

Possibilities of Poesis in Research and Practice

Jaime Dawson, MA

This scholarly presentation-performance is based upon two periods of fieldwork undertaken at the Sanctuary Arts Center in Seattle, Washington between 2017-18 as a part of post-graduate coursework. This arts organization serves youth/young adult populations previously or currently experiencing homelessness. The course of this fieldwork involved being with and creating art alongside the youth in drop-in art-making sessions, evolving into creating and facilitating an arts-based group process for the interns in the Visual-Storytelling Internship.

This presentation-performance 1) Maps the author's journey into the possibilities of *poesis* (generating knowledge through creating, i.e., art-making) in a research context, beginning with the struggle of creating a scholarly *and* faithful presentation of the fieldwork site while being intimately embedded within it. 2) Depicts the openings generated in the act of crafting "field-poems" and "field-art" as documentation. 3) Details the emergence of the *Eros of the Minutiae* and *Group Cosmology* through further acts of art-making as data analysis, making visible the invisible currents and complex patterns of interrelationships at the site. 4) Tracks the author's development of *aesthetic responsibility* through poesis. 5) Discusses art-making as a method of making the invisible visible and how it can deeply enrich existing practices of inquiry and meaning-making in multiple contexts, including psychotherapy.

Jaime Dawson, MA is currently an expressive arts therapist in Renton, Washington and a current doctoral candidate at Pacifica Graduate Institute, researching the embodied experience of poesis and how an understanding of it can enhance concepts of scholarly rigor, validity and legitimacy in arts-based research paradigms.

The Dual Nature of Visitation Dreams and Their Implications for Working with the Bereaved

Jeanne Van Bronkhorst, MA, MSW

Visitation Dreams, in which a deceased loved one appears in a mourner's dream, have become increasingly popular in recent years. Early qualitative research is finding Visitation Dreams to be powerful, emotionally and spiritually transformative, and beneficial to those in grief even as their origin and essential characteristics continue to be debated.

Visitation Dreams assume a transcendent reality beyond this life, which runs counter to Western culture's secular, post-enlightenment worldview. In response, Western dreamers often place heavy emphasis on the dream's objective quality as one way to have their experience accepted as significant and not dismissed as "just a dream." This emphasis has led the bereaved to avoid their

own agency as dreamers, however, and many who do not experience a visitation dream have reported feelings of helplessness, shame, and a secondary bereavement.

Through a review of the qualitative research, my work in hospice, and interviews with two grief counsellors, I will explore both the visitation and dream aspect of Visitation Dreams, along with their implications for bereavement counseling.

Bronkhorst is a MAP alumnus ('86) and worked in hospice care for ten years. Currently, she is a non-fiction author and trains hospice volunteers on bereavement issues in Toronto, Ontario.

Pure O: The Silenced Torment

Kristene Kaim, MA

Having pure O creates severe disruptions in one's sense of self. It is a fundamentally terrifying existential experience of distrust between intrusive thoughts and lived-experience. As a result, shame and fear are primary conditions that lead clients to silence their Pure O symptoms, even in the therapy room, leading to prolonged suffering and conflicted sense of identity. Often, this has driven clients to life-threatening avoidant behavior, including substance use and suicide. I will demonstrate how to be knowledgeable at identifying symptoms of Pure O, and to skillfully encourage clients to share their experience and create a platform where their sense of self is explored and understood. I claim that this is key to alleviating the pain, shame and isolation of people with Pure O; leading to a more wholesome and authentic way of being. To illustrate these points, I will refer to quantitative and qualitative first-person data from my clinical practice and personal experience.

Kristene Kaim was born in France, raised between France and Vermont until attending graduate school at Seattle University. After earning her degree in Existential-Phenomenological Psychology in 2013, she worked in a clinic until opening a private practice in Seattle. Kristene has been specializing in clients with anxiety disorders, including but not limited to OCD and Pure O.

Anomalies in Self-Awareness and Lived-World in Schizophrenia Spectrum Disorders: Theory, Current Evidence, and Future Directions

Pavon S. Brar, MA

Central to the understanding of Schizophrenia Spectrum Disorders (SSDs) in the tradition of phenomenological psychopathology is the notion of disturbed selfhood. A range of 'anomalous experiences' may characterize this instability in selfhood, manifesting at the level of self-awareness (e.g., experiencing one's bodily sensations as alien), and at the level of the 'lived-world' (e.g., the sense that others and objects look unreal). Despite theoretical models being

advanced for which anomalous experiences may serve as the experiential precursors to the canonical symptoms of SSDs, there is still a dearth of empirical evidence supporting such models. This presentation will demonstrate how the qualitatively rich research of phenomenological psychopathology might inform quantitative research on paranoid delusions in SSDs. The use of Experience Sampling Method will be discussed as a novel approach to studying the role of anomalous experiences in generating and maintaining paranoia. Important methodological challenges will also be considered.

Brar received his MA from Seattle University. He is a doctoral student at Duquesne University, and editor-in-chief of the journal *Middle Voices*.

Distressed Personal Time in Impoverished Urban Settings

Ed Durgan, PhD

We used hermeneutic, descriptive, and dialogal phenomenology to gather and analyze accounts of dwelling by adults with severe mental disease in the impoverished urban setting of Vancouver Canada's downtown east side neighborhood. A theme that emerged from the data that will be discussed is 'distressed personal time.' Participants described their struggle to overcome past poverty and trauma; to break free from addictive obsessions in the present; and to make realistic plans for their future. They also described memories and expectations of trauma that intruded on the present evoking terror and hallucinations that hindered autonomy. Evidence suggests that the adequacy or inadequacy of dwelling spaces may predict the severity of this distress.

Ed Durgan is the Academic Director at Clemente Veterans Initiative, Antioch University Seattle. He received his MA from Seattle University and his PhD from the University of British Columbia.

Primal Panic in Collaborative Divorce

Dominique Walmsley, PhD

Because divorce is common and the negative effects on the family linger, the question of doing the process more effectively led to an interest in the analysis of the negotiations themselves. Although people ask for a divorce that is amicable, they often cannot achieve this due to the nature of the divorce process itself. They become angry with each other and cannot recover to complete the process amicably.

The process has been improved through the introduction of a non-adversarial approach that the attorneys take in the Collaborative Law method. Attorneys have completed training in mediation and sometimes they include mental health counselors on the teams. However, knowing the importance of the role primal panic has in intense arguments between couples in Emotionally

Focused Therapy developed by Dr. Sue Johnson, the question arose about whether addressing primal panic as a phenomenon might support divorcing couples in achieving agreements that were and remained amicable. The written responses of five attorneys who had experienced moments in Collaborative divorce negotiations where they struggled or failed were analyzed in order to understand what they were thinking and what they did in those moments.

Dominique Walmsley completed an MA in Psychology at Seattle University in 2006 and a doctorate in Psychology at Saybrook University in 2019. She is in private practice in Seattle and works with couples in marriage, divorce, and sexuality. She is a member of the King County Collaborative Law community where she works on a team of attorneys and financial specialists to support couples going through divorce. She is also a member of the International Center for Excellence in Emotionally Focused Therapy, whose approach to couple therapy is central to her approach to divorce.

Children, Parenting, and the Screen – A look at the relationship between parent, child, and the understood self as affected by screens

Andrew Edmunds, MA LPC and Taylor McCarrey, MA LMHC LPC

In the modern age, it is simply not possible to escape the ever-present glow of screens, be it through our computers, phones, or televisions. One of the great challenges to any parent is guiding their children through a modern society to become a fully realized human being, possessed of empathy and grit. As such, the role of technology and its usage becomes an important topic to understand. In this presentation, we will examine the relationship between children and their parents, paying special attention to how technology informs it. We will also look at the ways parents come to know themselves and their children through the lens of a technological society, as well as how the use of technology informs a parent's experience of themselves, both as caregivers and people. In getting this data, we hope to inform therapy provided to parents who feel anxious about how to raise their children, as well as to inform the treatment given to children in our offices.

Andrew and Taylor met while working together at the Settlement Home for Children, a non-profit residential treatment center (RTC) located in Austin, Texas. They quickly found out that they are both existentialists and are passionate about finding ways to integrate their philosophical leanings into a therapeutic context. Andrew is a Texas native, growing up in El Paso before moving to Chicago to practice as a therapist. Upon returning to Texas, he worked in several RTCs before his current position, where he serves as the Group Home Director for the Settlement Home. When not running three group homes at the Settlement Home, Andrew enjoys playing hockey or taking in ballet with his girlfriend. Taylor grew up in Los Angeles and has lived all over the United States, having practiced as a therapist in Boston and Seattle before moving to Texas with his wife and daughter. He presently runs a private practice. In his spare time, if Taylor isn't on his bike or with his family, he's either playing music or video games, with a lite smattering of historical non-fiction thrown in for fun.