

# Journeys

The Antioch University Seattle Alumni Magazine

April 2010



## AUS ALUMNI ADVISORY COUNCIL TARGETS STUDENT RECRUITMENT, FUND RAISING

AUS Alumni Advisory Council members clockwise from top left: Eric Warn, AUS director of alumni relations; Lynn Ronald, B.A. '02, M.A. Education '03 and Lourdes Sampera-Tsukada, community representative; Rajaa Gharbi, M.A. Whole Systems Design '98; Lysa Hansen, current B.A. student; Sherill Lambruschini, M.A. Organizational Psychology '05; Paul Birney, B.A. '06, Kirsten Koba, M.A. Environment & Community '09 and Helen Maynard, M.A. Education '01; Betti Clipsham, B.A. '99, M.A. Organizational Psychology '01; Richard Beckerman, M.S. Management '05; Gazelle Williams, B.A. '03, M.A. Psychology '07 and Nancy Hansen, M.A. Psychology '91. Not shown are Jim Booth, M.A. Organizational Psychology '98; Dr. Christie Kaaland, AUS faculty representative; Greg Mowat, M.S. Management '99; Wendy Olsen, M.A. Organizational Psychology '03; Michelle Wilkinson, AUS director of development; David Fagerlie, AUS vice president of institutional advancement and Alia Calendar, M.A. Psychology '85. [Story on page 2.](#)

## FROM THE PRESIDENT'S DESK

# ANTIOCH UNIVERSITY

SEATTLE

For the past year, a 12-person Antioch University-wide task force has been working in conjunction with a branding consulting firm to create a new wordmark, positioning statement and core messages to use in conjunction with campus marketing strategies. Representing AUS on the task force were **Eric Warn**, Director of Alumni Relations, and **Catherine Koverola**, Vice President of Academic Affairs.

The goal for the initiative is to increase public awareness and understanding of our mission, improve enrollment and generate philanthropic support. The task force was comprised of faculty, staff and a student representing our five Antioch University campuses, the Ph.D. in Leadership and Change program, Antioch Education Abroad and WYSO, our university's public radio station. Other campuses in our university system include Antioch University McGregor in Yellow Springs, OH, Antioch University New England in Keene, NH, Antioch University Los Angeles and Antioch University Santa Barbara.

Each Antioch campus was often regarded as a unique community when first established decades ago. We are now entering a new era that will allow for the sharing of more ideas and resources across the university as a whole. The energy and synergy generated under our new branding initiative has the potential to make Antioch University far greater than the sum of its parts and play an even more influential role in education for a lifetime.

In early March, our new "brand" was introduced to our Antioch University Seattle community and various



Cassandra Manuelito-Kerkvliet, Ph.D.

stakeholders and was warmly received. A great deal of thought and Antioch sentiment went into the creation of our new identity and I personally want to thank AUS alumni who participated in the multiple surveys conducted as part of this initiative. It's important for alumni to know that our core values of social justice, sustainability, diversity, faculty engagement and civic involvement will be maintained.

I strongly believe in creating a national network of professional, like-minded alumni who will strengthen our AUS campus internally and externally, resulting in shared knowledge, improved benefits and stronger career opportunities. The new branding moves us toward 'one community' and increases the value of our alumni degrees. I also want to reassure AUS alumni that every gift to AUS will remain on our campus and be used to strengthen AUS for the future.

Far-reaching transformations are underway in higher education. The momentum and excitement to work together collegially to envision our future will position us strongly in the higher education landscape and ensure our long-term success in delivering our mission to current and future generations of students. As we launch our new brand, I am very appreciative of your commitment and dedication to our great institution.

*Cassandra Manuelito-Kerkvliet*

Cassandra Manuelito-Kerkvliet, president

## AUS Alumni Advisory Council Targets Student Recruitment, Fund Raising

No one gets through life without the help of others, including Antioch University Seattle (AUS). Thanks to the recently formed Alumni Advisory Council, the university has been able to receive valuable input from council members who are focusing their efforts on student recruitment and fund raising. Working hard and having fun, the council recently split up into three teams to achieve their goals.

**Sherill Lambruschini**, M.A. Organizational Psychology '05, is chair of the council, and enjoys the camaraderie of working with other council members who share her focus/intention of promoting AUS. "I've always said that the real learning for me began when I attended Antioch and I am so grateful for the education/learning I received. I'm proud to share I attended Antioch and want to continue spreading that excitement to current and prospective students."

**If you are interested in serving on the Council as member terms expire contact Eric Warn at [ewarn@antioch.edu](mailto:ewarn@antioch.edu) or 206-268-4125.**

### IMPORTANT INFORMATION

- **ALUMNI UPDATES** - can now be found on the Antioch Alumni Blog at [antiochalumniblog.com](http://antiochalumniblog.com). Be sure to sign up for the blog to automatically receive new information when posted. It's easy; just enter your email address on any blog page except the home page where it says "eNews & Updates."
- **CONTINUING EDUCATION OFFERINGS** - workshops, classes and certificates geared to the professional development needs of Antioch alumni can be found at: [www.antiochseattle.edu/ce/index](http://www.antiochseattle.edu/ce/index)
- **ALUMNI BENEFITS** - can be found at [www.antiochseattle.edu/alumni/benefits.html](http://www.antiochseattle.edu/alumni/benefits.html)
- **NEW ANTIOCH UNIVERSITY SEATTLE FACEBOOK WEB PAGE** - Go to [bit.ly/2cNF6a](http://bit.ly/2cNF6a). Become a fan today!

# Two AUS School of Education Alumnae Share Common Bond



Adjunct faculty member **Helen Maynard** instructs prospective teachers at Antioch University Seattle (AUS) on how the arts can be integrated into the classroom curriculum in meaningful ways.



**Lynn Ronald** works as a special education teacher at Seattle's View Ridge Elementary School telling students "an idea is only impossible until someone proves it isn't." They traveled different career

paths, but both Maynard and Ronald are AUS School of Education alumni who credit the university for giving them the tools and skills necessary to realize their vocations as educators.

Ronald, AUS 2008 Distinguished Alumna, received all of her professional degrees from Antioch including a B.A. degree with teacher preparation in '02, her M.A. in Education degree in '03, her special education endorsement in '04 and her professional teaching certificate in '08. Maynard earned her M.A. in Education degree in '01.

Maynard, who teaches integrated arts instruction in both the AUS bachelor's and

master's degree programs, worked as a program director for Powerful Schools, a non-profit that works in partnership with the Seattle school district. While there she founded a program called "Powerful Arts," one of four programs that make up Powerful Schools.

Maynard attended AUS because she wanted curriculum expertise in a university where her interests would be acknowledged and nurtured. Unlike other graduate programs in Seattle, she says, the AUS M.A. Education program allowed her opportunities to design a degree specific to her professional goals. "AUS does a very good job of matching you up with the right program and course selection," she said.

The AUS integrated arts instruction course that she now teaches helps future and working teachers connect core subject areas and art. "Let's say third-graders are studying math fractions. In this situation a teacher might integrate music theory and show students how musical notation is based on the same concept of dividing the whole into parts. Learning about writing music applies the same applications as learning about numbers becoming fractions," she said. In addition to her adjunct role Maynard also stays connected to Antioch by attending retreats, conferences and by serving along with Ronald on the recently formed Antioch Alumni Council which recruits outstanding students and helps grow charitable contributions in support of AUS.

For her part, Ronald said that she uses a unique style of teaching with her students that is particular to her and was recognized and cultivated by AUS faculty. "I was lucky. They saw this ability in me and they were willing to develop it," she said. The two words that most accurately describe her teaching style might also be said of AUS, she says. Those two words are "why not?"

One story from her classroom describes the creative spirit that AUS fostered. "I have a child in my class who wants to be a firefighter. Why not? He's in fourth grade. He can't write. He has learning disabilities. But, why is this not possible for him? Just as AUS helped me reach my goals, I am helping my students reach theirs," she said.

Ronald said that her education at AUS was not a straight path down one road. "It was a path they helped me make. Granted, there were requirements but the advisors and professors helped me reach my goals. They recognize that everyone is an individual," she said.

Ronald sees her elementary school students the same way—as individuals. She has third, fourth and fifth graders all functioning at different academic levels. "If I taught the same way to all of them I'd have a headache every day. I adapt my teaching to their individual needs, just like AUS did for me," she said.

For more information about Antioch's M.A. Education program go to: [www.antiochseattle.edu/education](http://www.antiochseattle.edu/education)

## AUS Library Has Variety of Services For Alumni to Use

**A**lumni are welcome to use the Antioch University Seattle Library and computer lab at any time during normal campus hours, but must keep their contact information current if they wish to check out library materials. Books (including masters' theses and dissertations) journals and other items may be renewed online, by telephone or in-person.

Alumni may also use the research databases to search and print articles

while on campus. At the present time AUS license agreements with the database vendors exclude remote access to the databases for alumni. Certain databases, such as ProQuest, are available to all Washington State residents; check with your local public library. Alumni have access to all AUS Library databases while on campus. They may also call or email the library for help with research; if the request is beyond the scope of the library's ability they may refer you to your local public library or another source.

If an alumna or alumnus needs to borrow a book from another library, she/he may contact the librarian as this may be arranged on a case-by-case basis. For more information regarding alumni library services contact **Beverly Stuart**, MLIS, interim director, library services, at [bstuart@antioch.edu](mailto:bstuart@antioch.edu). Library hours when school is in session are 8 a.m. to 10 p.m. Monday through Thursday and 8 a.m. to 7 p.m. on Friday. Saturday and Sunday the library is open from 8 a.m. to 6:30 p.m.

# AUS Psychology Students Earn Top National Honors

Four Antioch University Seattle (AUS) Psychology students, **Margaret Bovingdon, Maggie Ritnour, Amber Roy and Coquille Talbert**, recently earned top national honors at the American Art Therapy Association (AATA) annual conference in Dallas, Texas, winning the Diagnostic Drawing Series (DDS) Award. All four award winners are 2009 AUS graduates.

The DDS is an art therapy assessment tool that combines the research orientation of psychology with art therapy's attention to materials, process and individuality. Soft chalk pastels and drawing paper are given to the client on a flat drawing surface. The client is given up to fifteen minutes to complete three drawing directives carefully crafted by the creators of the assessment to elicit information in a single brief session.

The students won the award for the work titled "New frontiers in DDS research: Comparative analysis between adolescent and adult populations – Are There



*Left to right: Coquille Talbert, Maggie Ritnour, Margaret Bovingdon and Amber Roy.*

Differences among Diagnostic Drawing Series Done by Adolescent and Adult Populations without DSM-IV Diagnoses?"

The AUS students' research is groundbreaking because no previous studies looked at whether adult norms are valid for teens. There is no DDS research that develops a "baseline" for adolescents who

are not patients with mental health issues. Their research contributes to the foundation of standardizing healthy adolescent artwork using this assessment tool.

To read this article in its entirety, go to [www.antiochseattle.edu/academics/psychology/AATA\\_conference.html](http://www.antiochseattle.edu/academics/psychology/AATA_conference.html)

## New Drama Therapy Concentration Strengthens Options for Students

For Psychology graduate students like **Holly Brewer**, Antioch University Seattle's (AUS) new concentration in drama therapy, one of only three such programs in the U.S., strengthens the therapeutic options she will have as a clinician. "It's another tool I can use in mental health counseling that will allow me to help people and stay creative," said Brewer.

AUS launched the new specialization in the fall of 2009 with nine students all working toward an M.A. degree in Psychology. The students are seeking a dual specialization either in drama therapy with a Mental Health Counseling (MHC) or drama therapy with Couple and Family Therapy (CFT). Drama therapy, like the AUS art therapy concentration, is an expressive therapy that clinicians can use to help clients achieve emotional and physical integration, personal growth and symptom relief. The curriculum at AUS can include



*Drama therapy students Renee Jones (left) and Carla Steskal involved in a class exercise*

improvisation, puppetry, role-playing, mask work, theatrical production, psychodrama and even community-based theatre.

The new program is the brainchild of **Hee-Sun Cheon**, Ph.D., RDT, and **Janice**

**Hoshino**, Ph.D., ATR-BC, School of Applied Psychology, Counseling and Family Therapy core faculty members. Cheon is a registered drama therapist and Hoshino is a registered and board-certified art therapist as well as chair of the AUS Expressive Arts Therapy Program. The two faculty members are patterning the drama therapy specialization on the successful art therapy concentration that AUS initiated in 2003. Also involved has been **Deb Pierce**, RDT/BCT drama therapy associate faculty.

The scarcity of opportunities for drama therapy training strengthened Cheon and Hoshino's resolve to fill this unmet need. Even before the program took flight, they were receiving letters of congratulation from drama therapy field leadership in other parts of the country and internationally for launching the AUS program.

To read this article in its entirety, go to [www.antiochseattle.edu/academics/psychology/dramatherapy-stories.html](http://www.antiochseattle.edu/academics/psychology/dramatherapy-stories.html)



Melissa Campbell conducts a farm tour

# Alumnae Work To Preserve Washington State Farms

Two '07 graduates of Antioch University Seattle's Environment and Community Program are part of an innovative team that is breaking new ground through their work at PCC Farmland Trust – relying on the creative and collaborative skills that they honed at AUS to keep farms in the hands of Washington farmers. Contributing to this kind of pioneering effort is what **Kristin Vogel** and **Melissa Campbell** expected to do after earning their master's degrees through the university's Center for Creative Change. Now, they contribute every day to realizing the trust's mission of saving farms.

PCC Natural Markets founded the Farmland Trust in 1999 as a separate, non-profit organization dedicated to preserving threatened farmland and moving it into organic production. It is believed to be the only land trust in the U.S. dedicated to organic farmland preservation and actually takes a step beyond most land trusts by working to place farmers on the property, actively producing food for the local community.

The trust began when Nash Huber, a local Washington farmer, approached PCC with an urgent request for help in saving a local farm from becoming a housing development. That farm was the Delta Farm in Sequim which Nash now leases. The trust secures farm land by purchasing organic agricultural conservation easements which restrict development and guarantee organic production in perpetuity.

Vogel works as communications project manager while Campbell serves as a stewardship and land associate making contact with farmers and monitoring properties to ensure compliance with conservation easements and other requirements. For her AUS change project, Campbell worked with a classmate on a land acquisition project with the Hmong community. In actuality, the project morphed into a disaster and flood relief project when the Snoqualmie River jumped its banks destroying crops, bulbs and farm equipment. Today, she taps into the same flexibility of spirit in

her work at the trust that was needed during her change project.

Campbell did her undergraduate work at Ohio State University where she obtained "a pretty heavy science background." She credits the AUS Center for Creative Change with fostering an ability to look at a situation systemically with an eye toward community development and participatory processes. She also learned skills important to working across cultures.

Vogel said her coursework at AUS emphasized social change and how to facilitate it using experiential models, the process of making meaning from direct experience. When she started at the trust more than three years ago there were only three employees. She found herself living out the experiential model in a job that required her to be mentally nimble, flexible and creative every day. Vogel said she is excited to be entering a time when she will have the opportunity to do more education and outreach in her work.

The trust, which is primarily supported by individual and community donations, finds its operation surging as more and more people are becoming informed about the downside of industrial farming and eating thanks to the popularity of books such as *The Omnivore's Dilemma* by author and activist Michael Pollan. Pollan suggests that what we eat affects not only our own and our children's health, but the health of the environment that sustains life on earth. In addition, the growing awareness of organic food grown in sustainable ways is driving the trust itself to grow rapidly.

"How do we build this organization so it makes sense in the long term and continues to be a viable, relevant organization? At Antioch we learned to be intentional about that process, to have a conscious understanding of ways to build something that will last," reflected Campbell.

For more information about what the PCC Farmland Trust has achieved and to read about the farms that have been preserved go to [www.pccfarmlandtrust.org](http://www.pccfarmlandtrust.org).

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*"How do we build this organization so it makes sense in the long term and continues to be a viable, relevant organization? At Antioch we learned to be intentional about that process, to have a conscious understanding of ways to build something that will last," reflected Campbell.*

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# AUS FACULTY NEWS



**Marcia Tate Arunga, M.A.**, BA Completion program visiting faculty, will lead eight community leaders, businesswomen, medical professionals and educators, mostly from the Pacific Northwest, to Kenya, East Africa, for their cultural reconnection intensive. Cultural reconnection is the re-establishment of relationships with people of shared ancestry and original homeland, for those whose historical circumstances have removed them from both. Delegates from past intensives have established relationships with women involved in the development of Kenya and have collaborated with them through joint ventures in education, water supply, health, the environment and HIV/AIDS resulting in sustainable development in both U.S. and Kenyan communities. Several of the educators in the delegation have ties to Antioch University Seattle, including social justice and employee relations consultant, **Lue Rachelle Brim Atkins** and former state legislator, **Dawn Mason, M.A.** Education '02, who are slated to teach at Antioch during the Spring quarter. Also traveling with the delegation is Antioch's own winter quarter graduating B.A. student **Yvette Dioubate** who is a trained doula and an activist for reproductive care of women in Washington state prisons.



**Paul David, Ph.D.**, School of Applied Psychology, Counseling and Family Therapy core faculty and chair, Couple and Family Therapy (CFT) concentration, noted that the Commission on Accreditation for Marriage and Family Education (COAMFTE) recently announced that the Antioch University Seattle's *CFT's Program's Self-Study* has met all of the COAMFTE technical requirements for its new professional accreditation standards. COAMFTE also announced that the CFT Program has been approved for a site visit this May to complete its re-accreditation review. The principle authors of the *CFT's Program's Self-Study* were Chair, Paul David; CFT Graduate Assistants **Molly Simkins** and **Michael McAuley**; and CFT faculty members **Jerry Saltzman, M.A.**, visiting faculty, and **Angie Hoffpauir, Ph.D.**, visiting faculty and internship coordinator.



**Mary Lou Finley, Ph.D.**, B.A. in Liberal Studies core faculty, recently went on a historical and educational civil rights tour of the South accompanied by BA students **Monica Greshowak** and **Pamela Davis**. The tour was led by civil rights veteran Dr. Bernard LaFayette of Emory University, Atlanta. The group traveled to Montgomery, Alabama, Atlanta and Albany, Georgia and Charleston, South Carolina, visiting civil rights museums and other key sites such as Dexter Avenue Baptist Church where Martin Luther King was a pastor during the Montgomery bus boycott and hearing from civil rights movement veterans of the 1960s. The bus tour was a traveling seminar on the history of nonviolence and the civil rights movement. Finley was an active participant in the Chicago civil rights movement in Chicago in the 1960s, serving as a member of Dr. King's Chicago staff.



**Shana Hormann, Ph.D.**, associate academic dean and Center for Creative Change core faculty, recently gave a panel presentation titled *Creating Seamless Pathways in Education to Promote Student Success* at Pathways for Native Students, a conference on current issues and approaches in Washington colleges and universities held in Seattle.



**Christie Kaaland, Ed.D.**, School of Education core faculty, continues to advocate for school libraries and equitable access to information for all children. Her latest advocacy project involves starting a national grassroots effort, in cooperation with school library advocacy leaders from around the country, to begin campaigning for inclusive language that addresses equitable access to information for all children in the national legislation, *Race to the Top*, President Obama's educational reform. Published works in 2010 include "Saving @ Your School Library," *School Library Monthly*, January 2010, "Notes from *The Bullet Train*," *School Library Monthly*, April 2010 (written collaboratively with Deb Nickerson), and "Legislator in the Library Day: A Model for Legislative Advocacy," *School Library Monthly*, June 2010.



**Ed Mikel, Ph.D.**, School of Education core faculty, had a paper accepted for presentation at the annual conference of the American Association for the Advancement of Curriculum Studies in Denver in the last week of April. The paper is entitled "Equality for All Life, Really? Ecojustice in the Contemporary Professional Discourse of K-12 Environmental Curriculum." It is part of a three-paper symposium "Transforming Identity, Consciousness, and Curriculum: Exploring the Complexity of Ethical Agency" that he is doing along with Dr. Pam Joseph of the University of Washington-Bothell and Dr. Efrat Sara Efron of National-Louis University.



**Mark Russell, Ph.D.**, School of Applied Psychology, Counseling and Family Therapy visiting core faculty in the Psy.D. program attended an American Psychology Association Disaster Response Network (DRN) coordinator's meeting in Nov 2009, representing Washington state as the DRN coordinator of mental health services; organized disaster mental health training provided by the American Red Cross for mental health professionals and graduate students who want to become certified mental health volunteers for the Red Cross and Washington state psychological association; was an invited speaker at Navy Fleet and Family Service Center, Bangor Naval base in February where he gave a presentation on compassion fatigue for 40 clinicians; appeared on CNN American Morning in November 2009 to address mental health issues and compassion fatigue in relation to the Fort Hood massacre; will be a speaker at the National Post Traumatic Stress Disorder conference sponsored by veterans' advocacy groups in NYC, NY, in April discussing current and future problems with meeting military mental health needs.



**Alejandra Suarez, Ph.D.**, School of Applied Psychology, Counseling and Family Therapy core faculty and chair, Psy.D. in the clinical Psychology program, along with fellow Antioch professors **Carol Stanley, Ph.D.**, acting dean and core faculty, School of Applied Psychology, Counseling and Family Therapy and **Jane Harmon-Jacobs, Ph.D.**, associate dean and core faculty, School of Applied Psychology, Counseling and Family Therapy, attended the National Council of Schools and Programs in Professional Psychology program in February, representing Antioch University Seattle. Suarez was also one of the main authors in the winning application and a participant in a process that led up to the Washington State Psychological Association being recently awarded the National Award for Diversity by the American Psychological Association. The award was the result of over a decade of work in the association that has resulted in increased diversity in every aspect of the association and increased representation of diversity in the leadership positions.



**Bryan Tomasovich, Ph.D.**, interim director of the B.A. in Liberal Studies Program, will be releasing a book in March in his role as managing editor of New York's Emergency Press written by B.A. alumna **Tom Hansen, B.A. '04**, called *American Junkie* which is a work of non-fiction and tells the story of Hansen's life as a musician and heroin dealer during the punk and grunge movements in Seattle. More info at [american-junkie.com](http://american-junkie.com). Also, KNOCK Magazine, published by Antioch University Seattle and edited by Tomasovich, will host a play festival on May 14th and 15th in conjunction with Freehold Theatre and Ampere Production Collaborative. The festival coincides with a new issue of KNOCK due out in May, an all-play issue. KNOCK and Antioch are connected with Freehold through an arts collaborative that enables B.A. students to take Freehold classes for credit. Ampere is directed by B.A. alumna **Mae Emerick**.

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*Antioch University Seattle is part of Antioch University, which includes Antioch New England in Keene, New Hampshire; Antioch Los Angeles and Antioch Santa Barbara in California; and Antioch University McGregor in Yellow Springs, Ohio.*



**Sue Woehrlin, Ph.D.**, B.A. in Liberal Studies core faculty, is contributing to an on-line wiki project developing a pattern language for group facilitation (essentially, articulating a set of 'best practices' to guide those who lead participatory groups). She recently spent two days in Berkeley, CA, in a face-to-face work session with 19 other pattern writers, among other things, identifying the nuances of why the appropriate use of small groups can be such a powerful contributor to whole group progress. Check out the project at: [grouppatternlanguage.org/Home](http://grouppatternlanguage.org/Home) (and contribute to her evolving library of patterns!) Woehrlin also continues to host a monthly meeting of the Seattle DStory Collaborative, a network of greater Seattle area professionals teaching digital storytelling as a medium for personal empowerment and social change. The group is sponsoring a training intensive in May for members of community organizations wanting to use digital stories as a tool for community organizing and advocacy, including promoting non-profits' causes.



**Britt Yamamoto, Ph.D.**, Center for Creative Change environment and community core faculty and executive director of iLEAP ([www.ileap.org](http://www.ileap.org)), is speaking in numerous venues over the spring. In April, he has been invited to Japan to give a series of talks and workshops on social enterprise and innovation, as well as to give the keynote address to a regional gathering of dental educators on the topic of service learning and whole-person learning. On June 9th, he will be giving a talk at Town Hall in Seattle on food and society. In the fall, his international work with iLEAP: The Center for Critical Service will be featured on regional PBS stations on a series called Rainmakers, which profiles leaders in global development.

### 2010 Distinguished Alumni Award Nominations Sought

"The true measure of a university's greatness can be found in the achievements of its alumni" according to **Eric Warn**, director of alumni relations at Antioch University Seattle (AUS). To honor outstanding former students and celebrate their achievements, the AUS Distinguished Alumni Award was established in 2000 and presented annually to an alumnus/alumna who has made a significant contribution to his/her profession, community, state, nation.

Warn is looking for eligible candidates for the 2010 award who have a degree from AUS; have demonstrated leadership, outstanding voluntary service and gained prominence in his or her industry or profession, community, state or nation with their work having a measurable impact; are willing to serve as an ambassador for AUS; and are able to attend the Saturday, June 19th Commencement ceremony (they can live anywhere).

Nominations (including self nominations) may be submitted by any member of the AUS Board of Trustees or AUS Alumni Advisory Council; any current or former AUS administrator, faculty or staff member; current or former AUS student, or any AUS alumnus or alumna.

An official AUS alumni award nominations form must be used and may be obtained from Warn. Completed nominations need to be submitted in a sealed envelope and postmarked no later than **Saturday, May 1st, 2010** to be considered for the 2010 year. All nominations should be addressed to: Eric Warn, director of alumni relations, Antioch University Seattle, 2326 6th Avenue, Seattle WA 98121 or emailed to [ewarn@antioch.edu](mailto:ewarn@antioch.edu). Questions may be directed to him at 206-268-4125.

## Former Student Finds Balance In Returning to AUS to Complete Her B.A. Degree

When **Lysa Hansen**, who works as an advertising executive at *Seattle Metropolitan Magazine*, decided to return to Antioch University Seattle to complete her B.A. degree she wondered if the move was going to make her job and life more difficult. For Hansen, who describes her job as a "very demanding, fast-paced, eating lunch-at-the-desk kind of job," the answer turned out to be "no." In fact, she found the AUS admissions process fairly easy and immediately discovered that she had "literally stepped into a whole new, stimulating community and environment."



Hansen returned because she wanted to complete her degree due to the communications industry being buffeted by rapid change. She began college coursework years ago at Vassar College where she completed two years before transferring to AUS as a B.A. student in 2001. Now she is pursuing a B.A. Liberal Studies degree and considering an M.A. in Strategic Communications degree in the Center for

Creative Change. "I am using my time in the B.A. program to inquire actively into my next career," she said.

"My new academic pursuit has actually added more balance to my life," notes Hansen, who returned to finish her B.A. degree in the fall of 2009. "What I enjoy about higher education is the depth in the work that I do at school and a richness that isn't present in my work life," she said. "I'm a person with curiosity and it's just so great to have a place where I can really talk with other people on different levels. I was so starved for that," she added. She is currently taking and enjoying a course in depth psychology.

Within the B.A. program Hansen is considering the AUS Ladder Option which allows undergraduate students to fast-track into a master's program by taking select graduate courses that will count toward their undergraduate and graduate degrees at Antioch. Up to 12 credits can be counted in Psychology and Education, and ten in the Center for Creative Change. "It saves time and money and that's a terrific advantage," she said.

She is currently taking coursework with an eye toward how she is going to develop in a professional way so that she can progress and integrate what she is learning into her livelihood. In fact she plans to pursue independent study on the subject of right livelihood. "Here again, another great aspect of Antioch is that I'm able to use independent study so that I can engage in a more rigorous way and in a more holistic way," she said.

"The only downside to my studies at AUS is the fact that I've had to curtail reading the *New York Times* and *The New Yorker*," Hansen noted.

ADDRESS SERVICES REQUESTED

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**CALENDAR OF EVENTS**

The following are just a few of the workshops offered by Antioch's Center for Continuing Education. For complete workshop description and online registration, visit: [www.antiochseattle.edu/ce/courses-psychology.html](http://www.antiochseattle.edu/ce/courses-psychology.html) or call Antioch's Center for Continuing Education at 206-268-4111. Be sure to ask for your alumni discount!

These workshops are held at the Antioch campus and are wheelchair accessible. To request reasonable accommodations, please contact the Antioch University Seattle Disability Support Services Office at 206-268-4151 or email [dss@antiochseattle.edu](mailto:dss@antiochseattle.edu)

**Learn to Serve: Bridging the Gap**

**A workshop for leaders, volunteers and staff of non-profit organizations**

Co-sponsored by Executive Service Corps of Washington and Antioch Center for Continuing Education

April 22, 12 - 1:30 p.m., Room 100

This workshop will feature a panel of interim executive directors of non-profit organizations. The panel will be led by Cory Sbarbaro, founder of Turnpoint Consulting and senior advisor at the Nancy Bell Evans Center on Nonprofits & Philanthropy.

Fee: \$25 for the general public. **Free for Antioch alumni, ESC volunteers, and Next Chapter Puget Sound members.**

**Holistic Approaches to Recovery Treatment**

**(a workshop for mental health professionals--six CE Hours)**

Come explore an emerging holistic team treatment model for co-occurring clients, especially youth. This training qualifies as an official orientation to The Seven Challenges: [www.sevenchallenges.com](http://www.sevenchallenges.com).

Friday, April 30, 9 a.m. to 4 p.m.

Tuition: \$130 general; \$120 Antioch alumni, faculty, staff

Instructor: AUS alumna **Marianne R. Rose, M.A., CDP, LMHCA**, is a private practice therapist specializing in the treatment of eating disorders and addictions. She is the clinical director for Vashon Island's Holistic Approaches to Recovery Treatment (HART), a Washington state DBHR outpatient agency. Rose is a certified leader trainer for The Seven Challenges.

**Couples Therapy and Personality Disorders**

**(a workshop for mental health professionals--six CE Hours)**

Personality disorders add additional levels of complexity to couples therapy. Build your skill in using interventions designed to speak to the different "languages" of the various personalities. Learn practical techniques to deal with the various stages of couples therapy.

Friday, May 7, 9 a.m. to 4 p.m.

Tuition: \$130 general; \$120 Antioch alumni, faculty, staff

Instructor: **Steven K. Reed, Ph.D.**, is a clinical psychologist in private practice and is on the faculty of the Masterson Institute. Reed is a frequent workshop presenter for the Washington State Psychological Association. He has taught at the graduate level and has published on subjects including personality disorders, trauma and countertransference.

**Trauma and the Body: Understanding the Neuroscience and Working with Right Brain to Right Brain Communication**

**(a workshop for mental health professionals--six CE Hours)**

Many in the mental health field believe a paradigm shift is occurring in how clinicians think about and treat trauma. Explore the differences between the left brain explicit system and the right brain implicit system. Develop strategies for responding to and intervening with clients from a right to right brain perspective.

Friday, May 21, 9 a.m. to 4 p.m.

Tuition: \$130 general; \$120 Antioch alumni, faculty, staff

Instructor: **Ralph "Trip" Quillman, M.A., ACSW**, is a clinical social worker in private practice for the past 25 years. He has taught workshops on topics including "Borderline Personality: Understanding and Working With Projective Identification" and "Treating Borderline, Narcissistic and Schizoid Personality: What Neuroscience Is Teaching Us About Embodiment, Affect, Cognition and Therapist Self-Regulation."

**Inquiry Based Stress Reduction: A Practical Approach to Mindful Living**

**A workshop for mental health professionals--six CE hours**

Friday, June 4, 9 a.m. to 4 p.m.

Tuition: \$130 general public; 120 Antioch alumni, faculty and staff

Inquiry Based Stress Reduction (IBSR) is a new therapy approach useful with individual clients, couples or in group therapy settings. IBSR is a clinical adaptation of "The Work of Byron Katie." In this introductory workshop, find out how to identify the underlying concepts that cause your clients' suffering. Learn to guide clients through an investigation of each stress-inducing concept using the Four Questions.

Instructor: AUS alum and board member **Anil Coumar, M.A., M.B.B.S.**, is trained as a medical physician in India and a mental health counselor here. He is the director of the Mental Health Clinic at the University of Washington's Hall Health Center. He co-authored a book chapter, "Mindfulness Meditation in the Prevention and Treatment of Addictive Behaviors," published in 2006.

Pre-registration is requested. Visit our website: [www.antiochseattle.edu/ce/courses-nonprofits.html](http://www.antiochseattle.edu/ce/courses-nonprofits.html) or phone the Antioch Center for Continuing Education at 206-268-4111.