transpersonal psychology. The real question is not whether these radical positions are acceptable or not, but rather whether they necessitate removal of the term 'psychology' from our title. In other words, is transpersonal psychology a legitimate sub-discipline of the over-arching discipline of psychology or should it be subsumed within an alternative discipline or even stand as a self-contained discipline (with or without a change of name)? In arguing that we are indeed a branch of psychology, I address the importance of bringing metaphysical pluralism into the psychological study of spiritual practices and mystical views of the mind.

To RSVP your spot for this free event visit: [bit.ly/1nzoZ8o](http://bit.ly/1nzoZ8o)

Can't join in person? Watch via livestream here:  
<http://www.livestream.com/sofiauniversity>



**B Les Lancaster** is Professor Emeritus of Transpersonal Psychology at Liverpool John Moores University, UK and an Honorary Research Fellow in the Centre for Jewish Studies at Manchester University, UK. He is Chair of the Transpersonal Psychology Section of the British Psychological Society, and President of the Board of the International Transpersonal Association. Les' research interests focus on the cognitive neuroscience of consciousness and the psychology of mysticism, with a specific focus on Kabbalistic Psychology. Over his career, Les has disseminated key aspects of consciousness studies and transpersonal psychology to a wide audience, both academic and more popular. He is committed to the value of transpersonal perspectives in a range of professional areas, including coaching, therapy and management, and is presently Academic Dean for Transpersonal Psychology at the Professional Development Foundation, UK. He is currently Director of online postgraduate programmes in Consciousness, Spirituality and Transpersonal Psychology validated by Middlesex University, UK ([www.ita-professional.org](http://www.ita-professional.org)). In addition to many journal articles, Les' published works include *Mind Brain and Human Potential*, winner of a Science and Medical Network Best Book Award, *Approaches to Consciousness: the Marriage of Science and Mysticism*, and *The Essence of Kabbalah*.



## Congratulations Christine!

Dr. Christine Brooks, Associate Dean of Faculty and chair of the Master of Arts and doctor of philosophy programs (Ph.D.) in transpersonal psychology, was featured in a blog post on GradSchools.com titled “Celebrating Women in Higher Education” which highlights inspirational females in leadership roles at Universities.

To read the post about what it is like to be a female leader in an academic institution, please visit:

<http://www.gradschools.com/blog/women-in-higher-education-2318>

## Alumni Speaker Series: “Spiritual, but Not Religious” With Davy Davidson, MASG

Thursday, August 14  
Classroom 1059 A  
6:00 – 8:00 pm

Davy will talk about what it means to her to be spiritual, but not religious and how she brings her perspective to spiritual guidance. There will be discussion among attendees about what “spiritual but not religious” may mean for them, and how the idea gets expressed in their lives.

Davy Davidson is a spiritual director working with men and women who want to live in truth with their divine essence. Your deepest wisdom wants to be known, and with practice you can learn tools to integrate spirit with body and mind. The way is never a destination, but always a becoming. Over time and with patience you can know and be nourished by the sacred source of all being as it lives through you.



Davy was a business consultant and entrepreneur before transferring to the field of spiritual development. Since 2007, she has been a student of the Diamond Approach and spent a year at the Feminine Wisdom School. Davy earned a Master of Arts degree in Spiritual Guidance from Sofia University in 2012. She is the Spiritual Guide at Sofia Community Center for Health and Wholeness and serves as a Board Member at Sofia. Her website is: [www.truenaturenow.com](http://www.truenaturenow.com)

For more information, contact [events@sofia.edu](mailto:events@sofia.edu)

## David Caul Graduate Research Grant Call for Submissions Opens August 1, 2014

The International Society for the Study of Trauma and Dissociation ([www.isst-d.org](http://www.isst-d.org)) is pleased to provide advanced notice of the David Caul Graduate Research Grant for 2014. This grant is designed to support research that is primarily concerned with dissociation or closely related topics. Graduate students (in a Masters, PsyD, or PhD program) and undergraduate honors students are eligible to apply for grants up to \$1500. Postdocs are not eligible for the Caul award. Please note that grants for projects less than \$1500 are also encouraged.

Application materials will be available through the grant webpage from August 1 – September 15, 2014. Further information will be provided before the submission window opens. Enquiries can be directed to: Dr. Rafaële Huntjens ([R.J.C.Huntjens@rug.nl](mailto:R.J.C.Huntjens@rug.nl)) or Dr. Eric Vermetten ([e.vermetten@umcutrecht.nl](mailto:e.vermetten@umcutrecht.nl)) or Dr Martin Dorahy ([martin.dorahy@canterbury.ac.nz](mailto:martin.dorahy@canterbury.ac.nz)).



## Want to Become Part of the Sofia Team?

The following positions are available:  
Admissions Counselor, Psy.D., & MACP Faculty Chair

Learn more at:

<http://www.sofia.edu/content/employment>

# How I Came to Sofia University

**Kimberly Anne Christensen**

**3<sup>rd</sup> year - PhD in Transpersonal Psychology**

Many students come to this school because it is a CALLING! We have been directed through signs or spiritual messengers to come here. This is not a NORMAL school. I woke up one morning in April and saw myself in San Francisco and I didn't know why. Two weeks later in a guided meditation on my life purpose, I was shown on a banner the words TRANSPERSONAL PSYCHOLOGY. I had never heard of that in my life. I looked it up on Google along with places near San Francisco. VOILA! ITP came up.

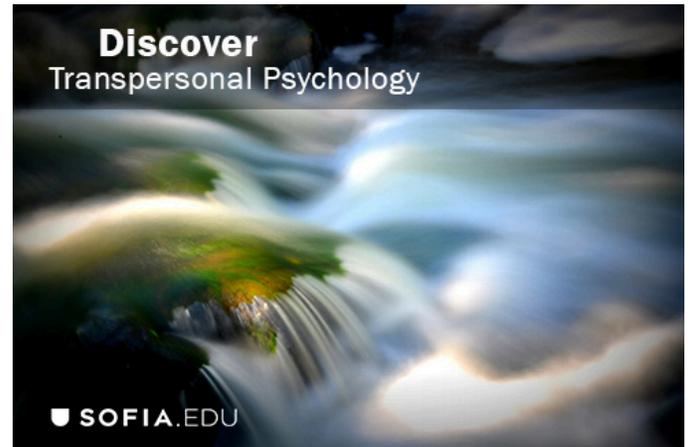
After that the angels sent me messages and photos and signs that I was to move my life to San Francisco Bay Area. I had never lived here before and knew no one. I am from Southern California and this was a big move. But let me tell why I kept moving forward. The staff in the Admissions Office were most caring people I had ever seen and I was treated to this beautiful environment. There were 3- 4 Admissions counselors who all greeted me by name. They were eager to take me around to show me the campus and the growth that was coming.

They knew I had to take the bus from L.A. to Santa Clara, and then the public bus to reach the campus. One offered to drive me back to my hotel after his shift was over so that I wouldn't have to endure another 1 hour or more trip on the bus!

They were the nicest people and they believed in the school. Then I met Genie Palmer who interviewed me to see if I qualified for the school. She was the kindest woman I'd ever met it seemed. So transpersonal and so intelligent, she also made me feel SAFE and right off the bat told me how my dreams would fit and what the school could offer me. Clarified it all.

It was this type of reception that made me know I should be here. I also got a very kind call back from student emissaries when I applied as well to help me understand the process and answer any questions I might have.

My security needs were met, and financial aid made me feel like all would be okay. I never got housing squared away until I got here, and my financial aid check was not ready as I applied late, but the kindest students took me in for free! This is the nature of the school. THE HUMAN TOUCH. Kindness. Mercy. Generosity was exemplified from the staff and faculty because it had been given to them. Each staff member had a story too about how someone showed them one of those qualities and took them under their wing to give them this opportunity.



*“The flow experience is about knowing how to be happy. It is the way that people feel when their consciousness is ordered, and they pursue whatever they are doing for its own sake.”*

Mihaly Csikszentmihalyi



TRANSFORMATIVE TRANSPERSONAL EDUCATION SINCE 1975

## What's your favorite transpersonal quote?

Help us spread the word of transpersonal, send in your favorite quote and we will create a poster to hang in classrooms and post on our social media for all to share. After we collected a few, we will ask the community to vote on their favorite quote and the person (or people) who submitted the quote will win a prize!

Please email [communications@sofia.edu](mailto:communications@sofia.edu) with your quote!

## We want to promote YOU!

We know our faculty, students, alumni, and staff do amazing work and we want to share it. Please keep in touch with [accomplishments@sofia.edu](mailto:accomplishments@sofia.edu) and help us spread the word about the ways in which Sofia faculty, students, alumni and staff are creating a better world.