

Teaching

SAYBROOK UNIVERSITY, College of Integrative Medicine & Health Sciences, Pasadena, CA Faculty & Mentor (2011-present)

Course development & teaching: **Mind-Body-Spirit Integration (4-day seminar for incoming MS & PhD students); Body-Oriented Approaches to Psychotherapy, Mind-Body Therapies & Practices; Mind-Body-Spirit Applications in Psychotherapy; Movement Modalities for Wellness**

Teaching: **Movement, Exercise & Health; Mind-Body Medicine Overview; Advanced Mind-Body Medicine; Ethics in Health Care; 1-day Mindfulness Training; MS & PhD Professional Seminar; Dissertation & MS Committees**

STEPHEN GILLIGAN

Creative Mind Coaching Certification Training (25 day online training), Group Facilitator (2021-2022)

Generative Trance (12 day training) Teaching Assistant: annually, 2004-2019; Team Leader of Assistants: 2017-2019

SOFIA UNIVERSITY (formerly Institute of Transpersonal Psychology), Palo Alto, CA Associate Core Faculty, Adjunct Faculty (2011-2014)

Right Relationship in Spiritual Guidance; Spiritual Internship III, Lifespan Development, SoulCollage®, Movement (MA Spiritual Guidance)

SOULCOLLAGE® INSTITUTE, Santa Cruz, CA (March 2013-present)

Facilitating SoulCollage®: Deepening Your Role as Facilitator & Practical Skills; Right Relationship: The Ethics of Caring

BASTYR UNIVERSITY, Kenmore, WA Adjunct Faculty (2004-2006) **Addictions and Disorders**

UNIVERSITY OF CALIFORNIA EXTENSION, SANTA CRUZ, Santa Clara, CA (July 1994)

New Perspectives on Clinical Issues in Psycho-Spiritual Crisis (Moving the Physical Body through the Spiritual Journey)

JFK UNIVERSITY, Campbell, CA Adjunct Faculty (graduate level) 1992-1993

Expressive Arts Therapy with Specific Populations: Movement Therapy & the Treatment of Eating Disorders

Seminar in Addiction Studies: Movement Therapy and Addictions

FREELANCE, California, Utah, North Carolina, Madrid (Spain), Massachusetts, Maine, Oregon, Vancouver, BC 1984 – present

Guiding the Journey: Facilitating Transformative Experiences (5-day annual training); **Inner Ethics; Somatic Explorations;**

Chakra Workshops; Generative Trance Training (assisting annual 12-day training with Stephen Gilligan, leading movement sessions each day, since 2004); **Self-Relations Psychotherapy Supervision; Trance Journeys; Moving into Sacred Realms; Dancing with**

Addictions; Group Energy Dynamics; Yoga & Movement Awareness; Movement Explorations

Organization

Faculty Senate, SAYBROOK UNIVERSITY (1/2018-12/2019)

Director of PhD Healthcare Practice Program, SAYBROOK UNIVERSITY, School of Mind-Body Medicine, San Francisco (5/14-8/15)

Founder & Director, SKYOTE MOUNTAIN, 9/2001- present

General operations & organization of workshops and accommodations for retreat facility in Santa Cruz, CA mountains.

Consultant, SPIRITUAL EMERGENCE NETWORK, 5/97- 5/98 (facilitating collaboration with ITP, CIIS, & JFK University)

Ex Officio Member, Board of Directors, SPIRITUAL EMERGENCE NETWORK, 7/95-5/97

President, CAMFT (California Association of Marriage & Family Therapists) Santa Cruz Chapter. 1996

President-Elect, Membership Chair, CAMFT Santa Cruz Chapter. 1995

Coordinator, THERAPISTS FOR SOCIAL RESPONSIBILITY. Santa Cruz, CA. 9/93-5/95

Discussion, consultation, experiential work, & activism concerning interplay of political, social, ecological & spiritual issues.

President, Board of Directors, MOUNTAIN VIEW BRIARPATCH CO-OP (Food co-op). Mtn. View, CA 7/84-7/86

Founder & Director, MOONDANCE (Dance company). Ft. Lauderdale, FL 11/82-8/83 Presenting dance in non-traditional settings.

Assistant to the Director, UNIVERSITY CENTER (Dance & theatre school). Ft. Lauderdale, FL 5/82-8/83

General operations & organization; teaching.

Awards

TCS EDUCATION SYSTEM, The Presidents' Award for Innovative Teaching, awarded July 10, 2019

"For outstanding use of technology, innovative pedagogy, and radical cooperation in teaching and learning during academic year 2019"

Psychotherapy & Counseling

SHINE A LIGHT COUNSELING CENTER, INC. Santa Cruz, CA. Supervision of trainees & associates. 12/20-present

PRIVATE PRACTICE. Santa Cruz, CA. On-going psychotherapy, coaching, supervision, & consulting 6/95-present

(As MFT intern under supervision, 9/92-5/95)

FAMILY SERVICE ASSOCIATION, Santa Cruz, CA. Individual & couple psychotherapy as MFT Intern. 9/91-9/92

STAR LODGE HOSPITAL, Scotts Valley, CA. Individual & group therapy, movement therapy, and education with eating disorder, chemical dependency & dual diagnosis patients. Assisted in the development of an eating disorder program. 4/90-4/93

Conference Presentations

TCS ACADEMIC ASSEMBLY Online, July 13-15, 2021

Transcendent Self-Care: Saybrook's Mindful Moments (presented with Luann Fortune, PhD & Jennifer DeDecker, MS)

AMERICAN CENTER FOR THE INTEGRATION OF SPIRITUALLY TRANSFORMATIVE EXPERIENCES Atlanta, GA, November 14-16, 2019

Bringing Transformation Home (1 hour presentation), and **Grounding exercise at the end of each day**

ASSOCIATION FOR TRANSPERSONAL PSYCHOLOGY Asilomar, CA, April 12-14, 2019

Embodying Our Evolving Resources: Past, Present, & Future (1 hour workshop)

THE CLINICAL APPLICATIONS OF SOULCOLLAGE® Los Gatos, CA, September 15-18, 2016

Ethics (3-hour presentation & table moderator, with Kylea Taylor, Continuing Education session)

MANY VOICES: GUIDED IMAGERY & MUSIC IN THE WORLD 23rd International Conference of the Association for Music & Imagery

Elizabeth, NJ July 15-18, 2015 **Inner Ethics** (Continuing Education session)

THE ALCHEMY OF SOULCOLLAGE®: 5TH International SoulCollage® Facilitators Conference Stevenson, WA October 24-27, 2013

Emcee for 4-day conference with 220 participants

ACROSS THE THRESHOLD: CREATIVITY, BEING, & HEALING CONFERENCE Durham, NC, February 28-March 3, 2013

Becoming Agents of Transformation (2 hour workshop); **Bringing Transformation Home** (part of panel discussion)

ASSOCIATION FOR TRANSPERSONAL PSYCHOLOGY Atherton, CA, February 17-19, 2012

Bringing Transformation Home (1 hour presentation)

AMERICAN PSYCHOLOGICAL ASSOCIATION, Washington, DC, August 2011

The Challenges of Integrating Transformative Workshop Experiences (poster presentation)

UNITED STATES ASSOCIATION FOR BODY PSYCHOTHERAPY CONFERENCE, Pleasant Hill, CA, October 22-24, 2010

The Challenges of Integrating Transformative Workshop Experiences (poster presentation)

ASSOCIATION FOR TRANSPERSONAL PSYCHOLOGY Atherton, CA, February 12-14, 2010

Post-workshop Psychospiritual Integration (part of a panel: Reaching for Connection)

BODY, MIND, & SPIRIT CONFERENCE, University of Wisconsin-Stout, WI, October 30, 2009

Inner Ethics: Examining Countertransference with Compassion (1 day pre-conference workshop presented with Kylea Taylor)

ASSOCIATION FOR TRANSPERSONAL PSYCHOLOGY Palo Alto, CA, February 13-15, 2004

Transpersonal Exploration of Ethics (2 hour workshop presented with Kylea Taylor)

2ND SELF-RELATIONS PSYCHOTHERAPY CONFERENCE (Stephen Gilligan's therapy model), San Marcos, CA, July 27-28, 2003

Somatic Awakenings to Sponsorship (1 1/2 hour experiential presentation)

1ST SELF-RELATIONS PSYCHOTHERAPY CONFERENCE Encinitas, CA, July 23-25, 1999

Movement Meditation for Self Relations (1 hour experiential presentation)

ASSOCIATION FOR TRANSPERSONAL PSYCHOLOGY Annual Conference, Asilomar, Monterey, CA, Aug. 1-4, 1996

Connecting with Body, Connecting with Earth (1 hour workshop)

SACRED EARTH, SACRED SELF, Prescott, AZ May 9-12, 1996

Connecting with Body, Connecting with Earth (1-day workshop) also led Opening & Closing Ceremony, 2 Community Circles

COMMON BOUNDARY 15th Annual Conference, "Inner Ecology, Outer Ecology," Crystal City, VA, Nov. 10-12, 1995

Soulful Living (1-day workshop presented with Duane Elgin)

Education

SAYBROOK UNIVERSITY, San Francisco, CA

PhD Psychology, (Consciousness & Spirituality concentration), November 2009

Dissertation Committee: David Lukoff (Chair), Stanley Krippner, Allan Combs

JOHN F. KENNEDY UNIVERSITY (South Bay Campus), Campbell

M.A. Clinical Psychology (Addiction studies specialization), December 1991

UNIVERSITY OF CALIFORNIA, Santa Cruz

B.A. Ritual & the Arts in Cross-Cultural Perspective (psychology, anthropology, dance & theatre, religious studies), Dec. 1982

Independent Major Committee: Noel King (Chair), Frank Barron, Stuart Schlegel

Publications

Vega, S. (Spring 2019). Entering creative consciousness: Moving into deep connection. *Coreopsis Journal of Myth & Theatre*.

<http://www.societyforritualarts.com/coreopsis/spring-2019-issue/portfolio-item/entering-creative-consciousness-moving-into-deep-connection/>

Vega, S. (2017). Moving into sacred realms. *Coreopsis Journal of Myth & Theatre*, 6(2).

<http://www.societyforritualarts.com/coreopsis/autumn-2017-issue/portfolio-item/moving-into-sacred-realms/>

Vega, S. (2005). Movement practices for Self-Relations Therapy. In S. Gilligan & D. Simon (Eds.), *Walking in two worlds: The relational self in theory, practice, and community*. Zeig, Tucker & Thiesen.

Vega, S. (2005). Breathing into fear: Psychospiritual approaches for treating anxiety. In G. S. Khalsa & S. Mijares, (Eds.), *The psychospiritual clinician's handbook: Alternative methods for treatment and understanding of mental disorders*. Haworth Press.

Editor, *Spiritual Emergence Network Newsletter*, 12 page semi-annual publication of SEN, October 1994-May 1997

Vega, S. (1996). Reaching for consciousness. *Spiritual Emergence Network Newsletter*, Winter 1996.

Wider Perspectives, regular column in Santa Cruz CAMFT Newsletter, Mar/Apr 1994-Nov/Dec 1995

Judith, A. & Vega, S. (1993). *The sevenfold journey: Reclaiming mind, body & spirit through the chakras*. Watsonville, CA: Crossing Press. (translated into 6 languages).

Vega, S. & Hanich, L. (March 28, 1991). Recovering from Eating Disorders (with Lydia Hanich) in *The Observer*, Monterey, CA.

Research Projects

Danda Nata Festival. Member of Earthwatch research team investigating the Danda Nata in Orissa, India, a festival rich in ritual and performance aspects. Participant-observation and recording of rituals. Primary investigators: Chandrabanu Pattanayak & Vibha Sharma (McGill University). March 24-April 14, 1996

Sacred Space in Bali. Member of Earthwatch research team investigating ritual arts and sacred architecture in Bali. Participant-observation and recording of rituals, interviewing ritual dancers, photography. Primary investigators: Ann Norton Wood and Hans Guggenheim. August 1992

Television & Radio Appearances

"NorthernSpirit Radio" Interview about Inner Ethics as part of the 13th Body, Mind, Spirit conference, 10/18/2009

"Changes" KKUP FM Radio, interview on working with the Chakra system, 5/94

"Till Morning Come" KKUP FM Radio, interview on Movement, Ritual, the Chakras, & Spirituality, 2/24/93

"News" KSBW TV, brief interview about holiday depression, 12/92

"Kruzin" KRUIZ TV, interview about eating disorders, Spring 1990

CABLE TV, Ft. Lauderdale Museum of Art's program, "Sculptured Paintings" dance piece created for Dorothy Gillespie exhibit, 11/82

"Montage" NBC TV, "A Place to Create," a documentary about Fairmount Center, 1973

Psychotherapy Related Training

MDMA Therapy Training Program

Multidisciplinary Association for Psychedelic Studies (MAPS), In progress, 100-hour training, September-December 2021

Trauma & Attachment

Attachment Mastery Program with Diane Poole Heller, April 2018

2-day Trauma Conference: The Body Keeps Score—Trauma Healing with Bessel van der Kolk, May 2018

Mind-Body Medicine

Advanced Mind-Body Medicine Training: Center for Mind-Body Medicine, January 2012

Professional Mind-Body Medicine Training: Center for Mind-Body Medicine, October 2011

SoulCollage® Facilitator Training: Seena Frost & Mariabruna Sirabella, September 2012

Hypnotherapy & Self-Relations Psychotherapy

Ericksonian Hypnosis & the Generative Self, Adv. Hypnosis & the Core Identity Process (12 days): Stephen Gilligan, Ph.D. July 2001

Teaching Assistant: annually, 2004-2019; Team Leader of Assistants: 2017-2019

Self-Relations Supervision (4 days each): Stephen Gilligan, Ph.D., 20 supervisions, between 6/2000-8/17

Self-Relations Therapy with Couples (2 days): Stephen Gilligan, Ph.D., April 2004

Hypnosis & the Generative Self (6 days): Stephen Gilligan, Ph.D., July 1999

Engaging the Other: The Power of Compassion (4 day conference): September 2008

Ethics

Intimate Partner Violence (2 hr. home study training): Ofer Zur, Ph.D. 2004

To Dual or Not to Dual: Ethics and Dual Relationship (1 day): Ofer Zur, Ph.D. 2004

The Heart & Soul of Change (1 day): Scott Miller, Ph.D., 2002

Pharmacology: An overview for the Non-Prescribing Clinician (1 day): Jerry Solomon, Ph.D. December 2001

Medical, Psychological & Social Aspects of HIV (1 day): Jerry Solomon, Ph.D. April 1999

The Presence of Soul in Brief Therapy (1 day): January 1999

Process Oriented Psychology

Addictions & Relationships (6 days): Arnold & Amy Mindell, July 1990

Countertransference (2 days): Joe Goodbread & Kate Jobe, June 1990

Dance Therapy & Somatics

The Science of Connection: Honoring Our Somatic Intelligence, US Association for Body Psychotherapy Conference, Nov. 2018

Body Wisdom Somatics Congress, February 1999

The Living Body, 1st International Somatics Congress, October 1995 (offered poster presentation with Anodea Judith)

Bay Area Movement Symposium, JFK University, September 1992

American Dance Therapy Association Conference, November 1991

Neala Haze, JFK University course (part of MA Clinical Psychology program), Summer 1990

Moshe Feldenkrais, Awareness through Movement 4 day intensive, March 1981

Joanna Harris, UCSC extension course, Summer 1977

New Ways of Being: 10 day intensive: Jean Houston, June 1979