

# DISSERTATION NEWSLETTER

Spring Quarter, 2016

## Daimon as Motivator

By Elaine Danielle (Clark) Wise, PhD

I remember the first time I was consciously aware of that voice nagging me about my worthiness. Sometime during my first program at Pacifica I was standing at my pantry when that threshold guardian, always disguised as a protector, said very loudly and clearly, "Who do you think you are? You can't possibly do something like this!" I stayed, gambling I had nothing to lose since I hoped to get a job to pay my loans back!

Since that day, I have been conscious of how that little daimon loves to shake me up. It taps into the haunting from childhood, those wounds that remind me I'm not good enough: don't be vulnerable or something terrible will happen! For every accomplishment that little daimon has ten failures to remind me of.

While writing my dissertation it got louder and started winning. I was called to write about my childhood trauma and I got stirred up differently as I deepened into listening to my story, meeting my memories.

I procrastinated and my chair reminded me I was percolating. I got sick and Romanynshyn reminded me in *The Wounded Researcher* I was heeding the call. I felt paralyzed and I'd return to Jung and *The Red Book* to remember I could go into the wound, still live my life. and—perhaps, I hypothesized—change my perspective about my journey and my relationship with this self appointed protector. Then, one morning in the depth of the darkest moment I awakened to this chant: "You have nothing to offer to this world. You have nothing to say in this world." I was shaking, sweating, feeling the anxiety that I had met the truth. I had come to the end of this journey. I lay there for hours in the dark wrestling with the fear.

Then I boldly faced this daimon. My research was to meet the imaginal and allow it to arise in dreams, art, and creative writing. I chose to be willing to meet the past with the present.

Continued on page 2



Opus Archives is now accepting applications for the 2017 Christine Downing Dissertation Fellowship. For more information and to apply, click [here](#).



All tedious research is worth one inspired moment.  
—Uta Hagen

Connect to Pacifica  
Online



[Dissertation Resources](#)



## Diamon as Motivator, continue from page 1

Here is my daimon. I know what it looks like; I know what it feels like. In the moment of meeting I no longer need be paralyzed by my innermost fear. My research did change my life, my perspective. It is while facing these doubts we step up and engage our lives by standing up to the threshold guardian. My daimon, that will always rise to face self-doubt, is not a negative presence but a motivator to leave that past behind and move into a new future: To heed the call to adventure.

—Elaine Danielle (Clark) Wise is a 2016 Ph.D. graduate of Pacifica's Depth Psychology-emphasis Somatics and 2002 Pacifica graduate M.A. Counseling Psychology. Dani offers workshops, retreats, coaching, and psychotherapy through WiseLife Consulting. She teaches somatic communication at University of Denver, University College and is a therapist at Arapahoe Community College. She recently launched [www.ObolandCake.com](http://www.ObolandCake.com) with a fellow Pacifica alum, offering gift boxes for grief and change held by the myth of Psyche—reminding us that when we are confronted with our darkest moments, there is always support to guide us through.



Day 7. I have successfully conditioned Pavlov to smile and write notes each time I drool.



*You are cordially invited to...*

## Thesis Presentation Day

Friday, May 27th, 9:00am-5:00pm  
Ladera Lane Campus, Rooms A, B, & G

Thesis Presentation Day is an opportunity for the graduates of the 2016 Master's in Counseling Program to give a 15-20 minute presentation on their thesis. Come to listen, support, and engage with students celebrating this exciting academic milestone.

## George Orwell's Rules of Writing

1. Never use a metaphor, simile, or other figure of speech which you are used to seeing in print.
2. Never use a long word where a short one will do.
3. If it is possible to cut a word out, always cut it out.
4. Never use the passive where you can use the active.
5. Never use a foreign phrase, a scientific word, or a jargon word if you can think of an everyday English equivalent. (p. 359)

Orwell, G. (1984). *Politics and the English Language*. London: Penguin. (Original work published 1946)



## Recent Pacifica Dissertation Publications

Sherrie Allen, Depth Psychology, *Transforming Rage: Revisioning the Myth of the Angry Black Woman*

Patrice Jacob, Clinical Psychology, *The Technological Mediation of Psychopathologies: Depth Psychology and the Philosophy of Technology*

Alanna Kaivalya, Mythological Studies, *Yoga as Personal Mythology: Blending Psychology, Mythology and the Wisdom of East and West to Revision the American Yoga Practice*

Annie Maddox, Clinical Psychology PsyD, *Psychoanalysis: A Philosophy of Mind*

Nihal Makhoun, Clinical Psychology, *The Nomadic Identity: The Phenomenon of Being Arab American Muslim Women in the Post-September 11 American Society*

Raïna Manuel-Paris, Mythological Studies, *The Song of the Handless Maiden: A Feminine Journey from Silent Devastation to Authentic Song*

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

Richard Caro, Clinical Psychology, *The Heroic Shadow: Development of the Ego/Shadow Complex*

Susan Chaney, Mythological Studies, *The Embodied Experience of Rising Consciousness: The Somatics of the Energy of Desire and Practices for Expanding Self-Awareness*

Elaine Clark, Depth Psychology Somatic Studies, *Somatic Communication: Transforming Trauma Perceptions Through Memoir and Fairy Tale*

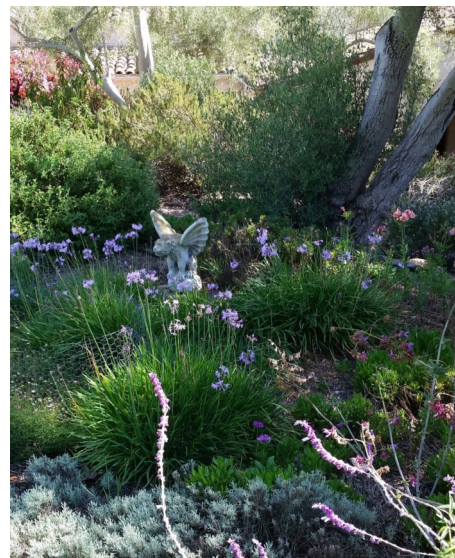
Deborah Cluff, Depth Psychology Psychotherapy, *Re-Assembling the Self: Embodying Shame through Assemblage Art*

Rebecca Diggs, Mythological Studies, *From Glowing Fire to Flickering Screen: Hermes and Television as Mythological Siblings*

Joe Elenbaas, Mythological Studies, *Excavating the Mythic Mind: Origins, Collapse, and Reconstruction of Personal Myth on the Journey Toward Individuation*

M. Tirzah Firestone Friedman, Depth Psychology CLE, *Transforming Jewish Historical Trauma: Tales of Choice and Redemption*

Robert Guyker, Jr., Mythological Studies, *Myth in Translation: The Ludic Imagination in Contemporary Video Games*



Gremlin on Lambert Road Campus.  
Photo by Rachel Reeve.

## Recent Pacifica Dissertation Publications

Sherry Martyn, Clinical Psychology, *Facilitating Self-Forgiveness in Psychotherapy: Clinical Perceptions on The Efficacy of Treatment Interventions*

Tiffany Nowlan, Clinical Psychology, *Adoptees' Experiences Through a Depth Psychological Lens: An Interpretive Phenomenological Study*

Clara Oropeza, Mythological Studies, *A Myth of Her Own: A Study of Anaïs Nin's Self-Life Writing*

Emmanuelle Patrice, Mythological Studies, *The Alchemic Mythos of the Elements in Psyche and Nature: A Philosophical and Depth Psychological Evaluation of Interconnectedness*

Kathleen Paxton, Depth Psychology Psychotherapy, *Women's Recovery from Relational Violence: Reconnection to the Divine Feminine Through Calcinatio and the Withdrawal of the Animus Projection*



Prayer wheel on Lambert Road Campus.  
Photo by Robyn Cass.

Pamela Perry, Clinical Psychology, *A Phenomenological Study of Identity and Meaning in the Lives of Older, Never-Married Women*

Pamela Percy, Clinical Psychology, *Mourning and Transformation: A Phenomenological Study of Living Through the Journey of Grief*

Haydeé Roviroso, Mythological Studies, *Interconnections between Ecological Consciousness and Contemporary Art*

Daria Spino, Clinical Psychology, *The Psychological Impact of Living in a Family with an Autistic Sibling*

Duraiyah Thangathurai, Depth Psychology, *Wounded Patients, Wounded Doctors, Wounded Healers: Healing Our Fragmented Medical System*

John Valenzuela, Clinical Psychology, *Psyche's Response to the Intersections of Cultural Complexes: Mexican American Male Identity Formation*

Brian Weber, Depth Psychology Jungian & Archetypal Studies, *Seeing Through Crossed Eyes: The Psychological Wounding of Infantile Esotropia*

Shaun Whitaker, Depth Psychology, *Competitive Swimming and Everyday Life: A Narrative Approach*

Julie Yau, Depth Psychology Somatic Studies, *The Constructive and Destructive Potential and Possible Lifelong Implications of Tonic Immobility in Infancy*

Karin Zirk, Mythological Studies, *Using Imaginal Mythology to Enhance Well-Being in Family Caregivers*

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