



# SYMPO<sup>SIA</sup>

*An Intersection of  
Conversation & Innovation*

October 6, 2018

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# SYMPOSIA “ROOTS” SCHEDULE

TIME	LARGE CLASSROOM	M3	SMALL CLASSROOM
1:00-1:15	Welcome		
1:20-1:40	Amy Barker D'Alessandro	Daniel Tidwell	Holly Hibbert
1:45-2:15	Jay Stringer	Kristen Gilfillan	Ruth Wiley*
2:20-2:30	Guided Reflection with Heather Stringer		
2:35-2:55	Naomi Wachira	Jeffrey Batstone	Lauren Sawyer*
3:00-3:30	Hillary Augustine	Ashley Zimmerman	Corinne Vance*
3:30-3:40	Break/Seed Time		
3:40-4:10	Dr. Angela Parker Keynote		
4:10-4:45	Presenter Panel Q&A		
4:45-5:00	Closing Message from President Craig Detweiler		
5:00-6:00	Cocktail Reception & Celebration in Commons		

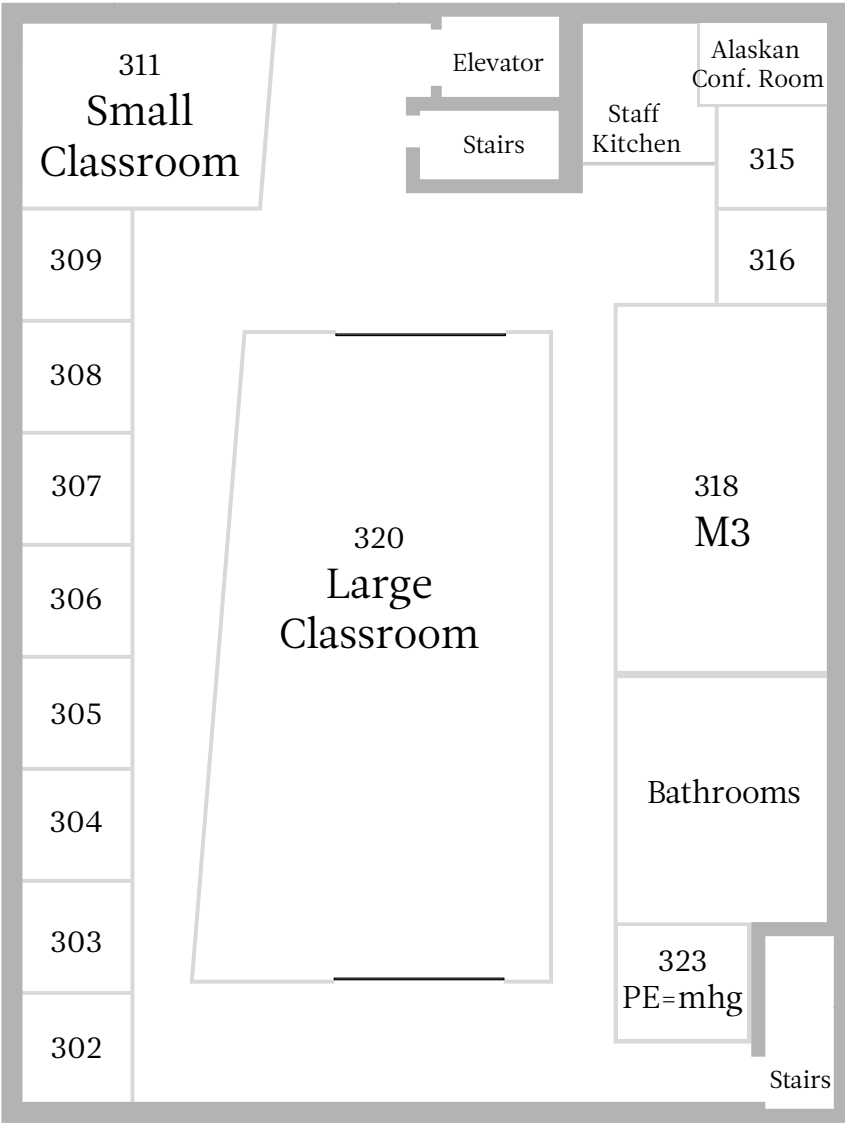
\* Presenting via live video feed.

## ABOUT SEED TIME

### *Our Seed Honorarium*

The Symposia seed honorarium is rich with meaning. With the cost of registration for the event each attendee is given a single seed worth \$5. After attendees have had the opportunity to participate in four different presentations, we will invite all participants to plant their seeds in the pot representing the speaker of their choice. We invite you to consider who has inspired you, compelled you, encouraged you, or broken your heart in a transformative way. This seed honorarium is not a popularity contest or a speaking contest. It is an invitation for each of us to invest in our root system of fellow alumni and the beautiful and courageous ways they are living into their respective vocations. If you feel so inspired, you are welcome to purchase more \$5 seeds at the seed table.

# 3rd Floor



## Hillary Augustine (MAC, '07)



### **Enter The Currency Experience™: An Interconnected and Holistic Framework to Guide Your Life Design, Financial Alignment, and Organizational Decisions**

What arises in your consciousness when you hear the word Currency? Money is the common answer. But what if there is more to consider? The Currency Experience™ is a fresh, multidimensional framework to understanding life's four intersecting currencies: Time, Money, Energy, and Space.

Where do you only focus on one currency, but ignore the others? Where do you feel stuck and paralyzed in the face of multiple decisions? If you believe life has an infinite blend of interconnected and colorful options—like a kaleidoscope—then The Currency Experience™ is a perfect solution and holistic framework for navigating complex life and organizational realities.

*Hillary Augustine is a financial alchemist and energetic force for transformation, bringing fresh air and life to all that she encounters. She has blended together a Masters in Accounting, a Masters in Counseling, and a mixology certificate for bartending—because, why not? Blending ideas and seeing everything as interconnected is her special Life Cocktail. She consults and teaches on a wide range of areas, including money, values, and organizational strategy.*

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## Jeffrey Batstone (MACP, '10)



### Opening to Grief through Self-Compassion

Grief is a universal human experience, just as much as refusing grief is a common human condition. Grief would like to have its way with us, and yet we deny this grounding aspect of life and accept the disorienting reality of depression and anxiety. Self-compassion opens our bodies and minds to the transformative and rooting experience grief has to offer.

*Jeffrey is a therapist with a private practice in Seattle where he works with individuals and couples recovering from abuse and trauma. He is concluding his doctoral research on the relationship of self-compassion with depression and grief (a topic he chose after participating in the rituals of a men's rites of passage). He and his wife live together with their three children on the Kitsap Peninsula and share their home with a dog, cat, bird, and fish.*

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## Amy Barker D'Alessandro (MACP, '10)



### **When Roots Are Severed: Becoming an Adoption Savvy Therapist**

Adoptees are some of the most amazing, accomplished, and inspiring people in our society. They are also at significantly higher risk of suicide, addiction, and abuse, and are vastly overrepresented in mental health services, drug/rehab facilities, and the prison system. Most mental health professionals receive little to no training in working with the adoption community, despite their population of 7 million and their elevated numbers of seeking professional help. Becoming Adoption Savvy is paramount in treating a disenfranchised population and moving them toward healing.

All adoptions occur due to some crisis and begin with separation trauma, enormous loss, and severed roots, and even in the best of circumstances, it's complicated, multi-layered, and difficult to process. Amy has been an Adoptee from a closed adoption for more than 50 years (currently in reunion) and a Birth Mother of a son in an open adoption for almost 30 years. She has worked for a decade with individuals, families, and groups in the adoption/foster care community. Her presentation will explore the staggering need of competent care for Adoptees, and will kickstart your journey toward becoming Adoption Savvy.

*Amy Barker D'Alessandro, Adoption and Trauma Therapist and Affiliate of Northwest Family Life, offers individualized counseling, coaching, consulting, supervising, and public speaking services. Amy is a Licensed Mental Health Counselor trained in Relational Psychotherapy, Trauma-Focused Cognitive Behavioral Therapy, Filial Play Therapy, and Sand Tray Therapy. She currently works with individuals of all ages and families of all kinds in the adoption community (and also in general counseling) and regularly facilitates groups and retreats for adult adoptees, birth mothers, and adoptive parents, children, and teens.*

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## Kristen Gilfillan (MACP, '13)



**“Yeah, well, most temples I’ve ever seen are huge!”, and other things we forget when talking about the body being the temple of the Holy Spirit: Casting a Life-giving Vision of Fat Bodies in the Church**

Consistent throughout Scripture is God’s thorough commitment to, and delight in, human bodies. The unchanging invitation for God’s people is to live wholehearted and embodied lives. This joyful respect of all bodies is lamentably absent in the American Evangelical church today. Throughout its Gnostic-leaning history the church has often struggled to bless bodies, but even more so today when the body in question does not identify with the majority culture’s ideal of being white, heterosexual, cisgendered, able-bodied, or thin.

In a society where “thin is in” and fat phobia remains one of the last unexamined systems of oppression, a new call is needed for the followers of Jesus, the Embodied One, to join in God’s chorus that began at Creation, affirming and singing goodness over all bodies. While mindful of the many ways bodies can be subjugated, this presentation will contend only with the realities of body size—exploring diet culture and size oppression, both in contemporary American society and the church, and what the fruit of God’s Spirit reveals about the blessing of all bodies, even—if not especially—fat ones.

*Kristen is committed to inviting people to be more alive. In private practice she works with clients who want to feel more at home and alive in their bodies; in a psychiatric unit in a hospital, she often works with people who have recently attempted to end or are contemplating ending their lives; and in her work as a consultant, Kristen invites people to notice and mark the significant moments in their lives through grief and celebration, in the hope of embracing the true fullness in their lives.*

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## Holly Hibbert (MAC, '06)



### **“Get the Word in Your Body”—Planting A Garden for Jesus to Live In**

Holly will share about her work teaching an approach to the Bible that involves physical movement and can be infinitely adapted to a particular setting, age, individual, or group. This approach, which grew out of Holly’s experience dancing her prayers and acting out

Bible verses, incorporates incarnation, kinesthetic learning, embodied trauma, quantum physics, faith, and fun.

Interactive congregational demonstrations, choreographed performances, individual sessions, adult classes, and day retreats were all part of the exploration that informs Holly’s work. The point was never about how the movement looked, but about the experience it fostered in the participant. Holly’s presentation will offer a brief history of her work, an experiential taste of its current iteration, and a vision for future impact.

*Holly lives in the barn where she was nurtured as a child in school and first encountered the presence of God in the freedom of congregational worship. She is the director of the Hardesty House, a supportive housing ministry for single women who want to grow in their Christian faith, located in the renovated farmhouse next to the church barn. Holly travels on prayer/dance assignments within the U.S.; teaches creative movement classes, retreats, and workshops; and makes visual art, cultivating aspects of monastic rhythms of living. She is also pursuing the development of her creative vision, “Grace Space Studio.”*

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## Lauren Sawyer (MATC, '14)



### Constructing an Ethic from the “Uprooting” of Purity Culture

Like many Seattle School students and alumni, Lauren’s roots are with evangelical purity culture, a conservative world of abstinence pledges, purity rings, and kissing dating goodbye. And, like a lot of Seattle School folk, she tried to leave that world behind as an adult.

But in reality, we cannot make a clean break from our histories and the social contexts we grew up in. Our stories have shaped us. They are forever a part of us, either in the beliefs we hold, the desires we feel, or the families we commune with at Thanksgiving. How, then, might we imagine an ethic borne out of our experiences of “uprootedness,” where we have rejected but not fully escaped our pasts?

In this talk, Lauren will discuss how we might construct a Christian ethic that is rooted in our stories—particularly in the context of evangelical purity culture—but is not bound by them. She will help us imagine an ethic that is kind, both to our personal stories and to the stories of others. To do so, Lauren’s presentation will engage the work of Christian social ethicist Traci C. West and her concept of “disruptive Christian ethics,” alongside Dan Allender’s categories of faith, hope, and love. Together, West and Allender can help us construct a Christian ethic that honors ours and others’ stories, with an eye toward justice.

*Lauren D. Sawyer is a PhD student in Christian Social Ethics at Drew Theological School. Through a feminist ethical lens, she engages adolescent sexual development and the cultivation of moral agency, with special attention to sexual abuse and harm perpetuated by spiritual leaders, especially within evangelical purity culture. As a creative writer and bookworm, she is additionally interested in how literature can be engaged as an ethical framework. Between paper-writing and conversations with her colleagues, Lauren works as submissions editor for the Journal of Feminist Studies in Religion.*

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## Jay Stringer (MDiv, MACP, '09)



### **What Our Sexual Fantasies (Might) Say About Us: Research from 3,800 People**

There is an increasing divide in how to address unwanted sexual behavior, be that the use of pornography, infidelity, or buying sex. The predominant Christian approach to sexual brokenness encourages people to stop lusting and pursue accountability. On the other side is a sex-positive approach aimed at freeing people from the stigma and shame associated with their sexual life. What both paradigms often neglect is the critical task of inviting men and women to find meaning within the unwanted sexual behaviors they pursue.

In this presentation, Jay will offer a case study for a third way: listening to fantasies. Jay's research on nearly 4,000 men and women found that unwanted sexual behavior is not random but is intricately connected to the parts of our story that remain unaddressed. His research findings show that the specific sexual behaviors and fantasies people search for actually provide remarkable clues about where to begin their journey to wholeness. If we want to see sexual violation in our world reduced and sexual wholeness flourish, let's equip people to understand and transform their unwanted desires.

*Jay Stringer is a licensed mental health therapist, ordained minister, and researcher who guides men and women to freedom from unwanted sexual behavior. Jay's first book, Unwanted: How Sexual Brokenness Reveals Our Way to Healing, is based on groundbreaking research and was released this September. He lives in Seattle, WA with his wife Heather (MACP, '10) and their two children.*

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## Daniel Tidwell (MDiv, '10)



### **Bitter Fruit: Rooting Out Oppression in the Family Tree**

Daniel will introduce the resources and practices he is using to address white supremacy and heteronormativity in his work in ministry and advocacy settings. Focusing on cultural values, religious messages, and family dynamics from Daniel's own white family, rooted in the USAmerican Deep South, he will offer a framework for exploring, building awareness of, and critically engaging inherited biases that get in the way of fruitful interpersonal work between dominant culture practitioners and members of other cultural groups.

*Daniel Tidwell is a 2010 Alumnus of the MDiv program. He resides in Bremerton, WA with his partner Justin and their dog Brody. He works as the Alumni Programs Coordinator at The Seattle School and as a spiritual director, focusing on work with LGBTIAQ+ people and artists. He is a Doctor of Ministry candidate at Seattle University, focusing on spiritual direction and holistic care of arts practitioners.*

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## Corinne Vance (MACP, MACS, '11)



### **Devastation to Restoration—Embracing Hope in the World of Human Trafficking**

Signs and messages of human trafficking are everywhere in the news and media, and yet many are stunned when they learn the details and become aware of the human trafficking that happens here in the U.S., in our own backyard. The details can quickly become overwhelming. Women who arrive at a safe home come with only the clothes on their back—no ID's, no birth certificates, nothing to identify themselves. They come marked (branded) with tattoos revealing that they are property.

Working as a mental health therapist with survivors is a bit like walking a tightrope between the darkness and evil these women have endured, and a world of hope and redemption. For the past year, Corinne has been providing trauma therapy at the WellHouse, a residential facility exclusively for women who have been sex trafficked. The work has been harder than she could have imagined, yet it has deepened her faith to walk alongside these amazing and courageous women. She is honored to bring their stories in an honorable and confidential manner in this presentation.

*Corinne Vance is Director of Trafficking AfterCare and Support with Northwest Family Life, and the International Assistant Intern Director at The Seattle School. She has had experience working with domestic and international NGO's, and providing training and consultation for local faith communities in the areas of building trafficking awareness and caring for survivors. Corinne is currently working with the Well House in Odenville, AL, providing trauma-informed therapy and consultation.*

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## Naomi Wachira (MACS, '10)



### **I Am Because You Are**

*Seattle singer-songwriter Naomi Wachira was born in Kenya and grew up singing gospel music in a choir of family and friends. Inspired by the music of Tracy Chapman and Miriam Makeba, Naomi saw the potential for song to make the world a better place and set out to create music that is “poignant, hopeful and life-giving.” Since her arrival on the Northwest music scene, she has received numerous accolades, including being named “Best Folk Artist” by Seattle Weekly, and has cultivated a growing base of enthusiastic fans. She has released four recordings to date—African Girl (2012), Naomi Wachira (2014), I Am Because You Are” (2015), and Song of Lament.*

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## Ruth Wiley (MACP, '15)



### The Roots of Self-Compassion

The roots of self-compassion are inextricably joined with the soil of our lives, both theologically and psychologically. Jesus said, “Love your neighbor as you love yourself.”

Ruth believes that Jesus’ unwavering compassion for us is born out of his deep and abiding self-compassion, his ability to live

into the reality of his suffering with care and complete presence. This messy, reality-based, self-compassionate living is the only sustainable way to love our neighbors as we love ourselves.

Ruth’s presentation will explore loving ourselves today in grounded, sustainable, difficult ways. By identifying the roots of self-compassion and some of the causes of its absence, Ruth will invite us into an ever-growing self-compassion that is rooted in viable psychic and spiritual soil, where self-care practices are free to assume their honorable adjunct role in a life lived with growing self-compassion.

*Ruth Wiley is a psychodynamic psychotherapist practicing in Raleigh, NC. She graduated summa cum laude from UNCG and earned her MA in Counseling Psychology from The Seattle School of Theology & Psychology. Her unprecedentedly meaningful time at The Seattle School courses deeply in her veins. Ruth feels particularly privileged to journey with her patients/clients in their places of loss, be they weighty or seemingly small, by holding space for and honoring the profound human need to be accompanied as we grieve.*

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## Ashley Zimmerman (MACP, '15)



### **Embodying Contextual Stories of Resilience.**

We live in a cultural frame where our basic immersion experience correlates with the structural impact of a consumer-driven society, imposing on humanity an instinctual mentality of “survival of the fittest.” Consumer or be consumed tends to become a normative stance. Physiologically, our bodies become a sounding board for our environment(s), cuing us into when we have core needs that should be tended to—an ache for nourishment, rest, expression of sexuality, connectivity through relationships, and countless other needs.

We are intrinsically wired to take in our surroundings and our experiences through our senses, minds, and bodies. What happens when there has been assault or a rupture to feelings of safety within the body by way of trauma narrative(s), neglect, or abuse? We begin to be at odds with our own bodies. Instead of allowing the body to be a place of rest and safety it becomes a warzone or the scene of a crime. Even if we cannot always voice or come to terms with some of our life experiences, the body has a way of retaining somatic memory—trauma leaves a residue or footprint of what we have endured. Ashley’s presentation will engage how deepening body trust can be a gateway towards healing and a greater sense of embodiment. Being fully alive takes risk, yet it is worth the fight.

*Ashley has clinical experience in acute mental health care since 2014, supporting people who were working towards personal breakthroughs in their eating recovery through group therapy, individual sessions, and familial support. She has also co-labored to develop several dance movement therapy curricula, offering crafted spaces of care with experiential movement for the purpose of healing somatically stored trauma. Ashley is based in Seattle, where she teaches a variety of therapeutic movement classes, runs private retreats, and offers trauma-informed restorative yoga with BodyWise Foundation. Ashley is passionate about inviting others to feel more at home and integrated within themselves, embodying their contextual stories of resilience.*

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# ARTIST

*Amber Englund (MACP, '15)*



## **Roots: Making Room for the Invisible Work of the Soul**

As an artist and a mental health therapist, Amber is curious about what is created within us as we grow, grieve, transition, and change. Especially in seasons of waiting, American culture teaches us to fill our time and space. Amber has been

pushing against this in the past year, holding space for the creative unknown as she grows, transitions, and creates. Clarity has come from holding space and waiting for the unconscious knowing to rise when it's ready.

With this in mind, Amber began to think about painting landscapes—holding more space on the canvas for the energy and essence that lie underneath rather than above ground. Each of these canvases is created with oil paint and represents the above ground present along with the energy and creative spirit that is equally present but unconscious and beautifully beneath what is seen. The six trees represent different tree types and seasons along with a wave to embrace the invisible blues that bring a wave to its white cap. Lastly, two self portraits represent Amber reaching for dreams and waiting for growth, and the moment after the embrace of unconscious encounters.

*Amber Englund is a dreamer, creator, and soul-filled lover of the arts and play. As a licensed mental health counselor, she offers home- and office-based therapy for new parents, pregnant women, and young children (0-6). Amber currently practices with Mindful Therapy Group.*

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# KEYNOTE BY DR. ANGELA PARKER



## Rooted in the Faith OF God

Dr. Angela Parker is the Assistant Professor of Biblical Studies at The Seattle School. She has a PhD in Bible, Culture, and Hermeneutics (New Testament focus) from Chicago Theological Seminary. Her teaching, research, and writing revolve around New Testament texts studied through the lens

of womanist and postcolonial thought. She sees this work as particularly important for contemporary Christian communities seeking to wrestle with Scripture in light of violence and injustice.

Dr. Parker was recently awarded second place as an Elisabeth Schüssler Fiorenza New Scholar from Feminist Studies in Religion. The award is designed to recognize and encourage the emerging voices of new scholars, whose research and insights will shape the future of feminist studies in religion.

## *Upcoming Courses at The Seattle School*

Alumni can utilize their yearly Community Audit Voucher to sit in on any one of these classes for free.

### **Vocational and Occupational Direction**

*with Andrea Sielaff, MA*

January 7 - April 19, 2019 | Wednesdays 11:30am-1:30pm

The course will examine theories of career selection and development. The course is also a consideration of the necessary tension between vocation and occupation and introduces several assessments tools as it explores lifestyle and career decision-making issues. Career counseling models and technique will also be examined as the student considers their career choice as a vocational call.

### **Interpersonal Neurobiology**

*with Stephanie Neill, PsyD*

January 7 - April 19, 2019 | Course times TBD

The course will introduce and explore the expanding data from Neuroscience and Interpersonal Neurobiology and address how this information can be used to enhance the practice of psychotherapy and the movement toward wholeness and integration that can only take place within the context of relationship. The course will also provide experiential learning and practice opportunities in a pro-seminar format.

### **Spirituality and the Arts**

*with Kj Swanson, PhD*

January 7 - April 19, 2019 | Mondays 6:30pm-8:30pm

This course provides an overview of contemporary art worldview and examines its implications for a Christian's engagement with culture. Each participants will be encouraged to examine his/her role in being God's masterpieces (poiema) given cultural stewardship over all culture.

# *Upcoming Events in Our 21st Year*

Visit [theseattleschool.edu/events](http://theseattleschool.edu/events) for details.

## **Stanley Grenz Lecture Series**

November 5-6, 2018

Dr. Esther L. Meek, philosopher and author of *A Little Manual for Knowing* and *Longing to Know*, will lead us in considering how we know what we know—and why it matters.

## **Relational Perspectives Lecture Series**

November 9-10, 2018

Dr. Annie Rogers, internationally esteemed psychoanalyst and author of *A Shining Affliction*, will visit The Seattle School for a public evening lecture and an all-day workshop for students and alumni. CEUs available.

## **Humanity Through Community**

January 18-19, 2019

You are invited to join us for our third annual Humanity Through Community workshop. More information coming soon. CEUs available.

## **Alumni Lecture Series**

March 2, 2019, 2018

Ronna Detrick, Naomi Wachira, Archbishop Melissa Skelton, and Gertrud Mueller Nelson will offer stories of women from four perspectives.

## *Upcoming Events in Our 21st Year*

*CEUs available for each of the following events.*

*Visit [theallendercenter.org/calendar](http://theallendercenter.org/calendar) for details.*

### **Effective Trauma Care**

March 14–16, 2019

at Wheaton College in Wheaton, IL

This seminar for therapists, practitioners, ministry leaders, and advocates offers a deeper understanding of the impact of trauma and abuse, and a stronger grasp of the tools to engage others with courage and care.

### **To Be Told**

March 30, 2019

at West End Community Church in Nashville TN

*Available for Simulcast to your community, or small group.*

Explore how your life story—full of faith, hope, and love, or betrayal, powerlessness, and harm—shapes who you are today, and find freedom to live fully into who God created you to be.

### **The Story Workshop**

April 25–27, 2019

in Houston, TX

A profound event that invites you deeply into the themes of your life, the Story Workshop offers encouragement as you seek to understand, write, tell, and live your story in deeper and more transformative ways.

# RELATIONALLY FOCUSED PSYCHOTHERAPY

## *Post-Graduate Certificate*

*The newest offering from  
The Seattle School of Theology & Psychology*

We are pleased to announce the launch of a new, post-graduate certificate program in Relationally Focused Psychotherapy (RFP), launching in summer 2019! This two-year continuing education opportunity provides in-depth training through bi-weekly online consultation groups and twice-a-year intensives integrating theory and practice in a retreat setting.

This program is the outcome of the the alumni seminar and book tour (which emerged from a Murdock grant for alumni development) that featured Dr. Roy Barsness and his text, *Core Competencies in Relational Psychoanalysis*.

Relationally Focused Psychotherapy is a new term that we will be introducing into the field of therapeutic modalities and is grounded in a dialogical philosophy, neuroscience, and depth psychology. The training program, led by Dr. Roy Barsness in collaboration with three seasoned alumni supervisors, is designed to deepen a psychotherapist's capacity to work directly within the therapeutic dyad as the primary instrument towards change and to develop theoretical and praxis skills in the delivery of a relationally focused treatment. Continuing education units are provided and participants will receive a Certificate in Relationally Focused Psychotherapy at the completion of the program.

Dr. Barsness will be at the cocktail reception following Symposia and would love to talk with you about this new offering. You are also welcome to connect with him by email: [rbarsness@theseattleschool.edu](mailto:rbarsness@theseattleschool.edu).

# JOIN THE STEWARDSHIP CIRCLE

*Stewardship—the overseeing and protection of something worth caring for and preserving.*

We believe the need for Divine and human connection is enduring and we equip those willing to be courageous with tools to engage personal and collective trauma for the sake of generative communities and soul flourishing.



*In honor of 21 years of text.soul.culture, we invite you to join the Stewardship Circle and make an ongoing monthly gift of \$21 or more.*

Members of our Stewardship Circle are our integral community of monthly donors. These bold women and men provide far more than financial support—they are some of our most loyal comrades, visionary partners, and outspoken advocates.

Our Stewardship Circle members are vital to stewarding this deeply necessary and profoundly sacred work.



**GIVE TODAY**

[theseattleschool.edu/circle](https://theseattleschool.edu/circle)



The Seattle School  
OF THEOLOGY & PSYCHOLOGY