WELCOME
Welcome to the Sixth Annual Existential Humanistic Institute Conference, presented by Pacific Institute at the AgeSong Elder Communities in San Francisco.

ABOUT THE EXISTENTIAL HUMANISTIC INSTITUTE

EHI was formed as a non-profit organization under the auspices of the Pacific Institute in 1997. The Institute's primary focus is training. We offer courses in existential-humanistic therapy and theory.

EHI provides a “home” for those mental health professionals, scholars, and students who seek in-depth training in existential-humanistic philosophy, practice, and inquiry. EHI is for trainees who believe that in optimal psychotherapy, as Rollo May said, it is not this or that symptom, but “the life of the client” that is “at stake” – and that it is precisely this life that must be supported, accompanied, and encountered.

EHI offers courses and case seminars on the principles of existential-humanistic practice. Most of EHI’s instructors have trained extensively with such master therapists as James Bugental, Irvin Yalom and Rollo May, and are among the most highly trained existential-humanistic practitioners in the country.

Themes covered in EHI classes include: existential-humanistic philosophy and practice, the inner search process, subjectivity and encounter, and the responsibility of the therapist. These courses offer existential-humanistic conceptions of resistance, meaning and alignment, existential spirituality, and integrative existential practice.

The goal of EHI – via both its curriculum and newsletters – is to support existentially and humanistically informed psychologists and psychotherapists throughout the world.

By “existentially informed” we mean perspectives that stress freedom, experiential reflection, and responsibility.

By “humanistically informed” we mean purviews that address two overarching questions: What does it mean to be fully, experientially human, and how does that understanding illuminate the vital or fulfilled life?

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CONFEERENCE

The Goal of this conference is to introduce and deepen our understanding of the theory and the practice of existential-humanistic psychotherapy in the United States and to help us create a community of like-minded people.

Objectives & Goals of the Conference:

1. To learn the basic assumptions underlying existential-humanistic (E-H) psychotherapy.

2. To connect E-H assumptions to therapeutic interventions as illuminated through “live” work with active cases, demonstrations, video, and the use of literature and metaphor.

3. To learn how to effectively work in the here and now with yourself, your client, and in the relation between, as well as with your working environments and the world.

4. To learn the art of using E-H principles as the guiding focus of your style of relating to yourself and the world.

5. To stretch the principles of E-H beyond psychotherapy into other realms of human experience and psychological work.

We proudly welcome you to the 2012 Existential Humanistic Institute Conference!
## FRIDAY, NOVEMBER 16

8:00AM - 9:00AM  
Registration & Check-In  
at the AgeSong Elder Community Communities  
▶ EHI and Pacific Institute

9:00AM - 10:30AM  
Opening Session & Welcome  
▶ EHI Board

10:30AM - 10:45AM  
BREAK

10:45AM – 12:15PM  
Existential Humanistic Therapy:  
A Path to Presence and Authenticity Session  
▶ Bob Edelstein, LMFT

*Existential Humanistic therapy assumes you are responsible for how you exist in the world and how you respond to the conditions and challenges presented to you. This perspective focuses on experiential awareness with the aim of optimizing one's vitality. Pragmatically, this life-changing, in-depth therapy is facilitated through the deep connection both therapist and client have with themselves and with each other throughout the therapy session. The results of this therapy are a greater awareness of the wide range of choices we have, the ability to make effective decisions, an increased sense of personal power, and the discovery of deeper meaning in one's life.*

12:15PM – 1:30PM  
LUNCH

1:45PM – 3:15PM  
The Therapeutic Encounter:  
Interruptions to Authentic Presence in Client and Therapist  
▶ Orah Krug, Ph.D., & Sibel Golden, Ph.D.

*This one and a half-hour workshop will provide participants with a didactic and experiential appreciation for the dimensions of the therapeutic encounter, i.e., the “you” the “me” the “we.” Being present to all three dimensions is crucial because the therapeutic relationship, which is co-created by therapist and client, is the context for healing and change. Within a safe and intimate relationship, clients can let go of past relational patterns and develop new ones by integrating previously disowned feelings and experiences. This workshop will particularly focus on how and why real presence with self, other and world is interrupted in both the client and therapist. Participants will be invited to reflect on their own personal contexts and relational styles to experientially understand how interruptions to genuine contact with clients, with self, and with the world can occur.*

3:30PM – 5:00PM  
Working Existentially with Clients in the Second Half of Life:  
The Longer View of Life and Living  
▶ Nader Shabahangi, Ph.D.

*This presentation will focus on how human beings are meaning-making beings. This is the one, and perhaps only difference between humans and all other beings. When we humans cannot find meaning in who we are and what we do, we suffer. Such suffering might reach our awareness, or it might remain unconscious. The foundations of an existential-humanistic, process-oriented attitude towards being with and caring for others is grounded on exactly this core belief: we humans need to find and/or create meaning in our lives. This is especially true for older adults. The work of the existential, process-oriented therapist is to help, guide, and facilitate clients’ search for meaning, and thus, to share and alleviate suffering.*

5:15PM – 8:30PM  
Reception – Please join us

## SATURDAY, NOVEMBER 17

9:00AM - 10:30AM  
What is Existential Health? Individually and Collectively  
▶ Kirk Schneider, Ph.D., & Bob Edelstein, LMFT

*This workshop will introduce, discuss, and experientially process the concept of existential health. Although existential health is the core aim of existential-humanistic (EH) therapy, it is rarely made explicit or made the focus of EH training. Given this background, the presenters (Kirk Schneider with the assistance of Bob Edelstein) will provide a preliminary framework for existential health based on the writings of Ernest Becker, Rollo May, Erich Fromm and others—as well as Kirk and Bob’s writings on existential-integrative (EI) therapy, the rediscovery of awe, and existential humanistic conceptions of health. The presenters will then enjoin the audience to reflect on their own definition of existential health based on their readings and experience in the field of EH therapy. The presenters will also consider how the concept of existential health influences audience members’ own lives and those with whom they come into contact in the culture at large. Finally, the presenters will work individually and in small groups to discover experientially, e.g., through visualization exercises and intimate dialogue, their personal understanding of this essential dimension of EH and EI practice philosophy.*

10:30AM – 10:45AM  
BREAK

3:15PM – 3:30PM  
BREAK
Kinesthetic Imagining

- Ilene A. Serlin, Ph.D., BC-DMT

This course will teach participants the process of kinesthetic imagining in which the moving body deepens experience, generates images, and creates meaning. As a form of nonverbal communication, kinesthetic imagining articulates presence, authentic movement, and interpersonal dialogue.

11:45AM - 12:00PM • BREAK

12:00PM – 1:00PM • BREAKOUT SESSIONS

Moving Towards Meaning: How Dance Therapy Leads Us Towards A Deeper Sense Of Self and Purpose

- Marcia B. Leventhal, Ph.D., CMA, BC-DMT, NCC

Existential therapy is rooted in the idea that we face our basic existence and that many of our difficulties and pathologies emerge from the challenges of dealing with existential pain. Although existential therapy is well suited for working with individuals from diverse backgrounds, there is a need for adaptation in working with these differences. Rollo May's idea of myth will be used as a guide in exploring one approach to working with cultural differences, while maintaining an understanding of the importance of the existential givens. This presentation is important for therapists in developing an understanding of how they can work with existential issues in a culturally sensitive manner.

Existential Activism: Presence, Awe and Meaning in an Age of Decline and Collapse

- John Galvin, Ph.D.

This presentation engages participants in a dialogue about the questions: “As existential thinkers, do we value community activism? “What do we have to offer people confronting the very serious, urgent issues that tell us our society is in decline and the world as we know it may collapse, if not within our life time, then during the lifetime of our children and grandchildren?”

1:00PM – 2:00PM • LUNCH

2:00PM - 3:00PM • BREAKOUT SESSIONS

Poetry as an Everyday Healing Language: Therapeutic Implications and Beyond

- Louis Hoffman, Ph.D.

Poetry has long been used by many civilizations for purposes of healing, spiritual enhancement, communicating abstract ideas in accessible language, and emotional expression. All of these have important utility for the therapy process. Similarly, poetry and the arts have long been used in therapy. The current workshop provides a uniquely existential perspective on the use of poetry in the therapy process, including its relevance for enhancing the person of the therapist, its relevance for the therapy relationship, and specific application with clients. Clinical examples will be used throughout the presentation with particular attention given to one example of how poetry was used to aid in the grieving process. The presentation will draw from the following scholarly texts:


Erich Fromm’s Human Dilemma and Existential Needs: Practices for the Everyday Cultivation of Presence, Awe, and Meaning

- Suzan Bollich, Ph.D.

In this workshop, participants will explore both didactically and experientially Erich Fromm’s notions of the Human Dilemma, Isolated Condition, and his 5 Existential or Human Needs as transcendent practices that give rise to presence, awe and meaning-making. Fromm’s five needs are Relatedness, Transcendence, Rootedness, Sense of Identity, and Frame of Orientation.

3:00PM – 3:10PM • BREAK

3:10PM – 4:10PM

Everyday Poetry: Making Mundane Language into Meaningful Metaphor

- Candice Hershman, MFT & Tom Greening, Ph.D.

This workshop would like to provide the audience with a better understanding of how poetry is not just a form of writing, but a way of viewing the world that enriches and empowers. The objectives of this workshop are to a) provide participants with a brief didactic overview of various perspectives on language, consciousness, and poetry, and to b) provide participants with an opportunity to meditate on their day and translate their phenomenological experience into poetic language.

4:10PM – 4:20PM • BREAK

4:20PM – 5:45PM

Conference Closing - Everyday Living: An Existential Surrender

- Sonja Saltman MFT & Candice Hershman, MFT

The concept of everyday existential living requires surrender, which is essential to an open heart. Surrender is not a loss of free will or of personal power. Surrender means melting into what already surrounds us every day and becoming an integral part of its existence. Our great challenge is balancing our essence with the demands of our environment, with obligations and ambitions, striving for equilibrium between forces that pull us in different directions at the same time. Feeling deeply into ourselves, into our center, we find the place where nothing needs to be resolved, explained or changed. When we find feelings of grief, sadness, or fear and if we are willing to accept them, our relationship to these feelings will begin to change as we awaken to a way of being in the world that experiences life undefended and with an open heart. Instead of pushing away all messy stuff, we reconnect to our ability to accept and are rewarded with increased clarity and ability to open even farther. Everyday life becomes an adventure, full of awe and delight and imbued with new meaning as we surrender to the moment exactly as it is.
Pacific Institute is committed to being a leader in advancing human awareness through the integration of care services, research, education, and community service while creating an inspiring and innovative learning community where we can grow into the role of an elder.

Our Philosophy
Pacific Institute employs a phenomenological approach to helping individuals in their own road to living and aging. This means that we try to remain aware of our own biases, assumptions, experiences when approaching the clients with whom we share the path of healing and discovery. Our stance is one of curiosity and openness to the phenomena that occurs in the here and now; it is one of wanting to know, rather than imposing onto the other what we do know. This means that our care is as much about the deepening of the world of the people we serve as of ours.

Our Programs & Services
Pacific Institute programs will change the course of your professional and personal lives — and the lives of the people for which you care.

AgeSong Institute
The AgeSong Institute follows a vision of promoting aware aging for the growing elderly population by providing individualized and holistic care within a therapeutic environment. As a response to the need for mental health services and adequate approaches to help elders who present unique states of consciousness, AgeSong Institute cares for issues elders face during the last phase of life. AgeSong Institute has designed specialized programs of services for older adults and elders residing in care communities and at home.

Visit pacificinstitute.org, agesonginstitute.org or agesong.com for more information.

Pacific Institute
In 1992, a small group of dedicated professors, mental health practitioners, and community leaders started the organization that gave birth to Pacific Institute. In 1993, Pacific Institute started a series of lectures, public programs, seminars and an informal internship. That was the beginning of our work. Today we continue this tradition through our focus on deepening our awareness of the many dimensions and expressions of human nature and through teaching new perspectives in the field of Mental Health, Gerontology, and Education.

Pacific Institute’s work is aimed at developing professional skills in the field of human awareness and its applications in the fields of mental health, geriatrics, and clinical care while raising personal awareness about the larger questions of meaning we humans face in this world. The Institute reaches its goals through its educational and public programs, through professional development, internships, research and publications. Our educational programs nurture a philosophy of care that views the emotional, mental and spiritual dimensions of aging as equally important to the biological one.

The seminars and continuing education programs of the Institute, along with some of the public programs, are overseen by the California Board of Behavioral Sciences, the Health and Human Services Department, the Division of Community Care Licensing, the California Professional Internship Council, the Board of Psychology and Board of Behavioral Sciences which accredits our internship sites. Pacific Institute works in collaboration with many graduate schools to further the academic education of their participants.

Additional Educational Programs of Pacific Institute:
• Public Programs: We present public lectures and events to educate the public on ways to raise its awareness and ways to care for their own, for elders, and the mentally vulnerable.

• Professional Development: The continuing education programs and seminars for health care professionals train them on new approaches to relate with others, with elders, and those in need of emotional care.

• Clinical Internship: Each academic year, we train and supervise clinical interns to provide mental health services using our unique approach. As a result, we are training new generations of mental health professionals equipped with the specialized knowledge of caring for the specific needs of the populations for which we work.

• Elders Academy Press: Through our own publishing house, we promote publications that teach and support meaningful aging, contemporary eldership, and best practices in mental health.
Suzan Bollich, Ph.D., is a Saybrook University clinical psychology alum. She has taught graduate and undergraduate psychology courses for over 12 years, and received geriatric and family post-doctoral training with Agesong. Suzan’s introduction to existential psychotherapy was with Dr. Kenneth Bradford at John F. Kennedy University, where she received a master’s degree in transpersonal psychology. Suzan gratefully continues to study with Dr. Bradford, and also has the good fortune to be in clinical consultation with Dr. Orah Krug.

Bob Edelstein, LMFT, is an existential-humanistic psychotherapist with nearly 40 years of experience. He provides consultation, supervision, workshops, and trainings for clinicians and students. He is a blogger for Psychology Today and has published a number of articles on the existential-humanistic perspective. Bob is a founding member of the Existential-Humanistic Northwest Professional Organization, based in Portland. He is also a board member of the Existential Humanistic Institute, based in San Francisco.

Lisa Firestone, Ph.D., is a clinical psychologist and the Director of Research and Education at the Glendon Association. Since 1987, she has been involved in clinical training and applied research in the areas of suicide and violence. These studies resulted in the development of the Firestone Assessment of Self-destructive Thoughts (FAST), Firestone Assessment of Suicide Intent (FASI) and the Firestone Assessment of Violent Thoughts (FAVT), published by PAR Publications. Dr. Firestone is the co-author of The Self Under Siege: A Therapeutic Model for Differentiation, Conquer Your Critical Inner Voice, Creating a Life of Meaning and Compassion and Sex and Love in Intimate Relationships as well as numerous articles and book chapters. Dr. Firestone is a highly regarded speaker nationally and internationally on the topics of suicide, violence, and interpersonal relations.

John Galvin, Ph.D., is a licensed psychologist in the state of Washington. In addition to psychology, John has degrees in philosophy and theology, speaks Chinese, and has extensive cross-cultural experience in Asia. Since graduating from Saybrook Institute in 1984, he has been an avid practitioner and proponent of existential-humanistic approaches to psychology and psychotherapy. Currently, John divides his time between private practice, teaching, and consulting. He is an adjunct faculty member of Antioch University in Seattle, and on the editorial board of the Journal of Humanistic Psychology.

Sibel A. Golden, Ph.D., is a licensed psychotherapist in private practice in Seattle. She has a BA in Art from Bard College, MA in Counseling Psychology from Goddard College, and recently completed her PhD in Psychology at Saybrook University, where she also received the Rollo May Scholarship (2011) for her essay on May’s “The Courage to Create”. Sibel currently contributes to the blog: The New Existentialists.

Thomas Greening, Ph.D., is a licensed clinical psychologist in California, and a clinical professor of psychology at UCLA. He has been practicing person-centered, psychodynamic, and existential-humanistic psychotherapy for 50 years. He is a Diplomat in Clinical Psychology and a Fellow of five APA Divisions. He was Editor of the Journal of Humanistic Psychology from 1971-2006, and is now the journal's International Editor. Dr. Greening is active in citizen diplomacy. His first overseas trip was with the Quaker International Volunteer Service in 1952, followed by a Fulbright Fellowship to Vienna. During the Cold War, he made five trips to the Soviet Union, and has recently traveled to China. With Clay Foreman, he created Saybrook's course in Citizen Diplomacy, the first such course in the world. Dr. Greening serves on the advisory boards of many organizations, including the International Center for the Study of Psychiatry and Psychology, the Existential Humanistic Institute, and the Sino-American Institute for Transpersonal Studies. His publications include books (Existential-Humanistic Psychology: American Politics, and Humanistic Psychology), book chapters (History of the Division of Humanistic Psychology of the American Psychological Association; Becoming Authentic: An Existential- Humanistic Approach to Reading Literature; The Psychological Study of Assassins), many articles, and both serious and humorous poems, some of which were published in August 2008 by the University of the Rockies Press.

Candice Hershman, MFT, is a licensed Marriage Family Therapist with an Existential-Integrative clinical orientation. She has a private practice in Sausalito, CA. Candice is also a student at Saybrook Graduate School and is currently working on her doctorate in psychology with a focus on how disciplined creative writing processes enhance consciousness and presence. Candice serves on the board of the Existential Humanistic Institute.

Candice has experience as both program director in residential care, has facilitated psychotherapeutic groups, provided in-home therapy to poverty level families, and provided individual psychotherapy in homeless shelters, elder communities, and hospice care. Candice has a background in Early Childhood Education that supports a developmental/psychodynamic/relational approach. Candice also has a special interest in the philosophical roots of psychology, cinema, and arts based therapy.

Candice is a regular blogger for the new existentialists, contributed a chapter to Dr. Kirk Schneider's book, Awakening to Awe: Personal Stories of Profound Transformation, (2009), was a recipient of the 2010 Rollo May Scholarship for her essay, Poetic Existence: Words That Help Us Feel Alive, and considered one of the top 20 teachers of 2006 in Marin County by the MARIN CARES program for her work as a therapeutic preschool teacher with Head Start of Marin.

Louis Hoffman, Ph.D., is an executive faculty member at Saybrook University and chair of the Consciousness and Spirituality program. He is the current president of the Society for Humanistic Psychology and co-founder of the Zhi Mian International Institute of Existential-Humanistic Psychology. Dr. Hoffman has five books, including Existential Psychology East-West and Brilliant Sanity: Buddhist Approaches to Psychotherapy. An active writer and presenter, Dr. Hoffman also serves on the editorial boards for the Journal of Humanistic Psychology, The Humanistic Psychologist, Janus Head, and PsycCRITIQUES: APA Review of Books. He also is highly involved in the development of existential psychology in China, including identifying indigenous Chinese approaches to psychology.

Orah T. Krug, Ph.D., is a licensed psychotherapist with private practices in Oakland and Sausalito, CA. She is a faculty member of Saybrook University, an editor for the Journal of Humanistic Psychology, and the clinical training director of the Existential-Humanistic Institute of San Francisco. EHI has recently launched two certificate programs, one in partnership with Saybrook University that offers a Certificate in the Foundations of Existential-Humanistic Practice. (Information about the certificate programs is at: http://ehinstitute.org/existential-therapy-certificate.html.) Most recently, Dr. Krug coauthored a textbook with Dr. Kirk Schneider entitled, Existential-Humanistic Therapy, part of a monograph series for the American Psychological Association. She has produced two videos entitled, Conversations with Jim and “Joe:” A Demonstration of the Consultation Process, with James Bugental. Her current research focuses on the relationship between existential meaning-making processes and therapeutic change.
Marcia B. Leventhal, Ph.D., CMA, BC-DMT, NCC, was the 2007 Marian Chace honoree and keynote speaker for the American Dance Therapy Association. She was the Director of the Graduate Dance/Movement Therapy Program at New York University, where she was a Professor from 1973-1990. She also founded the first two European Programs in DMT in Stockholm, Sweden, and in the UK (Froebel College at Roehampton University). Dr. Leventhal co-founded the International Dance Therapy Institute of Australia, (IDTIA) where she developed the training program leading to a Diploma in Dance Therapy. The IDTIA was just approved by The Psychotherapy and Counseling Federation of Australia as a provider to offer psychotherapy services and training to the public. Dr. Leventhal directed education and training for the IDTIA for 18 years. She cofounded the Dance Therapy Institute of Princeton and founded Dance Therapy Intensive Training Programs in Kyoto, Japan, Buenos Aires, Argentina, Athens, Greece, and has taught as well in France, Italy, throughout the UK, China and Trinidad-Tobago. Dr. Leventhal with her colleague Dr. Ilene Serlin are the co-founders and co-Directors of the Institute for Advanced Training in Dance Movement Therapy, which inaugurates its training programs in San Francisco and China in November of 2012.

Mary G. Madrigal, Ph.D., is a licensed clinical psychologist who has been working in the healthcare industry and mental health field for more than 20 years. Dr. Madrigal is an expert in end-of-care for people with schizophrenia and other severe mental health conditions. Dr. Madrigal’s behavioral health experience includes acute inpatient psychiatric and outpatient settings, residential, partial hospitalization, and providing mental health services in the home and wherever a person calls home- such as a shelter or homeless community. Dr. Madrigal is the director of a large psychiatric facility that provides mental health services to people with severe mental health conditions. Dr. Madrigal also has her own nonprofit company called Phoenix Rising Institute. The purpose of Phoenix Rising Institute is to provide counseling, educational seminars, advocacy, and linkage to end-of-life services for people with severe mental health conditions. “The essence of human bravery is refusing to give up on anyone or anything” (Chogyam Trungpa Rinpoche).

Kirk Schneider Ph.D., is a leading spokesperson for contemporary existential-humanistic psychology. Dr. Schneider is the recent past editor of the Journal of Humanistic Psychology (2005–2012), vice-president of the Existential-Humanistic Institute (EHI), and adjunct faculty at Saybrook University, Teachers College, Columbia University, and the California Institute of Integral Studies. A Fellow of the American Psychological Association (APA), Dr. Schneider has published over 100 articles and chapters and has authored or edited nine books (seven either have been or soon will be translated into Chinese). These books include The Paradoxical Self, Horror and the Holy, The Psychology of Existence (with Rollo May), The Handbook of Humanistic Psychology (with James Bugental and Fraser Pierson—now being updated for a second edition), Rediscovery of Awe, Existential-Integrative Psychotherapy, Existential-Humanistic Therapy (with Orah Krug—accompanying APA video also available), Humanity’s Dark Side: Evil, Destructive Experience, and Psychotherapy (with Art Bohart, Barbara Held, and Ed Mendelowitz), and Awakening to Awe. A tenth book, The Polarized Mind, is now in process. Dr. Schneider is the recipient of the Rollo May Award from Division 32 of the APA for “Outstanding and independent pursuit of new frontiers in humanistic psychology,” the “Cultural Innovator” award from the Living Institute, Toronto, Canada, a psychotherapy training center which bases its diploma on Dr. Schneider’s Existential-Integrative model of therapy, and an Honorary Diploma from the East European Association of Existential Therapy. Dr. Schneider is also a founding member of the Existential-Humanistic Institute in San Francisco, which in August, 2012 launched one of the first certificate programs in the “foundations” of Existential-Humanistic practice ever to be offered in the U.S.A. In April, 2010, Dr. Schneider delivered the opening keynote address at the First International (East-West) Existential Psychology Conference in Nanjing, China, and has been repeatedly invited to speak at various similar venues in China—as well as Japan—over the last three years.

More information about Dr. Schneider’s work is available at his website, kirkjschneider.com, as well Wikipedia.com, the Psychology Today website blog, and apa.org/videos. Contact info: kschneider56@gmail.com. Full CV available upon request.

Nader R. Shabahangi, Ph.D., founded the non-profit organization Pacific Institute with the purpose of training psychotherapists in a multicultural, humanistic approach to counseling and to provide affordable therapy services to the many diverse groups living in San Francisco. In 1994, noticing the often inhumane treatment of the elderly living in institutions, he started to develop an innovative Gerontological Wellness Program in order to provide emotional support and mental health care services for elders. In 1997, together with his two brothers, Nader opened a residential care home for elders in San Francisco called AgeSong, where he implemented the Gerontological Wellness Program.

Nader continues to create programs with the purpose of caring more comprehensively for the elderly. In 2002 he helped found Pacific Institute Europe in Warsaw, Poland, in order to bring gerontological and comprehensive care services to the European continent. In 2003 he cofounded Elders Academy Press, a publishing program of Pacific Institute and Pacific Institute Europe, specifically dedicated to promoting writings of and for elders.

In 2006 he wrote Deeper into the Soul, a book promoting a radically different view and attitude towards dementia. He elaborates this view in his 2009 publication Conversations with Ed, and in 2011 writes Elders Today, which explores the difference between getting ‘old’ and growing into the role of an elder preparing us for old age and eldership.

Ilene A. Serlin, Ph.D., BC-DMT, is a licensed psychologist and registered dance/movement therapist with a private practice in San Francisco and Marin County. She is President-Elect of the San Francisco Psychological Association, past-President of Division 32 (Humanistic Psychology) of APA, a Fellow of APA, and chairs a Task Force on Whole Person Approaches to Trauma for the California Psychological Association. She is the general editor of Whole Person Healthcare (Praeger, 2007). Dr. Serlin worked with Laura Perls and taught at the NY Gestalt Institute, and did her internship at the Jung Institute of Los Angeles and has taught in Zurich. Her website is www.ileneserlin.com.
LOCAL RESTAURANTS

Suppenküche $$$ Hayes Valley
• Eastern European, German
  – 525 Laguna Street

ZUNI Café $$$ Hayes Valley
• Italian – 1658 Market Street

Absinthe Brasserie and Bar $$$ Hayes Valley
• California, French, Mediterranean
  – 398 Hayes

Espetus $$$ Hayes Valley
• Brazilian, Steakhouse, Buffet
  – 1686 Market St

Blue Bottle Coffee Kiosk $ Hayes Valley
• Coffee – 315 Linden Street

Stacks Restaurant $$ Hayes Valley
• Breakfast/Brunch, California
  – 501 Hayes Street

Patxi’s Chicago Pizza $$$ Hayes Valley
• Italian, Pizza, Salads – 511 Hayes Street

Jardiniere $$$$ Hayes Valley
• California, French – 300 Grove Street

Bar Jules $$$ Hayes Valley
• California – 609 Hayes Street

Sauce $$$ Hayes Valley
• American – 131 Gough Street

Sebo $$$$ Hayes Valley
• Japanese, Sushi – 517 Hayes Street

Canto do Brasil $$ Hayes Valley
• Brazilian – 41 Franklin Street

Cafe Du Soleil $ Hayes Valley
• Coffee, French – 200 Fillmore Street

Otoro Sushi $$ Hayes Valley
• Japanese, Sushi – 205 Oak Street

Domo $$ Hayes Valley
• Sushi – 511 Laguna Street

Hayes and Kebab $ Hayes Valley
• Mediterranean – 580 Hayes Street

Arlequin $ Hayes Valley
• Mediterranean, Sandwiches/Subs
  – 384b Hayes Street

Flipper’s $ Hayes Valley
• Burgers – 482 Hayes Street

The Grove $$ Hayes Valley
• American – 301 Hayes Street

Biron $$ Hayes Valley
• Wine Bar – 45 Rose Street
Cable Cars ◀ The Powell-Hyde line begins at Powell and Market streets, terminating at Victorian Park near the Maritime Museum and Aquatic Park; the Powell-Mason line also begins at Powell and Market, but ends at Bay and Taylor near Fisherman’s Wharf; the California Street line runs from California and Market streets to Van Ness Avenue.

Japantown ◀ Geary Blvd. & Sutter Street, San Francisco

Fisherman’s Wharf ◀ The Embarcadero and Taylor St., San Francisco CA Popular with tourists and sea lions, Fisherman’s Wharf is full of shops, silly museums and family fun. Still a working wharf, its vendors sell thousands of tons of fish and shellfish. Take an early morning walk down “Fish Alley” to see fisherman at work. Later, the Wharf is boardwalk-style family entertainment with decidedly tourist attractions such as Ripley’s Believe It or Not! Museum, the Red & White Fleet, at the Wax Museum. For maritime-lovers and WWII buffs, the San Francisco Maritime Museum is at the foot of Polk St. and massive USS Pampanito is docked right at Pier 45

Coit Tower ◀ 1 Telegraph Hill Blvd., San Francisco The wild local heiress Lillie Hitchcock donated the money for her posthumous tribute the San Francisco fire department, the 180-foot tall Coit Tower which overlooks an impressive 360 degree panorama view of the Embarcadero, Pier 39, the Golden Gate Bridge, Mt. Sutro, and the Financial District all in one dizzying sweep. Work up an appetite for North Beach’s Italian flair by trekking your way up Telegraph Hill to peruse the view and the Diego Rivera style frescoes housed inside the Tower.

Exploratorium & Palace of Fine Arts ◀ 3609 Lyon St., San Francisco Founded in 1969 by noted physicist and educator Dr. Frank Oppenheimer, the Exploratorium houses a playful array of over 650 hands-on science, art, and human perception exhibits. From salt volcanos and bubble bombs to fault lines and frogs, the line up tests imaginations young and old. Just the transportive effect. Originally meant to be a temporary open-air art gallery for the 1915 Panama-Pacific International Exhibit, the Palace has been built and rebuilt, a testament to the love San Franciscans have for their ruddy masterpiece. While currently not a gallery, the Palace of Fine Arts’ theater is home to hidden gardens, curling dragon statues, and a redwood pulpit. The gothic landmark of the west coast, the ornate beauty of Grace Cathedral is home to hidden gardens, curling dragon statues, and a redwood pulpit that has seen the likes of Dr. Martin Luther King Jr., Archbishop Desmond Tutu, and the Dalai Lama. The Grace hosts glorious concerts year round and its Columbarium is the only sacred landmark in San Francisco where freshly cremated remains may be laid to rest.

Golden Gate Park ◀ Golden Gate Park encompasses more than 1,000 acres of land on the west side of San Francisco and contains a number of features that attract visitors and city-dwellers, grandparents and high schoolers, rollerbladers and benchwarmers alike. Bordered by the Pacific Ocean on its western end and extending 4.5 miles east, San Francisco’s Golden Gate Park includes the Japanese Tea Garden, the Strebly Arboretum, the San Francisco Conservatory of Flowers, the deYoung Museum, the AIDS Memorial Grove, Stow Lake and the Academy of Sciences.

Castro District Castro and Market ◀ San Francisco The universally agreed Mecca of gay life is San Francisco’s Castro District. The affluent North side of Market is home to a predominantly gay and lesbian community, excellent bakeries, boutiques, cafes, restaurants, and of course, gender bending bars. The famed Castro Theatre, the Castro’s historic art deco movie palace, screens old and independent films from around the world. On Halloween, the center of San Francisco is the Castro, with crowds in the thousands celebrating in the streets.

Ghirardelli Square ◀ 900 North Point St, San Francisco Shopping and waterfront dining at fine restaurants and shops in historic San Francisco Ghirardelli Chocolate Factory near San Francisco Fisherman’s Wharf. The building was saved from destruction in one of the U.S.’s first examples of adaptive reuse. Ghirardelli Square Chocolate Festival takes place in early September.

Grace Cathedral ◀ 1100 California Street at Taylor San Francisco The gothic landmark of the west coast, the ornate beauty of Grace Cathedral is home to hidden gardens, curling dragon statues, and a redwood pulpit that has seen the likes of Dr. Martin Luther King Jr., Archbishop Desmond Tutu, and the Dalai Lama. The Grace hosts glorious concerts year round and its Columbarium is the only sacred landmark in San Francisco where freshly cremated remains may be laid to rest.

Lombard Street Russian Hill ◀ Between Hyde and Leavenworth Streets A drive over any of San Francisco’s mind-blowing hills leaves the impression that building a city here took some guts. On world-famous Lombard Street, developers chose the easy way out by making a series of switchbacks to ease Russian Hill’s 40-degree grade. Half the delight of America’s Crookedest Street is the lush plantings that adorn each inner-curve, and the top-notch views of Coit Tower and the Bay. The street can be prone to tourist gridlock; a good option is to park nearby and make use of the pedestrian staircases.

Mission District ◀ Mission Street between 16th and 24th Streets The heart of San Francisco’s predominantly Latino neighborhood is 24th Street, a colorful collection of authentic restaurants, taquerias, Mexican bakeries, produce markets, specialty shops and murals. Mission Dolores at 16th and Dolores streets is the oldest structure in San Francisco (many of San Francisco’s Spanish pioneers are buried on the site). Two blocks away on Dolores and 18th St., the palm tree studded Dolores Park still has a Spanish flavor.

Pacific Bell Park ◀ 24 Willie Mays Plaza, San Francisco Anyone who has seen the Giants play at Pac Bell Park knows that Barry Bonds and other star players are not the only draw. Like a ship in harbor, the three-year-old park is nestled against the bay. Zen moments can be had and baseball forgotten when dizzy seat-searchers realize that yes, the water is right down there. A waterfront promenade allows spendthrift oglers to catch glimpses of the games through a fence. Pac Bell Park, located in San Francisco’s SoMa district, is easily accessible by public transportation.
**SCHEDULE AT A GLANCE** *(SUBJECT TO CHANGE)*

<table>
<thead>
<tr>
<th>FRIDAY, NOVEMBER 16</th>
<th>SATURDAY, NOVEMBER 17</th>
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</thead>
<tbody>
<tr>
<td>8:00AM - 9:00AM • Registration &amp; Check-In at the AgeSong Elder Communities • EHI and Pacific Institute</td>
<td>9:00AM - 10:30AM • What is Existential Health? Individually and Collectively • Kirk Schneider, Ph.D., &amp; Bob Edelstein, LMFT</td>
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<tr>
<td>9:00AM - 10:30AM • Opening Session &amp; Welcome • EHI Board</td>
<td>10:30AM - 10:45AM • BREAK</td>
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<td>10:30AM - 10:45AM • BREAK</td>
<td>10:45AM - 11:45AM • BREAKOUT SESSIONS</td>
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<tr>
<td>10:45AM - 12:15PM • Existential Humanistic Therapy: A Path to Presence and Authenticity Session • Bob Edelstein, LMFT</td>
<td>The Self Under Siege Differentiation and the Search for Meaning • Lisa Firestone, Ph.D.</td>
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<td>12:15PM - 1:30PM • LUNCH</td>
<td>Kinesthetic Imagining • Ilene A. Serlin, Ph.D., BC-DMT,</td>
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<tr>
<td>1:45PM - 3:15PM The Therapeutic Encounter: Interruptions to Authentic Presence in Client and Therapist • Orah Krug, Ph.D., &amp; Sibel Golden, Ph.D.</td>
<td>11:45AM - 12:00PM • BREAK</td>
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<tr>
<td>3:15PM - 3:30PM • BREAK</td>
<td>12:00PM - 1:00PM BREAKOUT SESSIONS</td>
</tr>
<tr>
<td>3:30PM - 5:00PM Working Existentially with Clients in the Second Half of Life: The Longer View of Life and Living • Nader Shabahangi, Ph.D.</td>
<td>Moving Towards Meaning: How Dance Therapy Leads Us Towards A Deeper Sense Of Self and Purpose • Marcia B. Leventhal, Ph.D., CMA, BC-DMT, NCC</td>
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<tr>
<td>5:15PM - 8:30PM Reception — Please join us</td>
<td>Existential Activism: Presence, Awe and Meaning in an Age of Decline and Collapse • John Galvin, Ph.D.</td>
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<tr>
<td>9:00AM - 10:00AM • Registration &amp; Check-In at the AgeSong Elder Communities • EHI and Pacific Institute</td>
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<td>10:45AM - 11:45AM • BREAKOUT SESSIONS</td>
<td>Poetry as an Everyday Healing Language: Therapeutic Implications and Beyond • Louis Hoffman, Ph.D.</td>
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<tr>
<td>The Self Under Siege Differentiation and the Search for Meaning • Lisa Firestone, Ph.D.</td>
<td>Erich Fromm’s Human Dilemma and Existential Needs: Practices for the Everyday Cultivation of Presence, Awe, and Meaning • Suzan Bollich, Ph.D.</td>
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<td>Kinesthetic Imagining • Ilene A. Serlin, Ph.D., BC-DMT,</td>
<td>3:00PM - 3:10PM • BREAK</td>
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<td>11:45AM - 12:00PM • BREAK</td>
<td>3:10PM - 4:10PM • Everyday Poetry: Making Mundane Language into Meaningful Metaphor • Candice Hershman, MFT &amp; Tom Greening, Ph.D.</td>
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<td>12:00PM - 1:00PM BREAKOUT SESSIONS</td>
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<td>Moving Towards Meaning: How Dance Therapy Leads Us Towards A Deeper Sense Of Self and Purpose</td>
<td>4:20PM - 5:45PM Conference Closing - Everyday Living: An Existential Surrender • Sonja Saltman MFT &amp; Candice Hershman, MFT</td>
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