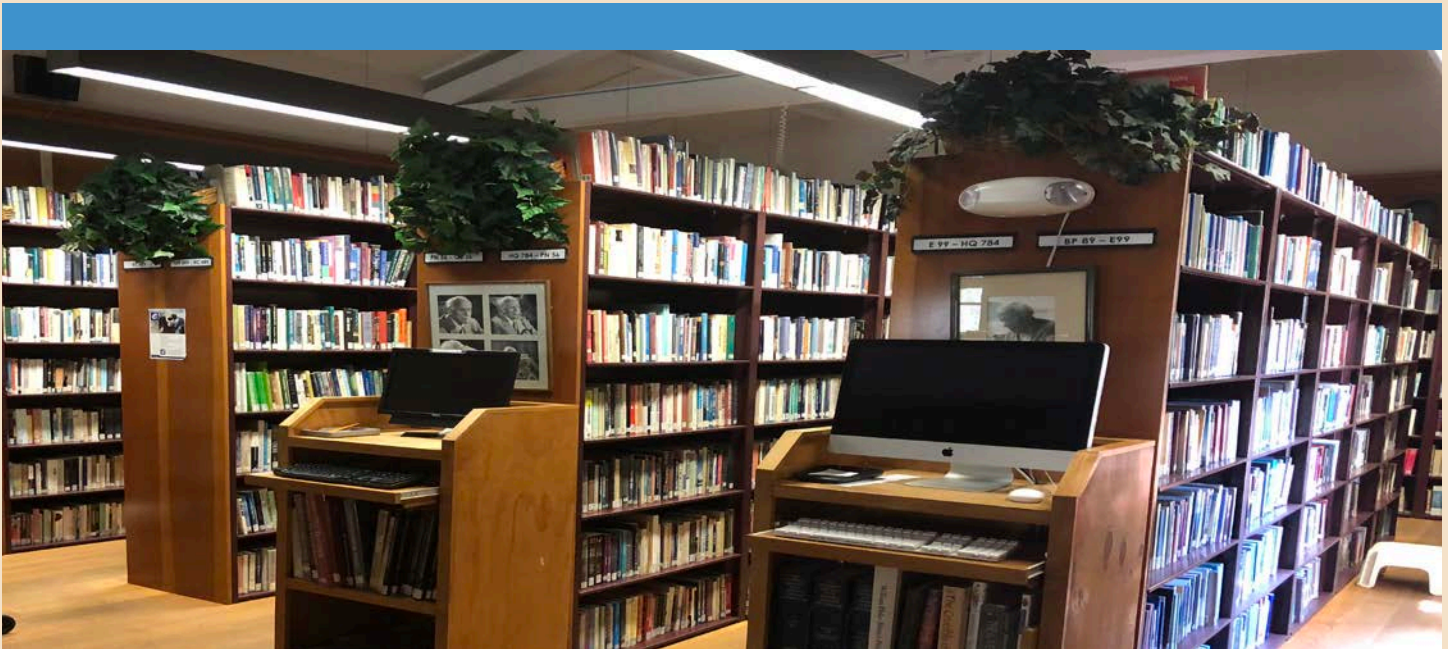


THE DISSERTATION TIMES

WINTER QUARTER, 2023

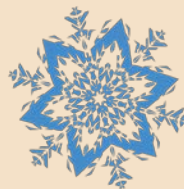


WELCOME BACK STUDENTS!

We are back on campus. Defenses will be held virtually, or on-campus (using a hybrid technique which includes a Zoom link). You may talk to your committee to see which option works for you.

PGI PROUDLY ANNOUNCES

Dr. Leonie Mattison as our new President and CEO. Please welcome her to our team!



COVID-19 SAFETY PROTOCOLS ARE STILL IN PLACE

All on-campus guests must provide a negative COVID-19 test taken within 24 hours upon arrival to campus.

INTRODUCTION

I am happy to announce the premier issue of Pacifica's dissertation newspaper. *The Dissertation Times* is a creative initiative of Pacifica's dedicated Dissertation Services Team- Deborah Cluff, Meadow Rhodes, and Jude Ryan. It emerges from their unfailing commitment to better serve you as learners at an auspicious time of your educational sojourn. By completing your coursework and stepping beyond your cohort door, you enter a learning phase very much like that of an independent scholar.

Removed from the structures of a course curriculum, you must now discipline yourself to a felicitous commitment to research, thinking, and writing, that Dr. Elizabeth Nelson has likened to a marriage. You must be faithful to the process, persevering mightily through mental blocks and emotional upsets to achieve your coveted goal. Keep in mind that despite its importance, a dissertation is but your calling card, not an endless ordeal. Complete the work with courage and then move confidently beyond it into your professional life.

We hope you enjoy this and future issues of *The Dissertation Times*. Let us know your reactions and how our publication may serve your needs. We wish you the satisfaction of creative, scholarly, and timely completion of your academic life at Pacifica. Excelsior!

- Dr. Peter Rojcewicz

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QUICK LINKS

Dissertation questions?

E-mail us at: dissertation@pacific.edu

All dissertation handbooks and forms can be found here:

[Dissertation Handbooks & Forms | Pacifica Graduate Institute](#)

Quarterly enrollment questions? The academic calendar can be found here:

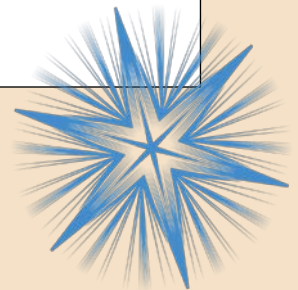
[Academic Calendars - All Years | Pacifica Graduate Institute](#)

Currently researching? Research databases can be found here:

[Library Research Databases | Pacifica Graduate Institute](#)

Upcoming defenses can be found here:

[Dissertation of Oral Defenses Information | Pacifica Graduate Institute](#)



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Come Attend Our
Dissertation Q&A!

Keep an eye out in
your PGI e-mail for
a Zoom Link to our
monthly student
calls

Meet the Dissertation Team

Deborah Cluff- Dissertation Process Supervisor

Deborah graduated from Pacifica with a Doctorate in Depth Psychotherapy. Her doctoral research is published in the book *Shame and the Making of Art: a Depth Psychological Perspective* (Routledge, 2017). Deborah's favorite hobbies are to make art, travel and to be outdoors with her dog Jujube.

Meadow Rhodes- Dissertation Coordinator, Newsletter Editor

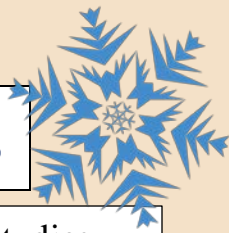
Meadow is a Santa Barbara local and a graduate of UC Santa Cruz, with a Film and Digital Media degree. She has worked on various productions and many events, most notably serving as the Production Coordinator for the Santa Barbara International Film Festival. In her free time when she is not taking care of her baby tortoises, Herbie and Bean, and sweet puppy Leo, Meadow can be found gardening, hiking, or in bed tangled in a mess of yarn, crocheting away.

Jude Ryan- Dissertation Coordinator, Monthly Zoom Call Coordinator

Jude is currently an undergrad at UC Santa Barbara, studying linguistics with an emphasis in speech language technologies. More recently, Jude's studies have focused on an RA-ship involving two endangered Siberian languages. Prior to working at Pacifica, Jude worked at UCSB's Office of the Registrar, where he was responsible for managing and digitizing student data. Jude feels very lucky to continue working in academia and facilitating staff and students! Jude is interested and involved locally in fencing, and is an avid backpacker.

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STUDENT TESTIMONIALS

Recent Dissertation Titles

- *Walking the Same Shore: Psychologists Engaging Psychosis in Institutions*, **Adam Schneider**, Clinical Psychology
- *Ritual and the Suicide Survivor: A Study of the One Integration and Healing Technique*, **James Lichtenstein**, Depth Psychology Psychotherapy
- *Elder Jamaicans: Spiritual and Numinous Influences in Lived Experiences During Colonialism*, **Winsome Alston**, Depth Therapy
- *Image Over Impact: The Mythology of Voluntourism*, **Randall Ulyate**, Mythological Studies
- *The Rebirth of Tragedy: Archetypal Factors in the Myth of the 27 Club*, **Zachary Kampf**, Depth Psychology Jungian Archetypal Studies
- *I'm Going to Love You Forever: A Study on the Longevity of Relationships*, **Sherry Marasse**, Clinical Psychology
- *Radical Love Traditions: Exploring the Decolonial Turn in Maternal Healthcare for Black Women*, **Amber McZeal**, Depth Psychology Community, Liberation, and Ecopsychology
- *Liminal Illness: A Narrative Inquiry, Blood Cancer Treated With Stem Cell Transplant*, **Robin Beresford**, Depth Psychology Psychotherapy
- *The Path of the Porous Being: An Exploration of the Dilated Heart*, **Heidi Volf**, Depth Psychology Jungian Archetypal Studies
- *Being White in America: A study of Storied Accounts*, **Jonathan Rudow**, Depth Psychology Community, Liberation and Ecopsychology

Mădălina Borteș, Depth Psychology Somatic Studies, Defended Oct. 2022

Re-Visiting Communism in România from a Depth Psychological Perspective

Before beginning dissertation research I planned for a series of ‘worst case scenarios.’ Pretty soon, my notebooks resembled a rudimentary game of suppositions. Frankly, I’ve never been very good at logic games, and while some of the scenarios did, in fact, actualize, I’d not planned for anything that reached the scale of a global pandemic. Nor had I foreseen the slew of life events that reared their head, the shifts in perception about research, or the analytical insights that emerged at the final hour.

If the unexpected comes into your path, try this...

During the literature review: read widely but hone in on the specific.

During the data gathering process: consult your research question(s) and re-evaluate your literature review.

During the interview process: listen for the clandestine threads of narrative, and then listen again, for they guide you into the depth of meaning I imagine you are seeking.

During the analysis process: resist quick categorization; likewise, resist over complication. Neither, I’ve found, helps very much.

During the writing process: trust your gut insights and check them meticulously against your data.

For the obsessive among us: Upload mp3 versions of your interviews to your phone and listen to your interviews again and again, even if just to portions here and there. I took mine on walks, and I found that they created a fruitful narrative tapestry. The triple (even quadruple) round of listening to interview data, or to your own thoughts on the page (in the case of hermeneutical or participant-free research) will train you to become a researcher capable of producing a dissertation, this dissertation, and not any other—and that, in the end, is all you need.

In the case that you are offered the opportunity to complete your dissertation defense virtually, and it is logistically easier, take it—but make sure to celebrate afterwards. I greatly appreciated the chance to share the virtual dissertation defense with a wide gathering of family and friends, some of whom had never heard about my research topic before.

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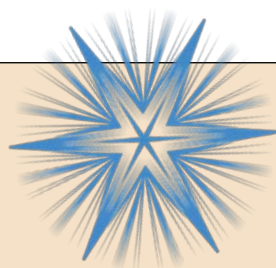
Cary Gardell, Mythological Studies, Defended Dec. 2022

Dismantling Hero Mythology, Releasing Stereotypes and Embracing a New Model of Heroism

Dissertation writing...How do I sum up this experience without completely scaring any readers far far away from the process? I'm only kidding...kind of. Honestly, I thought I would simply enough write out some bullet points that may help any of you about to start this momentous journey:

1. Start thinking about your topic early. This is so helpful as you'll have your cohort to bounce ideas off of and professors who are glad to help you work on possible topics by allowing you to curve your potential ideas into papers for classes.
2. Take your time in selecting who you will be working with in this process. Feel free to ask upper classmen their experiences with their chairs and speak to any potential chairpersons about their style when it comes to guiding you in dissertation writing. Believe me, there is a variety of range when it comes to your prospective chair. Really think about what type of energy you will need in order to be successful. This is a significant relationship, and you want to have someone you can easily chat to as you are mentored through this time.
3. Don't lose your sense of humor as you will definitely feel on the wrong side of the cosmic joke. There were countless times I had to throw up my hands and just laugh at the bumps along the way.
4. Here is a big one: continue to foster your community after graduation. Believe me, I remember how wonderful it was to have lunch on the beautiful campus with the professors as well as the amazing Best Western bar chats with my cohort, once a month...for three years! I saw my people at Pacifica more than I saw my friends and family back home and it was such solid quality time that I will never forget. These are people that taught me how brilliant a true supportive community looks. They were like-minded people that absolutely lent to the magic of learning about this niche, complex, subject...and then you graduate..and everyone goes back about their lives in different parts of the country, and you immediately miss the ties you've made while entering the hardest phase of the program. So, my advice is to use your technology. Zoom with your cohort, have monthly chats and visit each other if it fits your budget to do so. They will also be going through the writing process so don't forget to lean on each other. They will understand in a way that no one else will.
5. If you are able, defend your dissertation on campus. It was so important for me to take that one last trip back to Pacifica to officially end such a momentous chapter of my life. The room was full of such fantastic energy as I presented to family, friends and even students I had never met. An especially lovely treat was meeting some of the folks from the dissertation office who came to support me. Although we had never met in person before we absolutely knew each other through email, and it was an added joy to have them there. Taking that one last walk around campus was a great way to say goodbye and honor the time I had spent working on my degree.
6. Speaking of the dissertation office, take the time to meet everyone there! Believe me, they've seen it all and want to help you reach the end goal just as much as you would like to. They couldn't have been nicer as I sent my panicky emails about deadlines and forms.
7. Lastly, I want to give some little hope to those who may feel out of their depths or insecure about starting or insecure about finishing...because I was that person. Everyone does this great work on their own timeline. Prioritize your mental health. Talk about how you feel with those who are important to you. Ask for help when you need it. Trust that your people will jump at the chance to be there for you as it really takes a village to help you reach defense day. We are doing remarkable work here and I am so excited to see where you go from here.

Animae mundi colendae gratia



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Recent Dissertation Titles

- *Death, a Love Story: A Comparative Study of Mythological Encounters Between Love and Death*, **Maryam Sayyad**, Mythological Studies
- *The Lived Experience of Cesarean Birth: Cross-Cultural Perspectives*, **Elizabeth Wisniewski**, Depth Psychology Somatic Studies
- *An Absurd Lens: Cultivating Ahimsa and Agency at the Intersection of Patanjali, Camus, Star Trek, and Neuroscience*, **Kathleen Sargent**, Mythological Studies
- *Wooing The Spirit Bride: Men and Anima in Neo-shamanism, Alchemy, and Esoterica*, **Sean Patrick McPeak**, Depth Psychology Psychotherapy
- *Individuation and the Romance Novel*, **Veronica Long**, Mythological Studies
- *The Great Mother's Heartbeat: Drumming to Heal the Sister Wound*, **Alexa Rodell**, Depth Therapy
- *Experiences of Mental and Medical Health Professionals in Utilizing Hypnotherapy*, **Sonal Chowdhry**, Clinical Psychology
- *Complexity Theory and Creativity: Seeing Through to the Mythic Leonardo da Vinci*, **John (Fujio) Mandeville**, Mythological Studies
- *Rock and Roll From Drugs to Soul: A Philosophical Hermeneutic Study of the Transformational Experience of Addiction*, **Lauren McClintock**, Clinical Psychology
- *Psychedelic Music and the Story of Transformation: Exploring the Mythic Dimension of Sixties Psychodelia*, **Irvin Hansen**, Mythological Studies

Heidi Christensen, Depth Psychology Psychotherapy,
Defended Dec. 2022

Trauma Bonding in Intimate Partner Violence: A Depth Psychological Understanding

The experience of working on my dissertation felt like the heroine's journey with various challenges and triumphs along the way. The entire experience took tenacity and grit to persevere and complete the task of presenting my work to my committee and community. Due to the nature of my topic, Trauma Bonding within Intimate Partner Violence, I was acutely aware of the painful descent of these relationships having worked with the participants and also in my practice. The dissertation included four participants utilizing an Interpretative Phenomenological Analysis (IPA), and I was able to ascertain some key concepts and findings that illuminated the depth psychological concepts embedded in their stories.

In preparation to defend my dissertation virtually I had to really work on distilling the information from the research into a cohesive, concise presentation of the significance of the findings. The process of defending included an array of feelings from scared to elated and excited. My chair did a beautiful job of holding space for this process and her approach made the experience wonderful. If I can suggest any tips I would say honor and give a voice to any suffering in your experience, recognize that it is a process and there will be times that feel really exciting and fun when you start to see the culmination of all of your hard work coming together, stay close to the research question and methodology that you choose, find a good editor, and when you get towards the end be cognizant of the timeframe that is needed for your committee to read and get back to you with their feedback. Overall, the experience was transformative and I am looking forward to the next steps in my journey.



Have questions?

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Tips and Tricks from PGI Staff

From the Office of the Registrar

7 Items to Remember When Registering for Dissertation:

- For questions regarding registration (including eligibility requirements), enrollment and program time limits, please contact Amy Bristol, Senior Associate Registrar abristol@pacific.edu
- Dissertation work begins after you are enrolled and the quarter has started
- The Final Draft Approval (FDA) is considered the end of dissertation enrollment and tuition billing and is confirmed when the Dissertation Office has received all final draft approval forms.
- Dissertation students remain continuously enrolled to work with their committee. If there is a break in enrollment (a student may take a leave between enrollment periods; for example, between 9-qrt clock and an extension), a student would take a leave of absence and their committee is dissolved.
- The Program Time Limit Policy: time provided to complete all degree requirements, includes the dissertation oral defense. If you have any questions regarding your PTL, please contact Amy Bristol, Senior Associate Registrar.
- It is the student's responsibility to check their my.pacific.edu student email. Important information regarding registration and program time limits generated from the Registrar's Office is emailed to the my.pacific.edu student email account. Students may contact IT Support for help accessing their student email at ITSupport@pacific.edu or 805.679.6199.
- The Dissertation Handbook and Forms is full of helpful information and a great resource for policy and procedure! Here's the link [Dissertation Handbooks & Forms | Pacifica Graduate Institute](#)

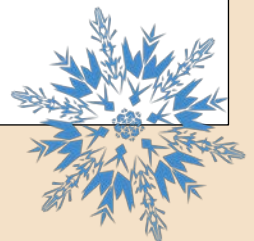
From the Office of Financial Aid

5 Items to Remember When Beginning Dissertation,

- Complete your FAFSA Application: <https://studentaid.gov/h/apply-for-aid/fafsa>
- Be sure your Grad Plus loan has not expired. If it has you can reapply: <https://studentaid.gov/plus-app/>
- Visit [Financial Aid Portal](#) to view your current financial aid package.
- [Financial Aid Satisfactory Academic Progress \(FSAP\)](#) will take place during the 4th quarter of dissertation. Be sure to have a chair in place.
- Contact Theresa Quijano at tquijano@pacific.edu if you have any questions.

5 Common Mistakes Made During the Dissertation Process:

- Grad Plus loans expire. Be sure to reapply if necessary: <https://studentaid.gov/plus-app/>
- It's important to have a Chair in place by the 4th quarter. [Financial Aid Satisfactory Academic Progress \(FSAP\)](#) review will take place during the 4th quarter of dissertation.
- Students can receive financial aid during Dissertation Extension by having a Proposal Approval on file.
- Students are no longer eligible for financial aid after the 13th quarter of dissertation.
- Once your Final Draft is on file any undisbursed aid will be canceled.



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“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

- Carl Jung

