

DISSERTATION NEWSLETTER

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Plundering Bibliographies

by Safron Rossi, PhD

Seasoned and novice scholars know what it's like to come upon that book (or article) which magically opens up onto the next path of research. Whether it provides the intellectual or historical context to our topic, more easily translates thorny ideas into digestible ones, supports our thesis thereby becoming a key text, articulates something we know *we know* but up until reading it we hadn't been able to articulate...in sum, that feeling of our perspective expanding and solidifying at the same time.

So we quote, paraphrase, argue with and lean up against the scholars who cut a path before us in a landscape of thought. And we emulate and imitate the style of those we admire. That is as it should be.

I have found though that there is an oft-overlooked dimension that the text is grounded upon, literally; providing the foundation, the physical backbone of every idea explored is the bibliography. And every dissertation student can become masterful in the art of bibliography plundering.

A good bibliography guides you through a subject, opening up new paths of inquiry and broadening your knowledge of the field. It is a golden treasure map, a mythical family tree, that leads you into the deeper and interconnected realms of fine scholarship and big ideas. Others have come before you, you are reading their article or book and they've done a heck of a lot of research to produce the work you are pouring over—so why not make use of their labor in service to your own?

And it's the one thing you don't have to cite.

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[Dissertation Handbooks & Forms](#)

[Upcoming Oral Defenses](#)



A few ways to plunder well*:

1. Plundering makes research more efficient.

Bibliographies of journal articles related to your topic allow you to hone in and follow a thread that is related to what you are really seeking.

2. Separate reliable, peer-reviewed sources from the unreliable or out-of-date.

Just because it's in print does not mean its true, accurate, or reliable scholarship. A peer-reviewed bibliography is assurance that experts in the field have reviewed the information.

3. Establishes classic, foundational works in a field.

We stand on the shoulders of giants. Current academic debate is shaped by many voices over years of scholarship. Specific texts become critical taproots of ideas and it is important to be able to identify what those essential texts are.

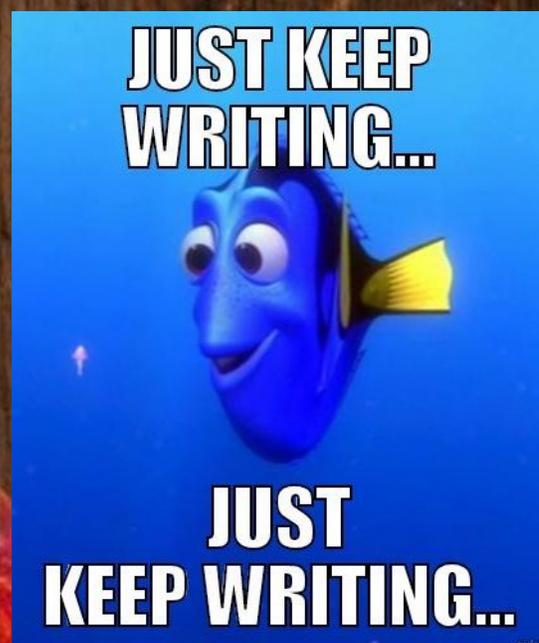
Happy foraging!

—Safron Rossi, PhD, Associate Core Faculty in the Depth Psychology Jungian and Archetypal Studies program

*These 3 points were adapted from Alice Northover "Ten Ways to use a bibliography" from Oxford University Press's Academic Insights for the Thinking World, visit <http://blog.oup.com/2013/08/ten-ways-to-use-a-bibliography/>.



Flowers and a bat house in Pacifica's organic garden. Photo by Robyn Cass.





More Resilient Than You Realize

By Justin M. Weiss, Ph.D.

Are you overwhelmed by the daunting task of completing your dissertation and don't know where to begin? Have Netflix binges become an avoidance strategy to help fully disassociate from the dissertation process? Although such questions might raise doubt about completing your dissertation, overcoming the arduous tasks to reach the dissertation phase proves you have the wherewithal necessary to succeed. For instance, comprehending complex depth psychology coursework, working tirelessly to earn practicum hours, driving or flying far distances to attend class, conjointly working full-time or part-time jobs, and caretaking for children or other family members, highlight some of the unique responsibilities Pacifica students face. Overcoming such challenges proves you are resilient—and your resilience can be cultivated again to complete your dissertation.

In my dissertation I interviewed a Holocaust survivor, a NASA rocket-scientist raised in poverty, a university professor diagnosed quadriplegic as a teenager after a car accident, a Hall of Fame wrestler and world-record holding mountain climber born without arms and legs, a Civil Rights leader who headed the nonviolence movement with Dr. Martin Luther King, Jr., and an acclaimed humanitarian photographer triple amputated after stepping on an explosive when photo-journaling the Afghani war, to learn how resilient people overcome adversity. Reflecting on the findings of my study, I noticed lessons from resilient people were applicable to students struggling to complete their dissertation.

For instance, resilient people gain internal support by relying on external support systems—garner support from a loved one and notice how it might reverberate in you. Resilient people experience a full range of emotions—acknowledge, nurture, and integrate your doubt and fear rather than suppress it as doing so might generate a turning point. Resilient people make a decision to overcome adversity—you might gain conviction upon declaring: “No matter what challenge presents itself, I will complete my dissertation.” Resilient people find opportunity in adversity—challenges within the dissertation process might provide opportunities for novel ideas to emerge. Resilient people experience an ineffable, tacit phenomenon within that propelled them past adversity, a phenomenon described in depth psychology literature as soul, daimon, psyche, or Self—pay attention to internal aspects that propel you throughout the dissertation process. Furthermore, the fact that you are reading this article means you are in the dissertation phase, which undoubtedly confirms you have already faced and overcame tremendous adversity to cross into this threshold; thus it appears...you might be more resilient than you realize.

—Justin Weiss is a 2016 graduate of Pacifica's clinical psychology program. The title of his dissertation is, *Source of Resilience: A Phenomenological Study*.



Watch a Pacifica Oral Defense Online!

Daphne Dodson, a Depth Psychology Jungian and Archetypes Studies student, did a beautiful job defending her dissertation titled, *Tending Memory: A Phenomenological Study of Engaging Memory as Living Image*. The presentation portion of Daphne's oral defense is available on Pacifica's YouTube channel, or by clicking [here](#).

Congratulations, Daphne, on an outstanding dissertation and oral defense!



Daphne Dodson at her oral defense.
Photo by Nikole Hollenitsch.



Represent Ideas Graphically

By Allan W. Wicker



A casual scan of such journals as *Science*, *American Scientist*, and *Scientific American* suggests that researchers in the physical and biological sciences make greater use of graphic presentations than do psychologists. We may be overlooking a powerful tool. In the developmental stages of a research problem, a pad of large drawing paper and a set of multicolored pens may be more useful than a typewriter. Visual images and sketches of problems can be liberating to researchers accustomed to representing their ideas only in linear arrangements of words, sentences, and paragraphs. Kurt Lewin, who used diagrams extensively, reportedly was ecstatic upon discovering a three-colored automatic pencil, which he carried everywhere to sketch his ideas (R. G. Barker, personal communication, April 10, 1983).

Many kinds of graphic schemes can be used to explore ideas and communicate them to others. Tabular grids, organization charts, flow diagrams, topological regions, and schematics are examples of abstract graphic languages. They have their own grammar and syntax and can be used to portray a variety of contents....

In freehand idea sketching, there are no rules to be followed. With practice, researchers can fluently represent and explore their ideas and boldly experiment with relationships just as artists, composers, and urban planners have profitably done (McKim, 1972).

Wicker, A. W. (1992). Getting out of our conceptual ruts: Strategies for expanding conceptual frameworks. In A. E. Kazdin (Ed.), *Methodological issues & strategies in clinical research* (pp. 44-45). Washington, DC: American Psychological Association.

Recently Published Pacifica Dissertations

Robert Beridha, PhD,
Clinical Psychology,
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Individuation in Six Gender
Variant People*

Darlene Bierig, PhD,
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*Navigating the Drought:
A Policymaker's Perspective
on Montecito's Drought Response*

Darlene Dowdy, PhD,
Mythological Studies,
*Harbingers of Change:
Images and Archetypes of
Imminent Transformation*

Michael Grubb, PhD,
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*Concurrent Psychotherapy and
Twelve-Step Recovery for
Compulsive Overeating:
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The Impact of Labor and Birth
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Raquel Yossiffon, PhD,
Mythological Studies,
Woman, Voice, and Civic Society



Stone benches on Pacifica's Lambert Road Campus. Photo by Rachel Reeve.

These dissertations are now available on [ProQuest](#)
and in the [Pacifica Research Library](#).