



DISSERTATION NEWSLETTER

Winter Quarter, 2019

Remembering to Play

Have you had the experience of sitting down to work on your dissertation, only to find yourself still staring at a mostly blank screen hours later? Ideas crowd your mind but can't seem to make their way onto the page? You feel stuck, and the inner critic's voice takes over: "You'll never finish this work."

WORK For me, this Work is a noun with a capital W, implying a vocation, a calling to an important inquiry. The Work may be hard but it is exciting; the calling itself alchemically participates in getting words onto the manuscript page. But when we think of work as a verb—the laborious “doing” of writing—work may become activity to “fulfill duties.” We “exert” ourselves “physically or mentally in a sustained effort for a purpose or under compulsion or necessity” (Work, 2019). Duty? Compulsion? Necessity? No wonder we get stuck.

Who is visiting when we get stuck? I asked myself this question once when I was hopelessly stopped at the beginning of a term paper. I realized that I could ask the stuckness itself, a feminine figure whom I named Stoppage, what message her visit held for me. I noticed that Hermes was with her. They explained, “We are here to stop you, and remind you of the delight of simply noticing. Just notice who is in the transferential field. They have come to play.” (I literally typed their words into my document.) I had forgotten about the importance of play. Pat Berry (1982) then surfaced in memory, recalling that “within stasis we find movement; in that awe-full image of stopping there is a rush of wings.” Stoppage disappeared soon after I realized that my writing wings were taking me in a different direction from the duty of getting the paper written to the play of engaging the images in the Work. As I imaginably chatted with figures from the topic of the paper, words began to dance onto the manuscript page.

When you play with the visitors in your Work, notice their unorthodox advice: talk to everybody, seen and unseen—you are not going crazy; let go of linearity—start typing in the middle of a thought (organize later); appreciate small advances—two pages a day become an entire proposal in two or three months; notice funny, even uncanny, mistakes and typos—they can lead to profound insights; go see that frivolous movie—it may connect to the Work in ways you never expected.

PLAY

—Sabine Oishi, PhD, Faculty and Associate Research Coordinator of Depth Psychology Integrative Therapy and Healing Practices

Berry, P. (1982). Stopping: A mode of animation. In *Echo's subtle body* (pp. 53–79). Dallas, TX: Spring.

Work. (2019). In *Merriam-Webster*. Retrieved from www.merriam-webster.com/dictionary/work

Gods in the Wound of Dissertation

Since Jung reminded us that, "Zeus no longer rules Olympus but rather the solar plexus," one has to ask: Which gods have you in their grips as you wrestle with your dissertation? Romanyshyn's wounded researcher trying to produce wounded research tends to constellate a dissertation wound which means a god (or gods) will reside at the archetypal core of your endeavor. You are doing the work and the work is working on you, whether you want it to or not.

It seems that most Pacifica students successfully complete their studies in their program of choice, many against formidable odds and obstacles (e.g., cross country travels, juggling job and family pressures, illnesses, finances, inner demons, etc.). And yet, despite that tempering, many of us, perhaps more than we want to admit, become lost at sea during the dissertation writing period after formal academic classes at Pacifica end.

Is this perhaps a Dionysian dismembering of our best intentions to complete the dissertation? A heavy Saturnine quality of lead holding down the work? What subterranean forces hold you captive during this trying time? What voices do you hear?

If Pacifica has constellated itself as a "good enough mother," are you now forsaken with the full emergence of the orphan archetype? Who is at the core of that wound for you?

Like Orpheus, will you fail to rescue your dissertation from your own underworld? Will you be unable to just keep walking forward without looking back in order to bring her out into the light of day?

Which gods may need to be invoked or honored in order to actually finish your work?

Perhaps our old friends Apollo and Vulcan are in need of some recognition? I call them old friends because they are most present in our first half lives, and often they are the first two left at the door as we immerse ourselves in the underworld work at Pacifica.

Be careful that an Apollonic or Vulcanic invocation does not also invite Icarus, whose dissertation, I suspect, would have touched the sun if he'd had his druthers. Ask to be just waxy and Moxy enough to stand at the forge, hammer the base metals, purify the ores, and craft your words. Seek just enough ego strength to forge just a good enough piece of work, and save the sun touching for another day!

— Tony Delmedico, PhD, is a 2018 Depth Psychology with an Emphasis in Psychotherapy graduate. Dr. Delmedico is a Marriage and Family Therapist and an AAMFT Supervisor in private practice in North Carolina.



Making the Most of Your Dissertation Committee

Know Your Committee

If you have a committee that is formed and functional, it's largely due to their interest in your topic and/or method. The easiest way to keep your committee engaged is by appealing to their interests. How do you do that? By knowing who your committee members are and what they are researching or have researched. Where do their passions lie? . . . While you are doing your research you might just uncover something of interest to one or more of your committee members. The easiest way to engage your committee is to get them discussing what they are passionate about. Which, conveniently, should be what *you're* passionate about.

Keep the Committee Informed of Your Progress

Become a critically reflective practitioner. Make it a point to periodically update your committee concerning where you are most engaged currently, where you're struggling and what you're doing to overcome that, what has surprised you most in your research and/or its development, and what major benchmarks or accomplishments have been achieved.

Ask for Focused Help

Knowing your committee and their interest and research allows the doctoral candidate to know the content and methodological resources and knowledge base resting within the committee. It allows the candidate to smartly query the committee for help when it becomes necessary. This is not manipulation, this is developing a working relationship through taking the time to know their work and interests.

Be a Professional

Your committee is likely populated by engaged scholars and practitioners in their field. These are people who are often in high demand, who hold engaged and often aggressive work agendas. Be respectful of their time—honor it! Don't ignore their advice even if you disagree with it. The easiest way to shut down a committee member is to not value their efforts. If you do not agree then this is the place to support and defend your position. Not by opinion, but through diligent research. I guarantee that, while they may not agree with you or your assertions, they will respect you for the thoughtful effort. Keep in mind that, when you walk across that stage on graduation day, what we are saying to you is, "welcome colleague." Begin your journey towards becoming my colleague today.

McCaslin, M. L. (2015, May 26). Five tips for making the most of your dissertation committee [Web log post]. Retrieved from <https://research.phoenix.edu/blog/five-tips-making-most-your-dissertation-committee>



Humming bird on Lambert Campus fountain.
Photo by Robyn Cass.



CONTROL GROUP



OUT OF CONTROL GROUP.

Pacifica Web Links

[Dissertation Webpage](#)

[Upcoming Oral Defenses](#)



Recently Published Pacifica Dissertations

Ryan Robert Adamczyk, Depth Psychology
Jungian & Archetypal Studies,
*Reimagining Physical Disability: A Second Look
at its Phenomenal and Archetypal Significance*

Celena Allison, Depth Psychology
Jungian & Archetypal Studies,
*The Sandy Hook Moment: A Window to
Individualism Unhinged and Eros Disconnected*

Annika Linnea Andersson, Mythological Studies,
*Healing Through Photography:
Developing the Latent Image of the Psyche*

Robert Antonacci, Clinical Psychology PhD,
An Exploration of Aging in the Gay Community

Tamar Bat El, Clinical Psychology PhD,
*The Curative Effects of Trauma
on the Wounded Healer*



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

Allyson Kathleen Bell, Clinical Psychology PhD,
*Exploring Expressions of Intergenerational
Trauma Among Japanese Americans*

Michelle Catherine Bitting, Mythological
Studies, *An Un-becoming Creativity—
Death, Destruction, and Solitude in the
Making of Poems and Path to Individuation*

Elizabeth MacLeod Burton-Crow, Depth
Psychology CLE, *Poultry, Parrots, and People:
Exploring Psyche Through the Lens of Avian Captivity*

Anthony Andrew Delmedico, Depth
Psychology Psychotherapy, *Eros Burning:
Men in the Middle of Divorce*

Nitsa M. Dimitrakos, Clinical Psychology PhD,
*Maiden of the Mer:
An Imaginal Approach to Female Voice*

Brian Falk, Depth Psychology Somatic Studies,
*Smell Your Reflections:
On the Soul's Meaningful Scent Images*

Brian Daniel Gleason, Depth Psychology
Psychotherapy, *Sex Radicals: How Depth
Psychology Understands Gay Men and Meth Sex*

Elisa Hallerman, Depth Psychology
Somatic Studies, *Soulbriety*

Michelle Hansel, Clinical Psychology PhD,
Trauma, the Psyche, and the Soma

Brooke Hughes, Depth Psychology
Somatic Studies, *Empathy and Centering Prayer*

Lauren Camille Jarmie Harris, Clinical Psychology
PhD, *A Hermeneutic Analysis of the Cultural
Significance of Interpersonal Neurobiology*

Jennifer Warren Lentenbrink, Clinical
Psychology PhD, *The Desexualization
of Contemporary Psychoanalysis*

*Recently Published Pacifica Dissertations
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Recently Published Pacifica Dissertations

Dawn Marie Loerch, Depth Psychology Somatic Studies, *The Experience of Referrals Between Depth Psychotherapists and Somatic Practitioners*

Fiona Graham Macleod, Clinical Psychology PhD, *The Evolution of Unconscious-to-Unconscious Communication Within Psychoanalysis*

Sherry Mandan, Depth Psychology Somatic Studies, *Accessing the Neuromyofascial Web: Embodied Pathways to Healing in Dance/Movement Therapy*

Joyce E. Martella, Depth Psychology, *A Path of Discovery and Healing for Second Generation Cult Survivors with Complex Trauma*

Jamie Caitlin McLaren, Clinical Psychology PhD, *Implications of Dissociation in the Clinical Treatment of the Ego-Centric Paradigm*

Marcia Berk Nimmer, Clinical Psychology PsyD, *Depth Psychological Perspectives on Finding Meaning in Later Life*

Courtney Schnacke Sasse, Depth Psychology Somatic Studies, *Alive for Death: Exploration of the Death Doula*

Sreemala S. Setty, Mythological Studies, *Creating Consciousness, Building Relationships, Making Whole: Insights into Integrating Psyche from the Hindu Tradition*

Katherine W. Smith, Clinical Psychology PsyD, *The Clinician Experience of Treating Suicidal Patients*

Marni Winkel-Reeve, Depth Psychology Jungian & Archetypal Studies, *Eros Rising in the Outskirts: Anadyomene of the Feminine in Mormon Culture*

Twyla Yoshida, Mythological Studies, *Supporting Background: An Autoethnographic Look at Three Jicarilla Creation Myths*

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



View from Pacifica's Ladera Lane Campus. Photo by John Ziegler.