

The Existential- Humanist

Journal of the Existential-Humanistic Institute

December 2010
Volume 14.1

Editor:
Nader Shabahangi

Associate Editors:
Mary Madrigal and Sonja Saltman

Letter from the President

2010 was a great year of accomplishments for the Existential-Humanistic Institute. We finalized our EHI-Certificate program in conjunction with Saybrook University and are in the very last stages of completing the paperwork. This certificate program has always been the core desire of EHI as training the next and present generations of health professionals in our existential attitude to helping and being with others remains the central task of our organization. Additionally, we are excited to be part of next year's conference entitled *The Poetics of Aging* which will be co-sponsored, among others, by UC Berkeley, Stanford University, and UCSF. We will keep you updated about this conference, preliminarily scheduled for October of next year, in the following newsletters. Also, our very own board member Bob Edelstein will start our first EHI satellite program in Portland, Oregon – we are very happy to support Bob and the North-West healthcare community with offering our important approach to mental health services.

Also, please visit our new website at www.ehinstitute.org. We would love to have your feedback. Also, if you have relevant articles, photos, artwork, ideas to post, please forward to us and we will gladly post it.

Happy Holidays to all of you. *Nader*



The Existential-Humanistic Institute in partnership with Saybrook University is offering a new and unprecedented certificate program in existential-humanistic therapy. After completion, the student will receive a Certificate in Existential-Humanistic Therapy.

Certificate Program Director: Orah Krug, Ph.D.

[Download Certificate Pro#10BD6D](#)

Introduction

Leading therapy researcher Bruce Wampold suggests that "an understanding of the principles of existential therapy is needed by all therapists, as it adds a perspective that might ... form the basis for all effective treatments" (Wampold cited in PsycCritiques, February 6, 2008, p.6).

Wampold's findings along with others place E-H therapy not on the fringe but squarely at the center of psychological theory and practice as the field formulates new assumptions about what constitutes the core of practice. The intention of this certificate program is to provide students with such a foundational core of practice, with a focus on both theory and practice. The theoretical part includes an exploration of existential and humanistic psychology and an in depth study of two of its founders, Rollo May and James Bugental. The experiential part focuses on teaching the principles of E-H therapy: (a) working in the present moment with intrapsychic and interpersonal processes, (b) cultivating personal and interpersonal presence, (c) deepening the therapeutic relationship, (d) working with existential life issues, and (e) developing the personal attributes of the student-therapist. We believe that by gaining competency in these fundamental principles, the student will not only have a solid and effective core of practice for effective treatment but also have a foundation from which additional treatment modalities such as cognitive-behavioral therapy or EMDR can be employed. The curriculum is intended to be a mentoring experience that emphasizes the development of the therapist as a whole person, appreciating that psychotherapy is an art as much as a science.

A completion of the aforementioned training and coursework will meet EHI's basic skill and competency standards in E-H therapy. After completion, the student will receive a Certificate in Existential-Humanistic Therapy.

You Can Do ANYTHING

And let yourself really live

Live

With passion and gratitude

On the edge of your comfort zone

Live your heart's desire...A.G.



Happy Holidays from Nader, Mary, Bob, Candice, Karen,
Kirk, Orah, Sibel, and Sonja ~~



PLEASE JOIN US - BECOME AN AFFILIATE OF EHI!

Professional Affiliates:

1. Entitlement to a one page professional bio and photograph on the EHI website www.ehinstitute.org.
2. Eligibility for a 20% discount on EHI events, including conferences and workshops.

Professional, Regular, and Student Affiliates:

1. EHI student affiliates and regular affiliates will receive a 10% discount on all EHI events, including conferences and workshops.
2. Participation in the EHI listserv, which will afford you the opportunity to converse with EHI affiliates, some of whom have made substantial contributions to Existential-Humanistic psychology
3. Participation with fellow professionals and students in vibrant local learning communities, as well as globally on the worldwide web.
4. Access to the EHI Newsletter, which includes articles by EHI faculty on the theory and practice of Existential-Humanistic psychology. In addition, the newsletter will keep you informed about upcoming programs, conferences and workshops at the institute and in the field.
5. The opportunity to submit articles to be considered for the EHI Newsletter.
6. The opportunity to become acquainted with some of the most accomplished psychologists and therapists on the North American continent. You can find out who is an affiliate of EHI by going to the "members only" site at: www.ehinstitute.org.
7. The opportunity to contribute to the advancement of Existential-Humanistic psychology and impact in the psychology field by engaging with members of other disciplines and orientations.
8. The opportunity to develop and maintain life-long friendships with people who share your interests and values.
9. The chance to become an integral part of a community that will foster existential-humanistic values throughout the world.

Note: EHI is a program of Pacific Institute, a Non-Profit Public Service Organization. All contributions received from Affiliates are considered donations and gifts.

EHI SUPPORTER/AFFILIATE APPLICATION

Name _____
Year _____

Address _____

City _____
State _____ Zip _____
Telephone (_____) _____
Email _____
Method of Payment: Check _____ Credit Card: VISA or MasterCard only
Card
number _____
____ Exp.Date _____
Signature _____
____ Date _____

Professional Affiliate Dues: \$100
Student and Regular Affiliate Dues: \$50

Please make checks payable to **Pacific Institute**
EHI c/o Pacific Institute
432 Ivy Street, San Francisco, CA
94102
ehi@pacificinstitute.org - www.ehinstitute.org

Please support Existential Humanistic Institute's Annual Fund.

Name _____
Phone _____ Email _____

I WISH TO GIVE A GIFT OF

\$1000 \$500 \$100 \$50 \$25 Other

Please make all checks out to Pacific Institute—
EHI c/o Pacific Institute
432 Ivy Street, San Francisco, CA
94102

For CREDIT CARD CONTRIBUTIONS

Please charge my donation to: Visa Mastercard AMEX Discover

Card Number _____ Expiration Date _____

Signature _____

