My Dissertation Journey
By Renee M. Winters

Out of the dense fog emerged the Self, forging a path toward wholeness and the process of completing my dissertation. The dissertation journey I embarked on was not a smooth path, but one mirroring the highway I took to Pacifica every month, with turns that hung on the sides of great hills, seemingly ready to crumble and slide at a drop of rain.

When my dissertation topic presented itself to me during the end of my third year, I spent many months feeling lost in the process and desperate for a connection, hoping for reassurance that this was the right topic, reaching out for support and understanding but receiving nothing but solitude, my shadows, and darkness. I learned to embrace the curriculum that Pacifica provided me over three years, which was enriched with knowledge about Self, psyche, individuation, dreams, active imagination, research, and so forth. It created fluidity and a space of reverie for me to write about the condition of hoarding from a depth psychological perspective. This struggle with writing my dissertation made it necessary for me to create a container and sit in anticipation of change, rebirth of the self, acceptance of the calling to this topic, and wholeness as a person and writer. By embracing my daimon and going into my own wounds, I was transformed.

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Suddenly I realize that if I stepped out of my body I would break. Into blossom.
—James Wright

Rose in Lambert’s Rose Garden. Photo by Rachel Reeve.
My Dissertation Journey, Continued from page 2

Now that I have completed my dissertation, I can see what an amazing journey writing this manuscript took me on. I look around at the beauty that possessed me, the images that engulfed me, and how my creation developed my sense of self. This process of writing my dissertation has brought me closer to finding my purpose within the embrace of this world—tending to its soul. My dissertation journey allowed me an opportunity to write with soul in mind, creating a piece of art, attending to the rhythm of language, and producing something worthy to be read by scholars. I planted a seed in the fertile ground of the world, and now I wait in anticipation to see where the work sprouts next.

—Dr. Renee M. Winters, Graduate, Depth Psychology Psychotherapy Program

Oral Defense Videos Online

Two recent Pacifica students’ oral defenses were recorded and are available online! Click on the name of the student below to watch their oral defense:


Edward Santana, Depth Psychology Psychotherapy, Jung and Sex: Re-Visioning the Treatment of Sexual Issues in Psychotherapy Through an Exploration and Analysis of Jung’s Writings on Sexual Phenomena.

The Long Hand of the Pen

By Dennis Patrick Slattery, PhD

I like to rise at 4 a.m. 7 days a week. I enjoy the darkness, the occasional full moon, like this morning, silhouetting the deer slowly grazing early on our property in the Hill Country of Texas. But most of all I love the silence, before the world awakes and churns into activity. In these early hours I read and write.

For many years I would turn on my computer, set up my cordless key board and sit in an easy chair and type notes from my reading in these early hours. But over time this ritual grew unsatisfying; too fast, too much light, too busy. All I wanted to illuminate my study was my tiny table lamp and a candle burning on a small altar across from me. So I stopped turning on the computer and turned to pen and paper; and that has made all the difference.

The first thing I noticed was that I was going to have to improve my penmanship if I planned to read my reflections at a later date. Then I became aware of the slower pace of my reading and reflections on it and with this less rapid pace, the slow drag of the pen across paper.

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When your dissertation is done, what’s next?
Share your research!

After you have completed your research, consider sharing your findings with the world! One way to do this is in the form of writing a book or journal article. Another way is verbally at trainings, conferences and other speaking venues.

Pacifica counseling psychology graduate, Jessica Garfield-Kabbara, has done just this! Jessica gave a presentation based on her thesis, *Finding the Boon in the Heroine and Hero’s Journey: The Courageous Act of Self-Love*. To watch a video of her soulful presentation online, click here.

Excellent Presentation Jessica!

Upcoming Presentation!

Christopher Miller, recent Mythological Studies graduate, will give a presentation titled “The Case of Cinematic Dreams: Film & Shamanism” on July 25th at the C. G. Jung Institute of Los Angeles. Chris’ presentation incorporates the topic of his dissertation, *The Illustrated Dark: Cinema, Soul, and Shadows*. For more information and to preregister, click here.

Congratulations Chris!

Research Tip

To find a more comprehensive list of relevant resources in EBSCOhost, try the Thesaurus function! For a short video tutorial, click here.

The Long Hand of the Pen, continued from page 3

I chose pens that were not slippery but rather rough on the page, to feel a bit of coarseness as I drew the letters. Then I became aware in cursive writing of how the spiral dominates its geometry—the slow unfurling of a lower case “a” or the sweep of a “y” down, up, down, or the twin spiral bubbles of an upper case “B.” The spiral may be the oldest form of geometry, and cursive writing captures this primal ritual.

Even more, the fit was better for this hour of the morning; by deleting efficiency for the slow drag of contemplation, I was gaining another level of being aware of what I read. Sometimes I drew lines from one idea to another higher on the page; I scratched things out and they left their trace; memory seemed more active and alive in the tracks the pen left. The words I read married the thoughts evoked from them in a deeper, more contemplative way. I learned that I was also giving my memory more time to seek out analogies with what I was writing on the page. I became more careful of what I wrote, engaging an economy that typing threw to the wind.

—Dr. Dennis Patrick Slattery, Mythological Studies Core Faculty

Peach tree in Pacifica’s Organic Orchard.
Photo by Robyn Cass.
Spring Quarter Dissertation Publications

Thomas Allena, Depth Psychology, *Remembering and Forgetting Colonization In New Mexico: A Portrait of the Bosque Redondo Memorial*

Brent Blair, Depth Psychology, *Liberation Arts & Community Engagement*

Robin Celkupa, Depth Psychology Psychotherapy, *A Full Moon: Menopause as an Alchemical Process*

Deborah Conway de Prieto, Mythological Studies, *Answer to Dream: On the Relation of Archetypal Psychology to Image: Jung, Hillman, and Sor Juana*

Kathryn Collins, Mythological Studies, *Learning to Live in the Layers: Traveling Soul's Way through Poetry*

Cary Dakin, Depth Psychology Psychotherapy, *The Role of the Intuitive Function in Addiction Recovery*

Donald Davis, Clinical Psychology, *Transcendental Meditation—The Return of the Embodied Ego to the Spiritual Self: Healing the Isolate Emptiness, Dread, and Melancholy Overshadowing Human Consciousness*

Mary DeRidder, Mythological Studies, *Images From Stories and Life: A Photographic Interpretation of Disability*

Angela DeVita, Depth Psychology Psychotherapy, *The Somatic Experience of the Wounded Therapist*


Jalaledin Ebrahim, Depth Psychology Psychotherapy, *Towards an Integral Psychology of Islam: From Al-Fatiha, The Opening, to the Gardens of Paradise*

Lila Eslinger, Depth Psychology Psychotherapy, *Psyche Mirroring Matter: What Depth Psychology and Craniosacral Therapy Learn from each other about Embodied Resistance*

Betty Ford, Clinical Psychology, *Transmission of Generational Trauma in African American Gang Members*

These dissertations are available on ProQuest and in the Pacifica Research Library.
Spring Quarter Dissertation Publications


Brenda Gesell, Depth Psychology Psychotherapy, *Pillars of Salt or Stone: The Alchemical Pilgrimage of the Petrified Feminine*

Eric Greene, Clinical Psychology, *Social Sources of Psychopathology*

Johanna Hays, Clinical Psychology, PsyD, *Healing Trauma in the Psyche-Soma: Somatic Experiencing® in Psychodynamic Psychotherapy*

Andrew Kami, Clinical Psychology, *Beyond Nature versus Nurture: The Development of Personality through Digital Projection*

Michelle Kilcoyne, Clinical Psychology, *Third Generation Effects of Unresolved Grief from Parental Suicide: A Depth Psychological Perspective*

Yvonne Smith Klitsner, Depth Psychology Psychotherapy, *Destined Meetings: Synchronicity, Intentionality, and Archetypal Meaning in the Initial Therapy Session*

Danielle Lucia, Clinical Psychology, *Yoga and Psychological Wellness, Physical Wellness, and Subjective Well-Being*

Brianna Luna Pendleton, Clinical Psychology, *Narratives of Trauma, Spirituality, And Healing: An Ecuadorian Shamanic Perspective*

Jon May, Depth Psychology Psychotherapy, *Effects of Colonialism on Present Day Client: Therapist Relationship in Northern New Mexico*

John Moore, Depth Psychology, *A Phenomenological Study of Grief and Mourning among Heterosexual Men in Relation to the Deaths of Their Spouses*

Joseph Muszynski, Mythological Studies, *Structure, Form, and Content: Mythology and Comics*

Lauralie Navolio, Clinical Psychology, *The Process of Individuation as Embodied in Symbols, Images, and Alchemical Motifs: A Psychological Study Based on Twelve Paintings by Remedios Varo*

Anthodesmi Nelson, Clinical Psychology, *Anxiety in the Process of Individuation. An In-Depth Psychological Study*

These dissertations are available on ProQuest and in the Pacifica Research Library.
Spring Quarter Dissertation Publications


Indhushree Rajan, Clinical Psychology, *Speaking Self Out of Darkness: The Lived Experience of Sex Trafficking Survivors in Kolkata, India*

Pritpal Sidhu, Clinical Psychology, *The Efficacy of Mindfulness Training in Increasing the Attention Span in Children with ADHD*

Luticia Signet, Depth Psychology Psychotherapy, *Blood in the Water: Tracking the Wild Grownup in America's Lust for the Tarnished Hero. Depth Psychology in Dialogue with the Journalism of Popular Culture*

Deborah Smilovitz Foster, Clinical Psychology, *Intuition and Children: The Experience of Psychologists Working With Children*

David Smith, Mythological Studies, *Rereading as Seeing Through*

Laura Strudwick, Mythological Studies, *Prismatic Perception An Emerging Mythology of the Millennial Mind*

Maral Sultanian, Depth Psychology, *Martha Graham Engages the Body and its Dances as a Path into the Unconscious*

Elizabeth Thompson, Depth Psychology, *Healing Love: Eros Awakening the Soul of Medicine*

Jacinda Tucker, Mythological Studies, *Levels of Hope and Meaning: A Comparison of Unemployed, Underemployed, and Employed Professionals*

Rose VandenBerghe, Depth Psychotherapy, *Ecological Narcissism and the Denial of Death*

Carolyn Williams, Clinical Psychology, *The Symbol of the Veil as the Presence of the Hidden Divine in Islam's Sacred Myths, Stories and Rituals*

Renee Winters, Depth Psychology Psychotherapy, *Suffocating the Soul: A Study of the Hoarding Impulse*

Danita Wolff, Mythological Studies, *Applying Andean Shamanism to Healing Faustian Soul Loss: Re-Discovering the Subtle Realities of the Mundus Imaginalis*

These dissertations are available on ProQuest and in the Pacifica Research Library.