

**Second Annual  
Rocky Mountain Humanistic  
Counseling & Psychological  
Association Conference**



**Drury Inn & Suites  
1170 InterQuest Parkway, Colorado Springs  
October 20, 2018**

The Rocky Mountain Humanistic Counseling and Psychological Association (RMHCPA) was founded in 2016 to promote and develop humanistic psychology in the Rocky Mountain Area.

### **Our Mission**

The Rocky Mountain Humanistic Counseling and Psychological Association's mission is to support and promote existential, humanistic, and transpersonal psychology and counseling, especially in contributing to psychotherapy, education, theory, philosophy of psychology, research methodology, organization and management, and social responsibility and change in the Rocky Mountain Area.

### **Rocky Mountain Humanistic Counseling and Psychological Association Board**

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H. Luis Vargas, PhD

Carla Clements, PhD  
Melissa Racho, PhD

# **First Annual Rocky Mountain Humanistic Counseling and Psychological Association Conference**

## **Table of Contents**

Continuing Education Information  
Conference Schedule  
About the Presenters  
Nearby Places to Eat  
Why Join RMHPCA  
Getting involved with RMHCPA

## Continuing Education

Continuing Education Credits need to be purchased separately from the conference. In order to receive CE credits, you must sign in and out of the session and complete an evaluation form. *You cannot miss more than 5-minutes of a presentation and receive credit. Sign in forms will be removed 5-minutes after the start of the workshop.* The CE tables will be monitored by volunteers. If you have any questions or concerns about the CE process, please direct them to Dr. Louis Hoffman. At the end of each workshop, you will receive a certificate of attendance. It is your responsibility to obtain these at the end of each workshop when signing out. *Please note that not all program offerings are available for CE credit.* Be sure to consult the program to determine what programs are available for CE credit.

Continuing education offerings are co-sponsored by the Society for Humanistic Psychology and the Rocky Mountain Humanistic Counseling and Psychological Association. CEs are provided through the Society for Humanistic Psychology. Division 32 (Society for Humanistic Psychology) of the American Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Division 32 (Society for Humanistic Psychology) of the American Psychological Association maintains responsibility for this program and its content.

## Conference Schedule

**October 20, 2018**

8:30-9:00	Registration	
9:00-10:00	Black Privilege, White Fatigue: A Contemporary Discourse on the Problem of Race (Ballroom) <i>Nathaniel Granger, Jr, PsyD</i> <b>(1 CE)</b>	
10:00-11:00	Filling the Gap: An Existential Perspective on Eating Disorder Treatment (Ballroom) <i>Susan Cooper, PhD</i> <b>(1 CE)</b>	
11:00-12:00	Trauma-Informed Existential-Humanistic Therapy (Ballroom) <i>Louis Hoffman, PhD</i> <b>(1 CE)</b>	
12:00-1:30	Lunch Break	
1:30-2:30	<b>Breakout Session - Ballroom</b> Addressing the Effects of Neoliberalism Within the Lives of Clients from an Existential-Humanistic Framework <i>Melissa Racho, PhD</i> <b>(1 CE)</b>	<b>Breakout Session - Room 133</b> The Miseducation of the Negro <i>Aja-Dae L. Trent</i>

2:30-3:30	<b>Breakout Session - Ballroom</b> Through Presence to Being: Renewing the Search for Being in Psychotherapy <i>Juanita Ratner, PhD</i> <b>(1 CE)</b>	<b>Breakout Session – Room 133</b> Listen to Yourself for a Change: Writing for Self-Growth <i>Jason Dias, PsyD</i> <b>(1 CE)</b>
3:30-4:30	<b>Breakout Session - Ballroom</b> Yoga: A Humanistic Psychology <i>Justin Lincoln, PsyD &amp; Debby Patz, PsyD</i> <b>(1 CE)</b>	<b>Breakout Session – Room 133</b> Working with Dream Group <i>Francis J. Kaklauskas, PsyD &amp; Christine Frontiera, MA</i> <b>(1 CE)</b>
4:30-5:30	A Transpersonal Approach to Assessment and Case Formulation (Ballroom) <i>Ian Wickramasekera, PsyD</i> <b>(1 CE)</b>	
5:30-7:00	RMHCPA Social (Ballroom)	

## About the Presenters



**Susan M. Cooper, PhD**, is a licensed psychologist, who has been in private practice specializing in the treatment of eating disorders, for 30 years. She was also one of the original founders of the Colorado School of Professional Psychology where she served as Dean of Faculty and Vice President of Academic Affairs. During her time as an administrator, she also taught courses to both master's level and doctoral students. In 2008, she co-authored *Conquering Eating Disorders: How Family Communication Heals*, published by Seal Press, a division of Perseus Books. She has made numerous presentations on both eating disorder treatment and group therapy at international, national, and regional conferences. Dr. Cooper was well-loved by her students and supervisees, many of whom have gone on to make important contributions in humanistic and existential psychology. In addition to her work as a psychologist, Dr. Cooper was an adjunct coach for the Center for Creative Leadership in Colorado Springs from 1998 to 2015. In 2017, she graduated from the Benet Hill Spiritual Direction Program and works with people from all faith traditions as a certified spiritual director. In her spare time, Dr. Cooper enjoys hiking, reading, writing, traveling, and spending time with her children and grandchildren. Dr. Cooper was one of the first two recipients of the Lifetime Service Award from the Rocky Mountain Humanistic Counseling and Psychological Association. The award subsequently has been named the Emory G. Cowan, Jr., and Susan Cooper Lifetime Service Award.



**Aja'Dae Trent.** The first time I stumbled across Mamie Clark was in a Social Work class. My professor introduced a video "A Girl like me." I felt the tension fill the air as we sat and watched, as my classmates stared not only at the video, but also at me. I was that girl, and I need to know more about "A Girl like Me." I wanted to know why Black woman hate their skin color and to answer my own question of why I feel undesirable. Black women are the most disrespected, under protected, and neglected group in society; constantly being over looked and under developed in United States history. I soon embarked on my own journey to understand the brilliant mind of Mamie Clark. If only I knew then what I know now, how much heartache I could had saved myself from. I have spent most of life questioning why I am Black, as if there is something biologically wrong with me; my ignorance grew into self-hatred. Society depicts Black as bad, ugly, and unclean. I cannot understand why society would associate Black as bad and White as good. I live in a world where I am hated for the color of my skin, and soon enough I hated myself for the exact same reason. I could not hide from the truth of the matter. As much as I try to ignore the little voices in the back of my head, there is always a friendly reminder from society yelling back at me, "You are Black." As I got older, I started to educate myself on the social inequality and injustice practices that perpetuates self-hatred in the minds of African Americans. I want to understand racism, and the miseducation of the negative illustration of the African American culture and community. I do not understand why I have a negative misconception about myself when there is no obvious reason, nevertheless, through the psychological development of "The Doll Test," the reasons would become obvious for a girl like me.



**Jason Dias, PsyD,** is a doctor of clinical psychology with fifteen years of experience working with developmentally disabled adults, four years with people in severe states at the psychiatric hospital, and nine years doing international psychology. He is co-founder of the Zhi Mian Institute for International Existential Psychology, an organization helping Chinese psychotherapists to acquire counseling skills and develop professional infrastructure. Additionally, Jason writes. His credits include web journals and articles for The New Existentialists and A New Domain, two book chapters about existential psychology, a book of poetry, and several novels and anthologies. He worries that academic writers spend too much time writing for journals only read by people who already agree with them and tries to get big ideas out in other formats. Jason lives in Colorado Springs with his wife and son and keeps mostly to himself.



**Christine Frontiera, MA, LPCc**, is a student at Saybrook University pursuing her Doctorate Degree in Psychology with a specialization in consciousness, spirituality, and integrative health. She graduated with her Master's Degree from Naropa University where she studied Mindfulness-based Transpersonal Counseling Psychology. She currently guides and advises Naropa students in the Graduate School of Counseling Psychology through their personal and academic journey. She is also a Licensed Professional Counselor Candidate with a private practice, Humanistic Counseling, LLC, in Boulder, Colorado where she specializes in humanistic and transpersonal perspectives in psychotherapy. Christine has a passionate interest in the study and use of dreams in psychotherapy and participates in several dream groups in the community.



**Nathaniel Granger, Jr., PsyD**, is the President of the Society for Humanistic Psychology (APA Division 32) and Treasurer of the Rocky Mountain Humanistic Counseling and Psychological Association. He is an adjunct faculty member at Saybrook University. Dr. Granger is a sought after speaker with several publications, presentations, workshops, and keynotes to his credit. He is founder and director of Be REAL Ministries, Inc., a faith-based organization devoted to *Making a Difference for REAL People with REAL Issues*, by providing psychotherapy as well as other culturally sensitive services, particularly for people experiencing homelessness as well as other disenfranchised groups. Dr. Granger's commitment to Human Dignity and Social Justice are the substrata upon which a majority of his work is predicated. Dr. Granger has also co-edited two books, *Silent Screams: Poetic Journeys Through Addiction and Recovery*, and *Stay Away: Poetic Narratives on Multiculturalism and Diversity*.



**Louis Hoffman, PhD**, is a licensed psychologist in private practice in Colorado Springs. He is a faculty member at Saybrook University, and adjunct faculty member at the University of Colorado Colorado Springs. Dr. Hoffman has been recognized as a fellow of the American Psychological Association (APA) for his contributions to the field of psychology. He is also a fellow of the Society for General Psychology (APA Division 1), the Society for the Psychology of Aesthetics, Creativity, and the Arts (APA Division 10), the Society for Humanistic Psychology (APA Division 32), the Society for the Psychology of Religion and Spirituality (APA Division 36), and APA Division 10 (International Psychology). He serves on the editorial board of the *Journal of Humanistic Psychology*, *The Humanistic Psychologist*, and *Janus Head*. As avid writer, Dr. Hoffman has 11 books to his credit with several more under contract. He is also serving as the current president of the Rocky Mountain Humanistic Counseling and Psychological Association. Dr. Hoffman is also a co-found of the International Institute for Existential-Humanistic Psychology. Most importantly, he is a husband and father who loves living beautiful Colorado.



**Francis J Kaklauskas, PsyD**, is a licensed clinical and organizational psychologist. He has taught psychology and counseling at several institutions and currently is core faculty at Naropa University's Graduate School of Counseling and Psychology and directs the Group Psychotherapy Training Program at the University of Colorado. He is a fellow and former board member of the American Group Psychotherapy Association and a founding board member of the Colorado Group Psychotherapy Society and the Rocky Mountain Humanistic Counseling and Psychological Association. His many publications cover a wide range of topics including book chapters on the goals and techniques of process groups, the practical integration of humanistic mindfulness, and empirical informed approaches. He has served as lead editor and author on several books *Brilliant Sanity: Buddhist Approaches to Psychotherapy*; *Shadows and Light: Theory, Research, and Practice in Transpersonal Psychology* (Volumes 1 & 2); and the forthcoming *Core Principles of Group Psychotherapy: A theory-, practice-, and research-based training manual*.



**Justin Lincoln, PsyD**, is a clinical psychologist currently practicing at the Family Care Center in Colorado Springs. He typically approaches clinical work from an experiential-constructivist perspective. Related activities have included conducting equine-facilitated psychotherapy, building an exciting therapeutic game for use with families struggling with addiction, and joining the "Huts for Vets" organization (visit [hutsforvets.org](http://hutsforvets.org)!). He also enjoys supervising, consulting, and teaching. He derived unexpected benefits of practicing yoga several years ago, and took the plunge to become a certified yoga teacher in 2017. He has taught yoga to groups of young adult clients in a residential substance abuse recovery setting, and currently teaches at ComCor in Colorado Springs.



**Debby Patz, PsyD, CAC III, E-RYT** is a licensed psychologist in the State of Colorado, a licensed level three Certified Addictions Counselor, and the creator of Finding Om Yoga & Therapy. Debby received her doctorate in Clinical Psychology from the University of the Rockies in 2009, her Masters degree in Clinical Psychology from the Colorado School of Professional Psychology in 2007, and her Bachelor's degree in 1988 from Harvard College. She is a certified EMDR practitioner and has extensive experience working with complex trauma. Debby trained as a yoga teacher at intensive trainings with Baron Baptiste, completed her 200-hour certification at CorePower Yoga in Colorado Springs, and is level 1 trained in Phoenix Rising Yoga Therapy; she is also a registered teacher with Yoga Alliance. Debby is a Staff Psychologist at the University of Colorado, Colorado Springs (UCCS) Gallogly Recreation and Wellness Center. She is also an adjunct professor at the UCCS and runs a private practice. Debby presented the findings of her research on using yoga as an adjunct treatment for binge eating disorder at the IAYT's Symposium on Yoga Therapy and Research in 2009 and at the Rocky Mountain Psychological Association's annual convention in 2010. Her work was featured in the spring 2012 edition of *The Addictions Newsletter*, the February 2010 issue of *Prevention Magazine*, on KRDO radio, in the September 30, 2010 *Colorado Springs Gazette* and the November 2009 issue

of Redbook Magazine. She has also written several articles about yoga for healing for *MarmaPoints* magazine and website.



**Melissa Racho, PhD**, is a postdoctoral, Licensed Psychologist Candidate in private practice. Using a dynamically informed, existential framework, she provides individual and couples therapy in the Colorado Springs area. Dr. Racho has presented at several conferences and currently serves on the Rocky Mountain Humanistic Counseling and Psychological Association's Continuing Education and Training Committee. In addition to her work in private practice, Dr. Racho founded the Denver Society for Creative Philanthropy. She loves poetry, writing, and hiking, and lives in the mountains with her husband and two young sons.



**Juanita Ratner, PhD**, is a licensed professional counselor in private practice in Denver. Her journal articles have been published in the *Journal of Humanistic Psychology*, *PsychCritiques*, *Neuroquantology*, and *AHP Perspective*. She also writes poetry about the search for one's authentic self. Several of her poems have been published in University Professors Press's Poetry, Healing, and Growth anthologies. Juanita is a teacher in training at the Existential Humanistic Institute (EHI).



**Ian Wickramasekera, PsyD**, has a lifelong fascination with topics such as Affective Neuroscience, Biofeedback, Bon-Buddhism, Empathy, Hypnosis, Lucid Dreaming, Mind/Body Medicine, and Transpersonal Psychology. His research into these areas has won him a number of awards such as the Clark L. Hull Award for Scientific Excellence in Hypnosis and the Milton H. Erickson Award for Scientific Excellence in Clinical Hypnosis from the American Society of Clinical Hypnosis. Dr. Ian also won the Distinguished Early Career Contributions to Hypnosis award from the American Psychological Association as well as from the American Society of Clinical Hypnosis. He is a Science Editor for the American Journal Of Clinical Hypnosis. Dr. Ian enjoys biking, hiking, making music, meditating, and running when he isn't at work and/or reading an obscure tome of ancient lore.

## Nearby Places to Eat

### *Places within Walking Distance:*

#### **Cheddar's**

1140 InterQuest Parkway (Southwest of the Drury Inn; 2-minute walk)  
American Food/Comfort Food

#### **Colorado Mountain Brewery**

1110 InterQuest Parkway (West of the Drury Inn; 10-minute walk; 2-minute drive)  
American Food

#### **Dickey's Barbecue Pit**

1252 InterQuest Parkway (East of the Drury Inn; 5-minute walk)  
Barbecue

#### **Freddie's Frozen Custard and Steakburgers**

1264 InterQuest Parkway  
Fast Food/Burgers/Frozen Custard

#### **Jersey Mike's Subs**

1250 InterQuest Parkway (East of the Drury Inn; 5-minute walk)  
Sandwiches

#### **Starbucks**

1150 InterQuest Parkway (South of the Drury Inn; 2-minute walk)  
Sandwiches/Pastries/Snacks/Coffee

#### **Taco Bell**

1208 InterQuest Parkway (Northeast of the Drury Inn; 5-minute walk)  
Fast Food/Mexican Food

### *Places within a 5-10 minute Drive:*

#### **Atmosphere Gastropub**

1327 InterQuest Parkway (Southeast of the Drury Inn; other side of InterQuest Parkway)  
American/Burgers/Flatbreads

#### **Fuzzy's Taco Shop**

1375 InterQuest Parkway (Southeast of the Drury Inn; other side of InterQuest Parkway)  
Mexican

#### **Jimmy John's**

1353 InterQuest Parkway (Southeast of the Drury Inn; other side of InterQuest Parkway)  
Sandwiches

#### **Omlete's Etc**

1337 InterQuest Parkway (Southeast of the Drury Inn; other side of InterQuest Parkway)  
Breakfast & Brunch/Sandwiches

## **Why Join the Rocky Mountain Humanistic Counseling and Psychological Association?**

RMHCPA is creating a vibrant humanistic community in the heart of the Rocky Mountains. By joining you gain access to our membership benefits listed below and help support the development of humanistic psychology in the Rockies and beyond.

### **Membership Benefits**

- Discount on local continuing education and training opportunities, including our annual conference
- Networking events
- Opportunities to present on your research and expertise
- Opportunities to promote your scholarship and publications
- RHHCPA Newsletter
- RMHCPA Listserv (with announcement of local events) and Facebook page
- Mentoring Network for students and early career counselors and therapists

## **Getting involved with the Rocky Mountain Humanistic Counseling and Psychological Association**

The Rocky Mountain Humanistic Counseling and Psychological Association is a growing organization and we are looking for individuals looking to get involved and help us grow. We have openings for people to serve on the board and many of our committees. We have opportunities for students to serve on the board and many committees as well. If you are interested in becoming involved with RMHCPA, please email the RMHCPA president, Dr. Louis Hoffman, at [president@rmhcpa.org](mailto:president@rmhcpa.org).



Counseling & Psychological Association

**[www.rmhcpa.org](http://www.rmhcpa.org)**