

Pacifica Graduate Institute



# The Dissertation Times

Dissertation Office

Quarterly Newsletter, May 2024



# The Dissertation Times

Spring 2024



Dissertation  
Office

## Testimonials

Hear back from our **graduating students**-- Read about their experiences and success stories at Pacifica on pages 2, 4, and 6.

## PGI Updates

Learn more about a **new degree program**, as well as our office's partnership with NCFDD for **dissertation success** on page 9.

## Office Updates

As of March, all research involving participants will be reviewed and formally approved by **Cottage Health's IRB**. Discover more on pg. 10.

## Staff Advice

Read informative insights and expert financial advice from our Student Accounts Manager, **Mary Haney**, on page 12.



## Meet Our Team!

In our Dissertation Office, **Meadow Rhodes** serves as Dissertation Office Manager. She oversees workflows and ensures deadlines are met with precision, providing essential support to our staff, faculty, and students. Reach her at: [MRhodes@Pacifica.edu](mailto:MRhodes@Pacifica.edu)

**Jude Ryan** serves as our Dissertation Coordinator. Jude offers guidance for navigating the dissertation process, working to ensure students succeed with confidence. Find him at: [JRyan@Pacifica.edu](mailto:JRyan@Pacifica.edu)



## Spring 2024 Quarterly Newsletter

Welcome to our Spring 2024 Quarterly Newsletter! In the midst of the academic year, we're pleased to share our office's latest updates. Last fall, we collaborated with NCFDD to enhance academic productivity and well-being, while during winter quarter we worked to transition our ethics application process to align with IRB standards. As we continue to support students and faculty through this journey, we're excited to provide you with insights and news from our office. Happy reading!



## Quick Links

### Dissertation questions?

E-mail us at: [dissertation@pacifica.edu](mailto:dissertation@pacifica.edu) or our [Support Request Form](#)

**All dissertation handbooks and forms can be found here:**  
[Dissertation Handbooks & Forms | Pacifica Graduate Institute](#)

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## Student Testimonials – Part 1

### Hear Back From Our Dissertation Students

There is a saying that a professor must know a lot, but a researcher must know a little. For me, my doctoral thesis started as a journey of exploration, full of many curious things that I didn't know on a conscious level. Collective mourning has always been my main focus at work as a trauma therapist. However, I was unsure why I drew on this topic until my psyche summoned the image of my late father, a North Korean war refugee, in tears while sitting in front of the television program "Finding Dispersed Family." This image from forty years ago brought me to my dissertation topic, "Jeju Shamanism: Healing Intergenerational Trauma through Collective Mourning."



**Heesun Kim,  
Ph.D.**

Depth Psychology,  
Integrative Therapy  
and Healing Practices

Defended January  
2024

*Jeju Shamanism:  
Healing  
Intergenerational  
Trauma through  
Collective Mourning*

After finishing my first year at Pacifica, I delayed my first summer semester and traveled to South America, Mongolia, and Siberia to meet shamans. The following winter, I revisited Siberia and stopped by Korea to meet my family and visit Jeju Island for a short vacation. It was the early days of COVID-19, and everything was chaotic, but I saw a village shamanic ritual for the first time. I also learned the history of the massacre of 30,000 civilians over a period of six years seventy years ago. I felt sorry and ashamed that I hadn't known about it until then. I learned the islanders, who believe in eighteen thousand gods and goddesses, had been collectively mourning through shamanic rituals and healing the pain of the dead and the living. Soon after, I decided to write about it in my dissertation.

One of my professors encouraged me to apply for the Fulbright Scholarship Program. Fortunately, I won the grant and headed to Jeju Island in South Korea for my research after completing my coursework.

The year-long fieldwork plan was extended for more than two years. The main themes were revealed after eight months of qualitative interviews with about 40 people and countlessly repeated listening to often incomprehensible interviews in the Jeju dialect. Being a kinesthetic person who prefers to touch and experience things, I bought index cards and stickers in different colors and shapes. For four months, I lived in a room with cards divided into titles and images to get a birds-eye view of the data.

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It wasn't an easy start when I was about to write my thesis. I felt like I was lost between the Jeju dialect, Korean, and English, but the interviewees' voices became my anchor. Soon after starting to write the manuscript, I realized I had vicarious trauma from exposure to the vivid testimonies of the massacre and the experiences of the shamanic ritual for the dead. I began personal therapy by spending time on self-care and morning prayers for my ancestors.



**Heesun Kim,  
Ph.D.**

Continued from pg. 2

Luckily, my advisor held a thesis meeting once a month, and the group meeting was a valuable resource for exchanging information, regularly checking on the progress of the thesis, and helping and supporting each other mentally. I also had excellent personal support throughout the writing process. Since I hadn't had the opportunity to speak English for more than a year in Korea, I felt like I was gradually forgetting English. Fortunately, I found an excellent English tutor online. Once a week, we talked about my paper. She was very interested in my thesis topic and gave me invaluable feedback. Explaining it to a layperson made my research clearer and more accessible as well. When my thesis fell behind schedule, I dealt with anxiety and pressure, creating a deadline for myself, and I could finish the first draft a semester later than initially planned. Once the first draft was approved, I had to find an editor, which proved challenging. The editing was completed later than expected, disrupting the oral defense schedule.

I strongly desired to have an oral defense in person, although traveling wasn't easy as I was still in Korea after finishing my thesis. With outstanding coordination from the dissertation office, my program administrator, and the department chair, the oral defense was scheduled as a hybrid, on Zoom and on-site simultaneously in January 2024. It was synchronicity that the defense was held in the South Hall, where my first-year orientation was held. The defense began with a warm introduction from my dissertation chair and ended with my PowerPoint presentation, followed by a Q&A session. Congratulatory words and hugs filled the room, which was a truly memorable moment.

The whole dissertation journey wouldn't have been possible without the support of so many generous people. I am sure my research on intergenerational trauma and shamanic healing will continue because a doctoral thesis is not the final exit but the entrance to a little-known but exciting lifelong exploration.



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**Kristina  
Sanders,  
Ph.D.**

Depth Psychology  
Jungian Archetypal  
Studies

Defended September  
2023

*Allowing Wounds to  
Speak: Rehabilitating  
the Psyche of Injured  
Athletes*



## Student Testimonials - Part 2

### Hear Back From Our Dissertation Students

My dissertation journey was a roller coaster ride with incredible highs and the lowest of lows. My original chair resigned the first week into the process, leaving me in a rush to find a replacement. Even though my study was not the type of dissertation my new chair was an expert in, she took me under her wing and allowed me to flourish in the topic. From then on, things went well; I completed the literature review and proposal within the first eight months. However, I felt lost once that initial adrenaline rush ended, and I was free to write. It was almost as if I was trying to force something rather than taking the time to allow ideas to flow organically. Right then, I knew I had to take a break and allow myself to recharge and refocus. During that time, I focused on my mental and physical health. I went on long walks in nature and drew inspiration from my current moment. I tried to embody my dissertation topic so I could feel and anticipate its needs. I realized that the time I spent away from my dissertation, striving to find the path, was when I unconsciously started laying the foundations of my study. I tried and failed, then tried and failed again, until one day, things fell into place. I began to see growth in my writing and, most importantly, in myself.

This journey is a marathon, not a sprint, and taking a step back was actually me taking steps toward growth. If you find yourself dwelling in the depths of your shadow, understand that it is a part of the process. Through that darkness, you will see the light guiding you to where you long to be. Dissertation writing is not just writing a paper or creating arguments. It is an inward journey, and the dark corners of your psyche will not be ignored. Listen, and allow your wounds to speak and be heard.

Another piece of advice I can offer is to expect the unexpected. No matter how much you plan, life always throws you a curve ball—immerse yourself in several dissertations that are both similar and different from yours to draw inspiration. Have a plan B and a plan C.

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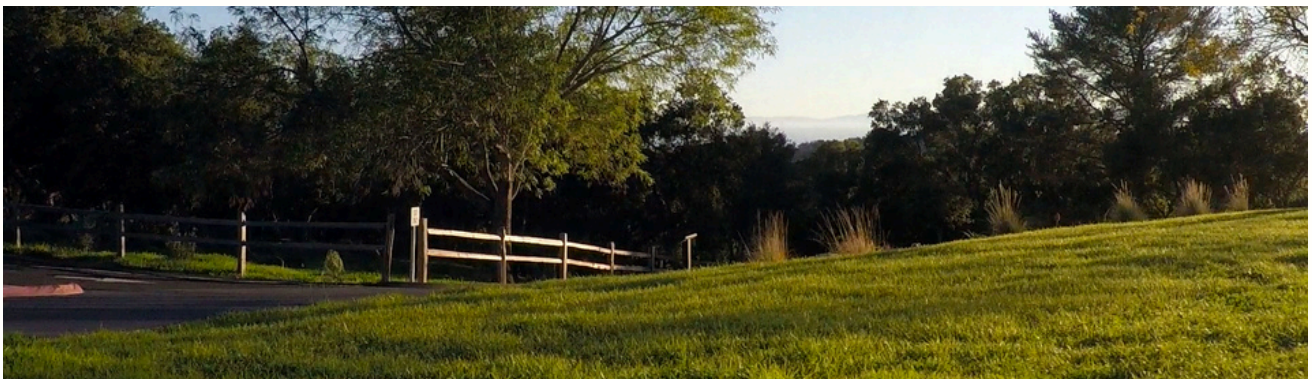
Map out ways you can take your topic in a different direction, especially if you are working with human participants. You never know if you will have problems getting approved by the ethics committee or Institutional Review Boards (IRB), have recruiting issues, or will be unable to yield results. You have to be able to pivot and adapt at any moment of the process. This advice also applies to those who are not working with participants. Being adaptable is how you allow your topic to thrive.



**Kristina  
Sanders,  
Ph.D.**

Continued from pg. 4

When it is all said and done, and you have your final copy approved and begin to prepare for your oral defense, you will feel a sense of pride and accomplishment almost too surreal to describe. I also cannot stress how wonderful it was to have the option of defending remotely. As a person who works full-time and lives in Colorado, being able to defend from the comfort of my own home eased my anxiety about defending in more ways than one. Trying to fit a 150+ page document into a 20–30-minute presentation was daunting enough. Yet don't let that scare you. Attend other oral defenses if you can. Practice and time yourself, then practice some more. Use the feedback you get from your committee during the final draft review as possible questions to prepare for, and try to anticipate different ways those questions could be asked during your oral defense. Preemptively poke holes in your research so you are ready for anything, and practice arguing back to your original research question. Moreover, finding a way to argue your point without getting emotional or defensive is essential. Your committee is not there to catch you out but rather to help you clarify and enhance your argument. Remember, you are the expert in your study. Be confident in your research and who you are, and everything will work out.



## Quick Links

**Curious about upcoming oral defenses?**

[View our oral defense schedule here!](#)

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## Student Testimonials – Part 3

### Hear Back From Our Dissertation Students

Embarking on dissertation writing was like a technicolor adventure upon the mythic Seven Seas. Chromatic alchemical hues filled the kaleidoscope as I pursued my retrospective journey into Sixties psychedelia and its music. Although the seaways of the writing process were often complexly harrowing, Okeanos forbearingly granted the boon of safe return.

Back on shore, on the other side of the writing project, has given pause to recall its motivation, certainly not just for a degree, although I'm grateful for its conference. What drove the quest and the exploration of the dissertation question? The thematic ruling principles were a heuristic search for meaning and purpose, authenticity, and individuation. The unfinished business of the second half of life created a need to find a personal myth to construct a more holistic image of ego and self. These motives were essential for staying the course throughout an otherwise delightful investigation of psychedelic music.

The often-quoted Joseph Campbell injunction to "follow your bliss" drew me to Pacifica Graduate Institute; the wisdom of this approach continued to act as an inspiring beacon throughout the many stages of development, approval, and dissertation defense. Defending it online meant distilling the project into critical points with PowerPoint slides and music samples supporting the genre and musical style, which became an intense yet integral task. Practice and timing are essential to working within the given time frame. Reaching out to others and working with the Pacifica Tech crew is necessary when setting up and ensuring that the audio and visual components function optimally.

(Continued on pg. 7)



**Irvin A.  
Hansen,  
Ph.D.**

Mythological Studies  
with Emphasis in Depth  
Psychology

Defended December  
2022

*Psychedelic Music and  
the Story of  
Transformation:  
Exploring the Mythic  
Dimension of Sixties  
Psychedelia*





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**Irvin A.  
Hansen,  
Ph.D.**

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Thousands of kindnesses are involved in bringing the work to fruition. First, the Pacifica Dissertation Office is tremendously supportive through personal assistance and its materials and handbook. Starting the process early for any copyright or approval to quote song lyrics or use images in one's project is essential. Maintaining contact with one's dissertation committee for guidance is also crucial. If you're in therapy, stay with it because it helps maintain a sense of the numinous to converse with symbolic material. For me, immersing oneself in the topic through travel was boundlessly revealing. I participated in the Grail Romance tours and revisited Haight Ashbury.

Invaluable resources in the art of inquiry and investigation are Pacifica's Research Librarians, Mark Kelly and Richard Buchen, who are familiar with the rules and guidelines for publishing one's work through ProQuest. It helps to find a community of fellow travelers to hear their ideas and rehearse your own.

The ecstasy of completion is like no other; it's a dream realized, another step toward dreaming the myth onward.



## Quick Links

**Want to look back at how far you've come?**  
[Check out the 2024 Dissertation Calendar](#)

**Need a reference?**  
[Investigate further with the Graduate Research Library](#)



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## ProQuest Databases

ProQuest offers our students copyrighting, publishing, and database services, and provides scholars and researchers with access to a vast collection of dissertations and theses from around the world.

[Click here to locate and read our students' work!](#)



## Recently Published Dissertations

### Standout Student Dissertations of 2023

Introducing a showcase of academic achievement: our roundup of student dissertations from 2023. From innovative research to profound discoveries, these dissertations exemplify excellence and the spirit of inquiry fostered at Pacifica.

#### **Trina Dye - Clinical Psychology, Ph.D.**

*Developmental Daseinsanalysis, a Hermeneutic Study*

#### **Naomi Andrews-Jackson - Clinical Psychology, Psy.D.**

*Perfectionism: The Impact of Microaggressions on African American Women*

#### **Alicia Anderson - Mythological Studies, Ph.D.**

*Ask the Storyteller: Calling the Archetype to Center Stage*

#### **Holly Watson - Depth Psychology, Somatic Studies, Ph.D.**

*The Impact of Somatic Psychoeducation on People with Chronic Pain: An Uncontrolled, Mixed Methods Interventional Pilot Study*

#### **Suzanne Elton - Depth Psychology, Specialization in Integrative Therapy & Healing Practices, Ph.D**

*Igniting the Fire: Reclaiming the Warrior Woman*

## Quick Links

All dissertation handbooks and forms can be found here:  
[Dissertation Handbooks & Forms | Pacifica Graduate Institute](#)

Curious about upcoming oral defenses?  
[View our oral defense schedule here!](#)

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## New Program Updates:

### Enrolling for Fall 2024

Pending Approval from the U.S. Department of Education. Further updates available in June 2024.

The fully-online PRC program critically considers the psychology of religious experience across a wide range of disciplines and examines the nature of religious consciousness as it arises both individually and collectively.

[Click here to learn more!](#)

## PhD Program in Psychology, Religion, and Consciousness

"The study of human consciousness traverses a wide range of phenomena, including advances in the psychology of the unconscious, religious and spiritual experience, near-death experience and altered states of consciousness, the mind-matter problem, as well as the broad spectrum and phenomenology of consciousness itself.

Pacifica Graduate Institute's online MA/PhD program in Psychology, Religion, and Consciousness rigorously and creatively engages with such diverse and wide-ranging phenomena, and dialogically synthesizes these vital areas of academic inquiry into a unique inter-disciplinary graduate-level education."

## Dissertation Success Curriculum

### Academic Excellence with NCFDD

Last Fall 2023, our office partnered with the National Center for Faculty Development & Diversity (NCFDD) to bring the Dissertation Success Curriculum to a cohort of 37 students in various stages of their dissertation writing. This 12-week online course, developed and provided by NCFDD is free to Pacifica students and addresses aspects within the dissertation writing process, and equips students with essential tools and support for success. Throughout the curriculum, we explored pivotal topics such as establishing and sustaining a daily writing practice, navigating imposter syndrome, and refining technical edits to elevate the quality of students' work. In our commitment to fostering a collaborative learning environment, enrolled students were presented with several opportunities for connection and engagement. Assigned small groups facilitated discussions and mutual support, kindling camaraderie among peers. Additionally, several meetings were organized throughout the quarter, featuring insightful Q&A sessions with esteemed Pacifica faculty members, enriching the learning experience and fostering a sense of community among participants. The course is currently accessible year-round, although a date for the next session has not yet been determined.

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## Dissertation Process Updates

### Transition to Cottage Health IRB Review

Since March 1st, 2024 the Dissertation Office has implemented a new policy for all research involving participants to be reviewed and formally approved by an external Institutional Review Board (IRB). In order to implement this new IRB policy, we are partnering with the Cottage Health Research Institute, part of the Cottage Health System based in Santa Barbara. In their mission to serve community health, they offer an IRB service to organizations seeking a high level of multi-disciplinary expertise in reviewing and approving research with human participants. This change is meant to enhance the procedure by including multiple external perspectives in the approval process, to increase the level of consideration for research participants, and to provide additional support for dissertation students. Cottage Health IRB is also offering access to federally approved human protection training to all Pacifica faculty and students.

This policy affects all research that is:

- Not approved by the existing Ethics Application process prior to March 1, 2024.
- Is approved by the existing Ethics Application process, where data collection has not begun as of March 1, 2024.

As of March 1st, the previous Ethics Application forms will no longer be available. All dissertation handbooks have now been updated with the new IRB process:

- [Clinical Psychology Handbooks \(PhD\) and \(PsyD\)](#)
- [Depth Psychology Handbook](#)
- [Mythological Studies Handbook](#)

For any specific questions regarding the IRB policy and your research, please reach out to your program's Research Coordinator. See below for the Finalized IRB Process-Students list for all instructions on how to begin the IRB process, or how to provide the Dissertation Office with the new [Research Without Human Participants Form](#). Please see page 11 for a graphic of the IRB process, including the procedures and forms for achieving IRB approval.



### Cottage Health IRB

If you would like to get started on the IRB process, reach out to the Dissertation Office for the link to the **Individual Investigator Agreement**.

If you will not be using human participants in your research, our newly-titled **Research Without Human Participants Form** is located on our website.

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## Dissertation Process Updates

Transition to Cottage Health IRB Review

### PGI Dissertation IRB Flow-Chart

Designed for students using human participants in their research.

#### 1 The Pre-Proposal Stage

1. Once you enter the dissertation writing phase, email the Dissertation Office to complete the **Investigator Agreement** via DocuSign.
2. You, Cottage Health, and the Dissertation Office will receive a copy of your completed Investigator Agreement.
3. Dissertation Office then sends the CITI Training and HIPAA training to you via email.
4. Complete the trainings and send the **CITI and HIPAA Certificates of Completion** to the Dissertation Office.
5. Afterwards, send a current signed and dated **CV** to the Dissertation Office.

#### 2 The Proposal Stage

1. Submit your dissertation proposal draft to your Chair, along with a **Proposal Approval Form**.
2. Following your Chair's approval, send the same files to your Reader and External Reader. They will sign form and send back to your Chair.
3. Your Chair will send all three signed Proposal Approval Forms to Dissertation Office.
4. You'll then complete and send the **Intellectual Property and Copyright Infringement Form** to Dissertation Office.

#### 3 The IRB Stage

- With your Chair's support, you'll complete the **IRB packet**, which includes the following 6 items, as well as any extra materials.

##### 3.1 IRB Packet Checklist

- An initial submission checklist.

##### 3.2 IRB Cover Page

- Who is involved in the study: your Chair, and any other participants.
- You are the "Principal Investigator," and all other personnel are "Key Research Personnel."
- A New Cover Page will need to be drafted for any amendments made to the study.

##### 3.3 HIPAA Waiver of Authorization or Alteration

- A HIPAA-compliance statement notifying the IRB of your sensitive data-storage practices.

##### 3.4 Protocol Development Plan

- You can use the development outline template of your choice to detail how you will develop your own protocol (3-10 pages)
- The protocol explains the purpose of the study.

##### 3.5 Written Responses to 10 items

- Written brief summary of your research design, protocols, and procedures for the IRB.

##### 3.6 PGI Research Addendum

- Includes your contact information, your Research Coordinator's approval of your study.

##### 3.7 Additional Materials

- This can include consent documents, surveys, questionnaires, recruitment materials, and any other research documents.

#### 4

1. Following completion, your Research Coordinator will review your packet.
2. Please note: The Dissertation Office is unable to submit a Research Protocol all **CITI Certifications** and signed and dated **CVs**.
3. The Dissertation Office verifies and submits your application to Cottage Health IRB.
4. **Allow 1 month for review.**
  - a. Refer to IRB meeting dates and deadlines on PGI's Dissertation Office webpage.
5. IRB notifies the Dissertation Office of their approval or request for revision.
6. The Dissertation Office sends the IRB decision to you, your Chair, and your Research Coordinator.

#### 5

##### The Revision Stage

1. If a request for revision has been made, you'll submit any revisions to your Chair and Research Coordinator for approval.
2. Your Research Coordinator will then submit your revised packet to the Dissertation Office.
3. The Dissertation Office will submit your revisions, per the instructions of Cottage Health. *Allow at least two weeks for review.*
4. Cottage IRB sends decision to Dissertation Office.
5. The Dissertation Office sends IRB decision (and your IRB approval date) to you, your Chair, and your Research Coordinator.
6. Once approved, you'll receive access to a secured drive for your data collection processes.

#### 6

##### Receiving Proposal Approval

1. Dissertation Office confirms all forms were submitted
  - a. **Proposal Approval forms** [3x]
  - b. **Intellectual Property Form**
  - c. **IRB approval from Cottage**
2. Dissertation Office grants Proposal Approval by sending Student, Chair, Research Coordinator, Financial Aid, and Registration the Proposal Approval date.
3. Proposal Approval date will be considered the IRB approval date.

Find the step-by-step IRB Process on our website:

- [For Students Using Human Participants in their Research](#)

If your research does not involve the use of human participants, you can also find our Research Without Human Participants form here:

- [For Students \*\*Not\*\* Using Human Participants in their Research](#)



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## Student Accounts

For more information, students can contact the Student Accounts Office:

**Mary Haney**, Student Accounts Manager,  
[mhaney@pacifica.edu](mailto:mhaney@pacifica.edu)

**Emily Martinez**, Student Accounts Coordinator,  
[emartinez@pacifica.edu](mailto:emartinez@pacifica.edu)



## Navigating Fees and Payments

### Some Essential Tips from Student Accounts

Introducing an informative article by Mary Haney, our Student Accounts Manager, providing tips for managing dissertation fees and payments. From understanding the 9-quarter dissertation clock fee to navigating financial aid transitions and exploring payment options, Mary offers valuable guidance to assist our students effectively.

#### Helpful Tips:

1. Understand that the 9-quarter dissertation clock fee is based on the year of admission or re-admission into the program.
2. Note that if a student receives final draft approval before 9 quarters are used, any remaining quarters will be billed immediately.
3. Recognize that once final draft approval is obtained, financial aid is discontinued, and students must pay any remaining dissertation fees out-of-pocket.
4. Ensure that all quarterly payments are submitted on or before the first day of the quarter, with academic calendars available in the online handbook.
5. Explore the option of setting up a monthly payment plan by contacting Mary Haney at [mhaney@pacifica.edu](mailto:mhaney@pacifica.edu) or Emily Martinez at [emartinez@pacifica.edu](mailto:emartinez@pacifica.edu).

## Quick Links

**Questions for Student Accounts?**  
[Find their homepage here!](#)

**Quarterly enrollment questions? The academic calendar can be found here:**  
[Academic Calendars - All Years | Pacifica Graduate Institute](#)

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## Dr. Keiron Le Grice

Keiron is Core Faculty and Chair of the Jungian and Archetypal Studies specialization of the Depth Psychology program at Pacifica. He was educated at the University of Leeds, England (B.A. honors Philosophy and Psychology) and the California Institute of Integral Studies in San Francisco (M.A. and Ph.D. Philosophy and Religion).

## Passion and Perspective: Two Keys to Research and Writing

### Revisiting Dr. Le Grice's 2014 Contribution

"Only the one who is 'gripped'," Jung declared, "has a 'gripping' effect on others." [i] As anyone who has undertaken a substantive writing project will testify, one is often "gripped" or even "possessed," to a greater or lesser extent, by one's subject. The characteristic experience of possession is evident in all forms of authentic creative inspiration: the heightened physical and psychological arousal, the sense of being fatefully called, the awareness that one is working in the service of something greater than one's own will, and the insistent feeling that one has something crucial or perhaps even momentous to communicate to one's peers and to the wider world. A passion for our work is essential, both to sustain us month after month through the arduous labor of giving form to our ideas and to infuse the written word with the compelling and persuasive power to stir the reader. Such an experience is perhaps especially relevant to those of us in the field of depth psychology given our natural proximity to the biddings of the unconscious.

Yet passion, the experience of being gripped, appears to be the very antithesis of what we typically think of as the aim and ideal of academic research. The pillars and guiding principles of successful scholarly work—objectivity, logical analysis, situating one's research in the broader field of learning, weighing the evidence, bracketing one's own assumptions, carrying the pole of doubt, being self-reflectively aware, and so forth—are all potentially jeopardized if we are swept along in the rush of creative fire. Passion invariably gives rise to conviction, and it thus inclines us towards absolutist language and overstatement: one confidently asserts rather than carefully argues; one proclaims rather than reasons; one is utterly convinced of one's own view and blind to all others. Steeped in one's research, how difficult it is to accept that one is merely adding a single stone to the cathedral of knowledge rather than building a Notre Dame all on one's own.

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## Passion and Perspective: Two Keys to Research and Writing

### Revisiting Dr. Le Grice's 2014 Contribution

One consequence of undertaking the discipline of scholarly study is that it furnishes us with the hard-earned gift of perspective, which enables us to communicate with greater balance and a degree of critical distance from our ideas. As we grow free of our initial emotional identification with our work, we can see it as it really is, in the cold light of day, stripped of our projections onto it. Our words, as a result, come to reflect a calm maturity, even while retaining the significance and spirit that first drew us to our task.

The marriage of passion and perspective is at the heart of successful writing, and it is also akin to the dialectical encounter with the unconscious that is intrinsic to the individuation process, as Jung understood it. The unconscious speaks some revealed truth from the "spirit of the depths" and we are then charged with the task of accommodating this revelation to the "spirit of the times," without losing its essence. Skillfully handled, the demands of scholarly rigor can facilitate rather than impede this interpretative challenge. By nailing oneself to the cross of this particular tension one's passion as a researcher is creatively crucified in the fulfillment of the research.

[i] Jung, *Letters*, Vol. 2, p. 21.



### DJA Program Updates

Pacifica intends to launch a fully online track of the Depth Psychology with Specialization in Jungian and Archetypal Studies (DJO). Updates available in June 2024.

\*\*\*Please note that our 2023-24 DJA cohort will remain in its current hybrid format.\*\*\*

[Learn more here!](#)



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## Supporting Mental Health: Resources at Pacifica

### Empowering Mental Well-being

Pacifica understands our students have individual preferences, backgrounds and expression. We strive to provide specialized personal guidance, resources, and advice when our students need them. The dissertation process can be long and strenuous. In times of need, Student Services offers these services:

- **The Holman Group hotline:** (800) 321-2843 is available for on-call emergency, mental health care services, if there is no immediate danger to the student or others. Callers must identify themselves as being from Pacifica. Additional Information can be found in the [Student Handbook](#) on pg 81.
- **PGIAA CareLine:** Pacifica's Alumni Association (PGIAA) has established CareLine just in case you need to talk. The CareLine is available 24/7 at (805) 679-6163.
- **Mental Health in Our Community: A Vital Dialogue with a Depth Psychology Perspective** Mental health is an extremely important part of every person's individual well-being. It can impact our relationships, our work, our learning, and our overall quality of life, and in turn, how we interact with those around us. This panel conversation (offered during of our 2023 Mental Health Month) on the current state of mental health in our local community outlines the primary trends and concerns that are affecting our collective well-being. Each panelist brought forth their unique observations, perspectives, and potential solutions for addressing the issues through myriad approaches: from the practical to the psychological. Panelists included: Matthew Bennett, Pacifica Co-Chair, MA Counseling Psychology Jemma Elliott, Pacifica Co-Chair, MA Counseling Psychology Barry R. Schoer, President/CEO, Sanctuary Centers of Santa Barbara Danah Williams, Past State President, CAMFT Rachael Steidl, Executive Director & Founder, Youth Well David Selberg, Executive Director, Hospice of Santa Barbara Jonathan W. Thompson II, Diversity Director for the Santa Barbara Chapter of Marriage and Family Therapists (SBCAMFT) Ramona Winner, Family Advocate for Mental Wellness Center and NAMI Santa Barbara County.



### Student Services

For more information and additional student resources, please see the [Student Service homepage](#).

There you can find more on [Disability Services](#), [The Education Council](#), and the [Student Relations Liaison](#).

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## Supporting Mental Health: Resources at Pacifica

### Empowering Mental Well-being

- **Embracing Authenticity: A Depth Psychological Perspective on Mental Health Issues Within the LGBTQ+ Communities** This event provided a spotlight of the LGBTQ+ community with a panel discussion on queer and trans issues, depth psychology, and mental health. We explored the psychological and emotional experiences of the LGBTQ+ community, societal barriers to equity, how LGBTQ+ people process trauma, the impact of heteronormativity and homophobia on self-image and self-acceptance, and how LGBTQ+ people navigate identity and relationships. The event featured a panel discussion from Pacifica Graduate Institute students, staff, and faculty in addition to LGBTQ+ community leaders, hosted by Kristin Flickinger, Executive Director of the Pacific Pride Foundation at the time of the event.

Institutional announcements and information recognizing Mental Health Awareness month is forthcoming.



Student  
Services

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# The Dissertation Times

Spring 2024



Dissertation  
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## Moving Onward Together

### Reflecting on Our Contributors and Future Endeavors

As we wrap up our spring newsletter, we extend heartfelt gratitude to all our contributors.

Dr. Keiron Le Grice for his inspirational piece, Dr. David Odorisio for his informative updates, Mary Haney and Lauren Lastra for providing invaluable student resources, and Heesun Kim, Kristina Sanders, and Irvin A. Hansen for sharing their compelling stories.

Looking ahead, we're excited to continue onto our next set of goals for the academic year, including the release of upcoming spring quarterly reports, the rollout of new NCFDD course offerings, and our ongoing collaboration with Santa Barbara Cottage Health's IRB. Thank you for your continued support as we strive to enhance our academic community and support our students' success.

