WELCOME

This year marks the 7th Annual EHI conference with a rich potpourri of presentations and experiential discoveries.

Through a quick perusal of the topics and abstracts, any initiate and non-initiate will quickly glean the core precepts of the existential-humanistic approach: an emphasis on experiential learning, being present, therapists’ personal understanding of themselves, the importance of meaning and meaning-making, the body, community, the centrality of the relationship between therapist and client, and the focus on helping clients’ unfolding of their personal processes.

Besides these core precepts, a hallmark of the existential-humanistic approach is its openness to other approaches, such as the many expressive arts, the research in mindfulness and neuroscience, and the discoveries from other theoretical orientations including those of psychoanalysis, somatics and cognitive-behaviorism.

Research shows again and again the central significance of therapists’ personal understanding of themselves and, connected to that understanding, their ability to relate to their clients’ world. Yet, it continues to amaze those of us of the existential persuasion that the academic and practical training of student and seasoned therapists have yet to catch-up to embracing an existential-humanistic attitude in their therapeutic work. Granted, we existential-humanists are not an easy group of people to classify and categorize. Nor are our manifold theories easily grasped, let alone comprehended.

The question of what makes an existential therapist does not have a ready answer. Rather, referencing Rilke, it is the continued questioning of who we really are as people and practitioners that make us existential therapists “existentialistic” in nature and attitude. We might even go as far as stating that the therapist who claims to be an existential therapist is not an existential therapist. For the point is this: human beings are simply too mysterious and complex, too unfathomable and peculiar, as that word, any word or plurality of words, can begin to apprehend who we are. The moment we try to describe ourselves, we understand the limits of our description.

Comfortable with paradox, mystery, the uncanny, existentialists try to stay aware of the illusion of knowledge.

For eons humans have struggled to become conscious of themselves, and have endeavored to reach an awareness of the meaning of their existence. Even those who claim that life is meaningless express their meaning through the idea that life has no meaning. We cannot escape our drive for meaning, acknowledged or not as may be the case.

This conference seeks nothing but the continuation of meaning-making and the sharing of our personal journeys along this path, to have us connect with and relate to one another, enjoy each other’s company, and to share our joys and pains, struggles and achievements together.

The 7th Annual conference of the Existential-Humanistic Institute promises no universal techniques, only experiences of what worked for us under specific circumstances. It offers no anxiety reduction around what to do and how to be, only an honest sharing of our vulnerability as we continue to live with our struggles every day. Finally, our conference offers no simple answers, but promises to leave each of us with even more questions – this, alas, we can be sure of!

Nader R. Shabahangi
President
ABOUT EHI
The institute’s primary focus is training; offering courses in existential-humanistic therapy and theory. EHI was formed as a non-profit organization under the auspices of the Pacific Institute in 1997.

EHI provides a forum, 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 on the principles of existential-humanistic practice and case seminars in existential-humanistic theory and practice. Most of EHI’s instructors have trained extensively with such masters 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, the responsibility of the therapist. These courses explain existential-humanistic conceptions of resistance, meaning and alignment, existential spirituality, and integrative existential practice.

The goal of the institute - via both its curriculum and newsletters - is to support existentially and humanistically informed psychologies and psychotherapies 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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We proudly welcome you to the 2013 Existential Humanistic Institute Conference!
The Existential-Humanistic Institute (EHI) is pleased to announce a new and unprecedented certificate program leading to a Certificate in the Foundations of Existential-Humanistic Practice.

Leading therapy researcher Bruce Wampold suggests that “an understanding of the principles of existential therapy is needed by all therapists, as it adds a perspective that might ... form the basis for all effective treatments” (Wampold cited in PsycCritiques, February 6, 2008, p.6).

Wampold’s findings along with others place E-H therapy not on the fringe but squarely at the center of psychological theory and practice as the field formulates new assumptions about what constitutes the core of practice. The intention of the certificate program is to provide students with such a foundational core by integrating both theory and practice into each course.

The theoretical part focuses on existential-humanistic therapy in general and on three of its founders, Rollo May, James Bugental, and Irvin Yalom, in particular. An overarching assumption of existential-humanistic therapy is that it is the client’s in-the-moment experiencing that forms both the underlying and actual process in therapy. This assumption anchors the existential therapist in the principles of practice that focus on experience over explanation and process over content. By gaining competency in these fundamental principles, the student will have a foundation from which additional modalities can be employed.

In today's competitive work environment, specialized skills are highly regarded, but hard to come by. In our industry, balancing competency with theory and skills is a uniquely specialized process that requires on-going training and support. EHI offers both—sound theoretical background and experiential training and support. Most of EHI’s instructors have trained extensively with such masters as James Bugental, Irvin Yalom and Rollo May, and are among the most highly trained existential-humanistic practitioners in the country.

We hope you will give us an opportunity to further develop your therapeutic skills, and to cultivate, within a safe and stimulating environment, a love for the work that our mentors Jim Bugental, Irv Yalom, and Rollo May instilled in us.

EHI is currently accepting applications, for more information visit ehinstitute.org, or contact Lisa Vallejos at info@ehinstitute.org.

EHI is currently accepting applications Visit pacificinstitute.org/ehi/ehi-certificate-application.php. Or for more information, please visit the ehinstitute.org, or contact Lisa Vallejos at info@ehinstitute.org.
FRIDAY, NOVEMBER 15

8:30 AM – 9:00 AM
Registration & Check-In

9:00 AM – 9:30 AM • TERRACE
Welcome – Drumming
► Hernandez

9:30 AM – 10:15 AM • TERRACE
Dialogue With EHI Board and Attendees

10:15 AM – 10:30 AM • MORNING BREAK

10:30 – 12:00 PM • TERRACE • KEYNOTE
Grow Old Along With Me: A Psychotherapist Looks at His Own Aging
► E. Mark Stern, Ph.D.

12:00 PM – 1:30 PM • ON OUR OWN
Lunch in the neighborhood

1:30 PM – 3:00 PM • BREAKOUT SESSION ONE
1A • TERRACE
Open Room

1B • WISEMAN ROOM
The Art of Embodiment
► Ilene Serlin, Ph.D., BC-DMT, Sarah Kass, Ph.D., Candice Hershman, MFT and Eleanor Criswell, Ph.D.

1C • SAMBA ROOM
Befriending Ourselves through Self-Empathy: Nonviolent Communication as a Tool for Self-Compassion
► Ali Miller, MFT

3:00 PM – 3:15 PM • TERRACE • AFTERNOON BREAK

3:15 PM – 4:45 PM • BREAKOUT SESSION TWO
2A • TERRACE
Six Existential-Humanistic Philosophical Frames: Empowering the Therapist
► Bob Edelstein, LMFT, MFT

2B • WISEMAN ROOM
Aikido and Psychotherapy
► Patrick Faggianelli Ph.D.

2C • SAMBA ROOM
The Existential Body of the Humanistic Mind, Somatic Trauma Therapy Insights From Near Death to Gentle Everyday Ecstatic Living
► John Ingle, MA

5:00 PM - 8:30 PM • TERRACE
Reception / Coordinators
► Candice, Lisa, Volunteers

SATURDAY, NOVEMBER 16

9:00 AM – 9:15 AM • TERRACE
Welcome To Day Two

9:15 AM – 10:45 AM • BREAKOUT SESSION THREE
3A • TERRACE
Contact and Context —The Paradox of Relational Presence
► Orah Krug, Ph.D.

3B • WISEMAN ROOM
Cultural Competency & Existential Psychotherapy
► Heatherlyn Hoffman, Psy.D., Louis Hoffman, Ph.D. and Theopia Jackson, Ph.D.

3C • SAMBA ROOM
The Freedom to Choose in the Presence of Our Fears and Anxieties: Mindful Acceptance or Mindful Inquiry
► Koke Saavedra, Psy.D. and Galia Schechter, Psy.D.

10:30 AM – 10:45 AM • MORNING BREAK

10:45 AM – 12:00 PM • BREAKOUT SESSION FOUR
4A • TERRACE
The Polarized Mind—Its Nature, Basis, & Therapeutic Implications
► Kirk Schneider, Ph.D.

4B • WISEMAN ROOM
Addressing grief and a looming abyss: uncertainty, terror and unexpected rewards
► Jeff Sharp, Ph.D.

4C • SAMBA ROOM
Existential Freud: Converting Neurotic Misery Into Common Unhappiness
► Michael G. Thompson, Ph.D.

12:00 PM – 1:30 PM • ON OUR OWN
Lunch in the neighborhood

1:30 PM – 3:00 PM • BREAKOUT SESSION FIVE
5A • TERRACE
Existential Shattering
► Tom Greening, Ph.D. & Lisa Vallejos, M.A.

5B • WISEMAN ROOM
The Impact of Traumatic Brain Injury (TBI) on the Survivor’s Spouse/Partner From an Existential-Humanistic Perspective
► Elva Hoxie, Ph.D., RN, MPH

5C • SAMBA ROOM
Rude Awakening: Trauma as a Portal to Authentic Presence
► Ken Bradford, Ph.D.

3:00PM – 3:15 • AFTERNOON BREAK

3:15 PM – 4:45 PM • BREAKOUT SESSION SIX
6A • TERRACE
Befriending Each Other: Befriending Agency & Meaning Through Community
► Candice Hershman, MA, LMFT, Ph.D. cand., and Sonja Saltman, MA

6B • WISEMAN ROOM
Creating a Meaningful Life: Through Facing the Anxiety of Being an Adult
► Lisa Firestone, Ph.D. and Joyce Catlett

6C • SAMBA ROOM
How Dancers Think and Feel
► Janet Jacobson, American Council on Exercise(ACE), CNA/HHA, RNA

4:45PM – 5:15 PM • TERRACE
Conference Closing Drumming Ceremony
► Hernandez
FRIDAY, NOVEMBER 15

10:30 AM – 12:00 PM • TERRACE • KEYNOTE
Grow Old Along With Me: A Psychotherapist looks at His Own Aging
► E. Mark Sterns, Ph.D.
Elders, defying their forgetfulness, become the tellers of passionate tales. Never mind the ways of linear memory. In this keynote address, Stern will explore and hail those advanced in years who the muses inspire. Pain and suffering, too, enter existence for those who live long lives. Stern examines the nature of suffering in its potential as a variety of spiritual flexibility. He unapologetically admits his distance from the behavioral and neuroscience disciplines that have forgotten matters of the soul. Alternative realities, he has discovered, are a means to soul making.”

SESSIONS IN DETAIL

1:30 PM – 3:00 PM • BREAKOUT SESSION ONE
1B • WISEMAN ROOM
The Art of Embodiment
► Ilene Serlin, Ph.D., BC-DMT, Sarah Kass, Ph.D., Candice Hershman, MFT and Eleanor Criswell, Ph.D.
Anxiety is a natural response to the storms of life; embodiment can provide a calm center from which to experience and find courage and strength in these storms.

In this workshop, several approaches to embodiment will be explored. Kinaesthetic Imagining is a process by which participants awaken consciousness in the body (“incarnate perception”), develop the language and symbols of nonverbal experience (“kinetic melodies”), and discover meaning in their experience (“action hermeneutics”).

Another approach will explore the therapeutic body, the process of meaning-making with the abstract mind versus with affect and emotions, and the connections between ancient practices of yoga and modern somatic practices.

Embodiment is a crucial dimension of existential/humanistic psychology, but has not been as developed as the theoretical and philosophical ones. This workshop, therefore, aims to address this gap by contributing to the articulation of the “felt experienced” dimensions of an existential/humanistic psychology, while forming closer connections to related fields of somatic psychology and creativity studies.

3:15 PM – 4:45 PM • BREAKOUT SESSION TWO
2A • TERRACE
Six Existential-Humanistic Philosophical Frames: Empowering the Therapist
► Bob Edelstein, LMFT, MFT
A core tenet of the existential humanistic philosophy is that presence is a key to guiding therapeutic choices. In this workshop, the presenter will explore six philosophical frames that support the existential humanistic therapist to be more fully present with their clients. This in turn facilitates the clients to be more present with themselves and with the therapist. The six philosophical frames explored are:
1. Being versus Doing
2. Process versus content
3. Identifying and exploring existential themes
4. Holding the container
5. Everything is everything
6. Inclusion, not amputation

2B • WISEMAN ROOM
Aikido and Psychotherapy
► Patrick Faggianelli Ph.D.
Aikido is a Japanese martial art that has the stated aim of resolving conflict without violence and in such a way that no one gets injured. Aikido literally means the way of harmonizing (loving) energy. One of the important aikido philosophies is that one must “embrace one’s opponent with love.” In terms of this workshop, if anxiety and worry is “one’s opponent” the aiki approach is to love one’s anxiety and worry. Embedded in the practice of aikido are many concepts including physical self defense, the nature of the universe, the importance of partnership practice, the importance of developing a practice designed to align oneself with the energy of the universe. This seminar will explore underlying contextual elements which inform aikido and discuss, as well as experience, how these principles and practices can be understood and utilized in the practice of Existential, Humanistic and Transpersonal Psychology and psychotherapy particularly in relation to the ability to befrend anxiety and worry.

1C • SAMBA ROOM
Befriending Difficult Emotions through Self-Empathy: Nonviolent Communication as a Tool for Self-Compassion
► Ali Miller, MFT
Nonviolent Communication (NVC), developed by Marshall Rosenberg, is deeply congruent with Carl Rogers’ humanistic, person-centered counseling approach. Much more than a communication or conflict resolution tool, NVC is an approach to being with others that offers the opportunity for tremendous healing and transformation. In this workshop, participants will be introduced to NVC principles and tools, with a focus on how NVC can be applied in the therapeutic setting. Particular attention will be given to teaching the skill of self-empathy for dealing with difficult emotions. Didactic and experiential components will be offered.

2C • SAMBA ROOM
The Existential Body of the Humanistic Mind, Somatic Trauma Therapy Insights From Near Death to Gentle Everyday Ecstatic Living
► John Ingle, MA
Stories of survival and enlightenment
Teaching process work somatic trauma therapy in Russia For 15 years. Insights and new possibilities.
Sensory guidance and resourcing insights to get through reliving near death experiences.
What to do with fear of existence exercise.
SUNDAY, NOVEMBER 16

9:00 AM – 9:15 AM • TERRACE
Welcome To Day Two

9:15 AM – 10:45 AM • BREAKOUT SESSION THREE

3A • TERRACE
Contact and Context —The Paradox of Relational Presence

  ▶ Orah Krug, 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. The 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.

3B • WISEMAN ROOM
Cultural Competency & Existential Psychotherapy

  ▶ Heatherlyn Hoffman, Psy.D., Louis Hoffman, Ph.D.
  and Theopia Jackson, Ph.D.
  Existential-humanistic psychology, as commonly represented in the professional literature and practice, is heavily steeped in Western and Euro-American culture and its assumptions. Despite this, it has great potential to be practiced in a culturally sensitive manner in diverse contexts and with diverse clientele. To accomplish this, existential therapy must be aware of its biases and assumptions that may be problematic to certain individuals and cultural groups while developing strategies to be adapted in varied settings and contexts. Cultural competency is generally defined to include self-awareness of one’s own cultural views, attitude toward cultural and other differences, knowledge of different cultural world views, and skills for working in cross-cultural settings. This presentation explores what it would mean for existential-humanistic therapy and its practitioners to be culturally competent.

3C • SAMBA ROOM
The Freedom to Choose in the Presence of Our Fears and Anxieties: Mindful Acceptance or Mindful Inquiry

  ▶ Koke Saavedra, Psy.D. and Galia Schechter, Psy.D.
  Over the last decade, mindfulness practices promoting a friendly relationship with our fears and anxieties (and other difficult psychological experiences) have become more central to existential-humanistic (such as gestalt, emotion-focused, somatic, etc) and experiential-behavioral (such as acceptance and commitment therapy, mindfulness-based cognitive therapy, etc) psycho therapeutic work with fear- and anxiety-related challenges. This momentous development has raised a fundamental question as to the distinct roles in psychotherapy of mindful inquiry, on the one hand, and mindful acceptance, on the other.

10:45 AM – 12:00 PM • BREAKOUT SESSION FOUR

4A • TERRACE
The Polarized Mind — Its Nature, Basis, and Therapeutic Implications

  ▶ Kirk Schneider, Ph.D.
  Drawing from my new book “The Polarized Mind: Why It’s Killing Us and What We Can Do About It”, the purpose of this presentation is to discuss the nature, basis, and alleviation of psychological polarization. The presentation will emphasize experiential participation with didactic material as context. Dialogue and small group exercises will be engaged to address ways to both identify and address polarization in psychotherapy and everyday lives.

4B • WISEMAN ROOM
Addressing Grief and a Looming Abyss: Uncertainty, Terror and Unexpected Rewards

  ▶ Jeff Sharp, Ph.D.
  This presentation will initially focus on a critical, pivotal discussion I had with my Mother about nine months before her death. A discussion, that is, that required both of us to face considerable anxiety—and which greatly strengthened our relationship and provided us with immense opportunities to live in a more meaningful and fulfilling manner.

   I will look at two separate yet interwoven grieving processes: hers, and mine. Reflections on these processes, informed by Existential/Humanistic themes, Kubler-Ross’s insights on death and dying, and Attachment Theory, will be shared. Following an initial narrative and theoretical presentation, we will have small group discussions in which participants can discuss related grieving processes and decisions in their own lives. We will create a safe context in which participants can explore, if desired, the risks inherent in addressing specific grieving issues in their own lives, and the risks inherent in avoiding these matters.

4C • SAMBA ROOM
Existential Freud: Converting Neurotic Misery Into Common Unhappiness

  ▶ Michael Guy Thompson, Ph.D.
  This presentation will review Freud’s inherently existential take on the human condition as depicted in his seminal and most popular work, CIVILIZATION AND ITS DISCONTENTS (originally titled: “Culture and Unhappiness”). The paper tease out the paradox of our all too human condition, that in order to achieve self-confidence and inner peace amidst the everyday turmoil of modern living we must come to terms with the observation that most of our endeavors end in failure and disappointment. My thesis is that the willingness to take chances in the place of these disappointments is the surest way of obtaining the happiness we aspire to.

12:00 PM – 1:30 PM • ON OUR OWN
Lunch in the neighborhood

1:30 PM – 3:00 PM • BREAKOUT SESSION FIVE

5A • TERRACE
Existential Shattering

  ▶ Tom Greening, Ph.D. and Lisa Vallejos, M.A.
  This workshop will introduce the concept of Existential Shattering as conceived of by Dr. Tom Greening. Participants will learn what Existential Shattering consists of and how it is related to trauma and PTSD. Case vignettes, personal experience and discussion will be utilized during this workshop.

10:30 AM – 10:45 AM • MORNING BREAK
Through Community
Ken Bradford, Ph.D., Candice Hershman, MA, LMFT, Doctoral Candidate, Elva Hoxie, Ph.D., RN, MPH, and Sonja Saltman, MA

We become present to the experience of a diverse community in an intimate, heartfelt setting. This sets the tone for problem solving on a local, grassroots level, allowing psychological self-reckoning to deepen, trauma has the further, rude potential to attune us to a more fundamental awakeness as we come face to face with the aloneness and death anxiety.

The purpose is to help facilitate the process of learning to live with the challenges and transcend the psychological pain into existential meaning. The research is based on three methods used in the nursing research: concept analysis (Morse, 1995; Walker & Avant, 2005), concept advancement (Penrod & Hupcey, 2005), and integrative review (Bromm, 1993). A main tenet and value of the chosen theoretical designs are two-fold: (1) the methods are based in health research, and (2) the conclusions promote practical utilization for clinical application.

In this workshop, the presenters will create an environment for people to share their experience of the conference as a whole in order to explore and discover personal and interpersonal meaning of their conference experience. Attendees will also have the opportunity to share their concerns and perspectives on audience selected topics, and explore solutions in small groups. We will then continue the discussion as a large group, inviting other people to share their unique experience and build upon proposed solutions. It is our hope that through this process, people’s sense of meaning via the E-H community will be deepened and expanded.

How Dancers Think and Feel
Janet Jacobson, American Council on Exercise(ACE), CNA/HHA, RNA

We will explore the psychodynamics underlying the tendency to hold the fears and anxiety associated with becoming adult. There are five major aspects of the adult approach to life: acting rational, formulating and implementing goals, equality in relationships, being active versus passive, being non-defensive and open and realizing one's personal power and strength.

How Dancers Think and Feel
Janet Jacobson, American Council on Exercise(ACE), CNA/HHA, RNA

My cousin Richard contracted Parkinson’s when he was 63, which was 10 years ago. His daily determination to exercise keeps him from succumbing completely to this disease. In a recent conversation, I moaned that I was worrying too much and needed to let it go. “No!” he quickly replied. “That’s energy, use it.” Of course, he is so right! I’ve had amazing turnarounds within a moment of anxiety. Rather than try and “let go” of this surging emotion I directed its energy toward an immediate task and simultaneously experienced movement possibilities.

It helps to have a Dancer’s frame of mind when flushed with worry or anxiety. My proposal for this session is to give attendees an intimate introduction to the way Dancers think and feel so they may expand their kinesthetic sense and befriend anxiety and worry.

Conference Closing Drumming Ceremony
Hernandez
LOCAL RESTAURANTS & ATTRACTIONS
COURTESY OF SANFRANCISCO.COM

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
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.

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.

ABOUT PACIFIC INSTITUTE

Additional Educational Programs of Pacific Institute:

- Back to Living: Pacific Institute, managed by AgeSong, provides residential care for elders, the forgetful, and those in need of specialty services, with a humanistic, relational approach to care. Under the guidance of the AgeSong philosophy of care, we provide a holistic program that creates a therapeutic environment, around the clock nursing, and highest quality nutrition and enrichment. Rather than ‘assisted living’ which emphasizes all that is not ‘normal’, AgeSong looks at what is present: the soul dimension of each human being. This is why AgeSong refers to its model of humanistic care as ‘back to living’, not ‘assisted living’.

- 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 very own publishing-house, we promote publications that teach and support meaningful aging, contemporary eldership, and best practices in mental health.

- 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.
AgeSong embodies an existential-humanistic, process-oriented approach to how we view life. Such an approach lies at the heart of how AgeSong understands elders and how we love and care for them. This attitude allows us to regard elders as an integral part of our society sought out for their knowledge, life experience and wisdom. As such elders hold a quintessential role in our society. They need to feel valued as they continue to be our teachers and students of life. This role we call ‘eldership’.

Eldership refers to the attitude of a person who has qualities of an elder. These qualities are of ageless nature, have endured the test of time. As such, they provide our culture with a compass, a guide to life and living. It is the vision of AgeSong to promote such eldership and help re-establish its role in our societies.

Re-establishing the role of the elder in society necessitates changing perceptions of aging. Rather than understanding the aging process as a decline in human abilities, AgeSong promotes a view that understands aging as affording us the ability to mature, to become more fully and truly human. Aging is understood as a positive attribute to living, as a deepening of our awareness of life, of meaning and purpose.

To help make this vision possible, AgeSong establishes residential care communities where elders are understood as our teachers. They teach us to care, love, and live a rich and meaningful life, to help us grow into future elders. As such, from the perspective of a life lived, elders help us stay focused on what matters in life.
**SCHEDULE AT A GLANCE**

**(SUBJECT TO CHANGE)**

**FRIDAY, NOVEMBER 15**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:30 AM – 9:00 AM</td>
<td>Registration &amp; Check-In</td>
</tr>
<tr>
<td>9:00 AM – 9:30 AM</td>
<td>TERRACE Welcome - Drumming</td>
</tr>
<tr>
<td>9:30 AM – 10:15 AM</td>
<td>TERRACE Dialogue With EHI Board and Attendees</td>
</tr>
<tr>
<td>10:15 AM – 10:30 AM</td>
<td>MORNING BREAK</td>
</tr>
<tr>
<td>10:30 – 12:00 PM</td>
<td>TERRACE KEYNOTE Grow Old Along With Me: A Psychotherapist Looks at His Own Aging</td>
</tr>
<tr>
<td>12:00 PM – 1:30 PM</td>
<td>ON OUR OWN Lunch in the neighborhood</td>
</tr>
<tr>
<td>1:30 PM – 3:00 PM</td>
<td>Breakout Session One</td>
</tr>
<tr>
<td>3:00 PM – 3:15 PM</td>
<td>TERRACE AFTERNOON BREAK</td>
</tr>
<tr>
<td>3:15 PM – 4:45 PM</td>
<td>Breakout Session Two</td>
</tr>
<tr>
<td>5:00 PM – 8:30 PM</td>
<td>TERRACE Reception / Coordinators</td>
</tr>
</tbody>
</table>

**SATURDAY, NOVEMBER 16**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM – 9:15 AM</td>
<td>TERRACE Welcome To Day Two</td>
</tr>
<tr>
<td>9:15 AM – 10:45 AM</td>
<td>Breakout Session Three</td>
</tr>
<tr>
<td>10:30 AM – 10:45 AM</td>
<td>MORNING BREAK</td>
</tr>
<tr>
<td>10:45 AM – 12:00 PM</td>
<td>Breakout Session Four</td>
</tr>
<tr>
<td>12:00 PM – 1:30 PM</td>
<td>ON OUR OWN Lunch in the neighborhood</td>
</tr>
<tr>
<td>1:30 PM – 3:00 PM</td>
<td>Breakout Session Five</td>
</tr>
<tr>
<td>3:00 PM – 3:15 PM</td>
<td>AFTERNOON BREAK</td>
</tr>
<tr>
<td>3:15 PM – 4:45 PM</td>
<td>Breakout Session Six</td>
</tr>
<tr>
<td>4:45 PM – 5:15 PM</td>
<td>TERRACE Conference Closing Drumming Ceremony</td>
</tr>
</tbody>
</table>