

# SANDY SELA-SMITH, Ph.D. CURRICULUM VITAE

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## PERSONAL DETAILS

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Conifer, CO 80433

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*E-mail:* [Sselasmith@aol.com](mailto:Sselasmith@aol.com)

*Web Site:* Infiniteconnections.us

*Date of Birth:* 10-14-44

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## PROFESSIONAL DETAILS

*License:* Florida: LMHC 9684 (To Mar. 31, 2011, 2 yr. renewal)  
Washington State: LH 00010277 (To Oct. 14, 2010, yearly renewal)  
Colorado: LPC 5184 (Active)

*Certification:* Clinical Hypnotherapist: ACHE 193341 (To Dec 31, 2010, 2 yr. renewal)  
Washington State: Teaching Certificate 144690E Type 1043700 (Lifetime)

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## EDUCATIONAL BACKGROUND

### Academic Qualifications

<i>Qualified</i>	<i>Degree</i>	<i>Area of Study</i>	<i>University</i>
2001	Ph.D.	Psychology	Saybrook Graduate School
1999	MA	Psychology	Saybrook Graduate School
1989	China Teach. Certification	China Teacher Placement	Western Wash. Univ.
1976	5 <sup>th</sup> Year Teacher cert.	Education/Social Studies and Political Science	University of Washington
1966	BA	Education/Social Studies and Political Science	University of Washington

### Student Course History Report: Saybrook Graduate School & Research Center

Student: 1349 Sela-Smith, Sandy Gender: F SSN: 535-42-4322

Date of admission: 6/15/94 Degree Objective: Ph.D.  
 Degree: Masters Date degree granted: 3/29/99  
 Degree: Ph.D: Date degree granted: 7/29/01

Course ID	Completion date	Units	Grade	Course Title
1000	10/2/94	3	CR	Theories of Inquiry
8230	5/23/95	1	CR	FG: History of Transpersonal Psychology
2050	7/30/95	3	CR	Psychopathology and Diagnosis
1080	10/11/95	3	CR	History and Systems of Psychology
3080	2/25/96	3	CR	Psychology of Shamanism
8100	2/25/96	3	CR	IS: Critical Analysis of Life History
8215	6/25/96	3	CR	Dreamworking and Personal Mythology
4040	6/25/96	3	CR	Systems of Healing
8100	6/25/96	3	CR	IS: Trauma and Dissociation
8100	6/25/96	3	CR	IS: Imagery and Healing
1010	7/30/96	3	CR	Critical Thinking & The Human Sciences
8256	11/20/97	1	CR	Sem: Relationships in the 21st Century
6020	12/13/97	3	CR	Developmental Psychology
2060	3/11/98	3	CR	Human Sexuality
1020	4/10/98	3	CR	Overview of Methods for Disciplined Inquiry
6060	6/12/98	3	CR	Ethics in Psychotherapy & Psychological Research
8100	7/21/98	3	CR	IS: Dream Analysis: Content and Context
8223	8/5/98	2	CR	Sem: Arts & Creativity:Personal & Cultural Healing
9400	12/1/98	6	CR	MA Thesis Research
8100	4/19/99	3	CR	IS: Counseling Theories & Practice
8100	4/19/99	3	CR	IS: Group Theory & Research
1140	5/3/99	3	CR	Case Study Methods in Psychology
6030	6/2/99	3	CR	Personality Theory and Research

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1030	6/10/99	3	CR	Experimental Research Methods
2030	6/29/99	3	CR	Assessing Persons

9010	7/28/99	3	CR	Candidacy Essay #1	Tom Greening, Ph.D.
9030	12/1/99	3	CR	Candidacy Essay #3	Stanley Krippner, Ph.D.
9020	7/20/00	3	CR	Candidacy Essay #2	Jeanne Achterberg, Ph.D.
1100	12/12/00	3	CR	Research Practicum	Stanley Krippner, Ph.D.
9500	6/12/01	9	CR	Ph.D. Dissertation Research	

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Transfer Units: 0  
Earned Units: 94 (74 Units required for graduation)  
Total completed Units: 94 (Semester Units)

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Thesis Title: Regaining Wholeness: A Heuristic Inquiry Into Childhood Sexual Abuse  
Dissertation Title: Heuristic Self-Search Inquiry: Clarification of Moustakas' Heuristic Research

Masters committee chair: Krippner      Committee Members: Chin-Shong  
Doctoral committee chair: Krippner      Committee Members: Achterberg, Chin-Shong

Saybrook Graduate School 1-800-825-4480

E-mail: [asstreg@saybrook.edu](mailto:asstreg@saybrook.edu)

## Training: Continuing Professional Development

1998-1999: Jeanne Achterberg and Frank Lawlis: Imagery and Healing (Year Long training)  
1988 and 2003 Alan Cohen: Week long Workshops in Self-Transformation  
1997: Barry Cohen: Art Interpretation in Therapy  
1996: Stan Grof: Breathwork  
1996: Michael Harner: Shamanic Healing  
1996: ITA: Shamanic Healing retreat in Brazil  
1987: Brugh Joy: Accessing Inner Wisdom  
1996: Stanley Krippner: Personal Mythology in Brazil  
1994 -2001 Stanley Krippner: Dream Interpretation  
1987: Denise Lynn: Principles of Past Life Therapy  
1987: Matthew Manning: Principles of Healing Touch  
1998: Carolyn Myss: Anatomy of Spirit  
1992: Myers-Briggs: Personality Type Indicator for Career Opportunity Consultation  
1991-1992: Qi Gong Masters of Baoji, Shaanxi Province: Energy Healing  
1992-1993: David Quigley: Alchemical Hypnotherapy (400 hours training)  
1997: Ernest Rossi: Hypnosis and Cell Level Memory  
2004: Francine Shapiro's EMDR training  
1998-1999: Montague Ullman: Dream Interpretation Group Leadership Training  
1989: Unity Training in Therapeutic Touch (Seattle)  
2000: John Upledger: Craniosacral Therapy Training  
1986: David Viscott: The Viscott Method

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## ACADEMIC AND ADMINISTRATIVE EXPERIENCE:

### CURRENT POSITIONS: AUTHOR / RESEARCH & PART-TIME FACULTY / PSYCHOTHERAPIST

**Author** 1996-Current

**Research Faculty member at The Institute of Transpersonal Psych.** 11/04-Current

**Adjunct faculty member at Saybrook University** 10/01-Current

Teaching areas: Spirituality and Consciousness Track, include Heuristic Self-Search Psychology, Dream Research, Personal Mythology and Depth Psychology. I also teach an APA Writing Course, and I am qualified to teach clinical psychology courses, having taken the Clinical Psychology track as well as Spirituality and Consciousness Track in graduate school.

**Psychotherapist** 04/93-Current

Individual, couples, and family counselling, conducting workshops, and presenting seminars on inner healing, personal empowerment, and dream working using the Ullman method. National certification: Clinical Hypnotherapist with the American Council of Hypnotist Examiners (ACHE)

**Florida, LMHC 6984.**

(Note: Florida does not allow psychology credentialing for at-a-distance programs even if they are accredited, as is Saybrook Graduate School. Though I met all APA course requirements, and supervision requirements, I was not allowed to sit for the National Exam for Psychology.)

Though eclectic, my therapeutic and teaching work predominantly is founded upon a particular form of depth psychology, which uses feeling to access the tacit level of individual consciousness from which self-and-world constructs are formed. Life-changes occur when inaccurate, incomplete, or misinterpreted information is re-interpreted, made accurate, and is made more complete. This in turn shifts the inner constructs allowing the client to experience life as more flowing and satisfying, instead of blocked or disconnected from the core self. The ultimate objective in this healing process is the reconnection of the individual to higher spiritual consciousness, which holds the potential for transformation through transpersonal experience and understanding.

### Previous Employment

<i>From - To</i>	<i>Job Title</i>	<i>Employer</i>
Oct. 1991 June 1992	Teacher-Assistant	St. Petersburg College
Feb.1990 Oct. 1991	College Faculty	Baoji Teacher's College, PR China
Nov.1989 Feb. 1990	Substitute Teacher	Seattle Public Schools
June 1978 Nov. 1989	Vice President	Associated Whse. Inc., Seattle
Sept 1982 Aug 1987	State Coordinator	Close-Up Foundation (part time)
Sept 1966 June 1978	Teacher	King's High School, Seattle

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## **May 1991 to June 1992: (Academic)**

After returning from nearly two years teaching and studying in the Peoples' Republic of China, I was offered a non-budgeted, temporary teaching position at what is now called St. Petersburg College to work in several arenas. I taught English to ESL students and to deaf students, and writing skills to students who were at risk for failure. I also counselled women who were re-entering education in mid-life through the Displaced Home Makers Grant program.

## **February 1990 to October 1992 (Academic)**

English Teacher at Baoji Teachers' College, Shaanxi Province, PRC.

For almost two years, I developed and taught courses in oral and written English, American literature, and philosophy. I was the only foreigner in a district of over three million Chinese. I also taught in local high, middle, and primary schools, hospitals, and factories. I received the Shaanxi Province Teacher of the Year award for both 1990 and 1991.

During my stay in China, I also studied with a group of Qi Gong masters and worked weekends in a Qi Gong clinic in Baoji, where I learned to discern subtle body energy and find ways to address and relieve body stress related to emotional and spiritual problems.

I was able to travel throughout China from Beijing to Urumqi and Kashi in the Far West and to Dalian, Qingdao in the North East and Xiamen, Guangzhou in the South as well as Xining and Xian, and Loian in central China. Because I was alone in China—not with other foreigners—I was not separated out and treated as a foreigner. Instead, I was taken in and treated as a Chinese. As a result, I had an opportunity that few foreigners ever experience. Having developed close friendships, doors were opened into the interior of the people's lives and I was able to feel the heartbeat of another culture. My own world-view has been transformed as a result.

## **November 1989 to February 1990 (Academic)**

For several months between my training for teaching in China, and my actual departure, I substitute taught in the Seattle public schools K-12. Shortly after beginning to work, I was asked to remain permanently as a teacher at Denny Middle School. Though I was not able to take the position, I did remain until my departure for China.

## **August 1982 to June 1987 (Administrative)**

I was the Washington state coordinator for the Close-Up Foundation. I began as a volunteer, but my work developed into a part time position working with high school students and teachers in the local, state, and national educational studies program for citizenship education. Close-Up is a non-partisan, private foundation in Washington, D.C. In that position, I worked with television and radio news agencies, and the press, as well as with governors, state legislators, national congressmen, senators, and other public policy figures. I proposed and developed a regional Pacific Rim economics conference for educators, students, governmental agencies, officials, and businesspersons, to encourage dialogue and expand awareness regarding US foreign trade concerns. I also developed the framework for a telecommunications program, which was broadcast on C-SPAN between the UN Ambassador, Jean Kilpatrick and Washington teachers at the 1986 state convention.

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## June 1978 to November 1989 (Administrative)

In 1978, I joined my husband in the development of a commercial business. It began as a two-person operation and in eleven years, grew into a multi-million dollar enterprise with over 60 employees. My position evolved as the company grew. As Vice President of the business, I acted as personnel manager and project director for the commercial products installation division of Associated Warehouses, Inc. I was an adviser to architects, contractors, and designers in product specification, budget planning, purchasing, and installation of both common and highly specialized, technical products for commercial buildings. I also acted as human resources director in dealing with employee concerns and grievances. I resigned from my position when I divorced and moved to China.

## October 1968 – June, 1969 Seattle Public Schools. Substitute Teaching that led to full time placement at Denny Junior High School.

## September 1966 to June 1978 (With a year interruption from 1968-1969) (Academic and Administrative)

I was a social studies teacher at King's High School, a private non-denominational Christian school in Seattle, Washington. I was class adviser and became department chairperson for the social studies department. I assisted in curriculum planning and oversaw textbook selection and course content for K-12 social studies. My teaching included Contemporary World Problems, World History, American History, Advanced Placement European History, and Advanced Placement Economics.

## Publications

- Sela-Smith, S. (2000). The Ullman method of dream analysis: Context and content. *Dream Network Journal*. 19 (1), 36-40, 42.
- Sela-Smith, S. (2000). The motel dream. *Dream Network Journal*. 19 (2), 43-46.
- Sela-Smith, S. (2000). Gods in the mirror. *Dream Network Journal*. 19 (3), 15-18.
- Sela-Smith, S. (2001). Dreams and journeys in a Yellow Car. *Dream Network Journal*. 19 (1) 36-38.
- Sela-Smith, S. (2002). Mirror – Shadow. *Dream Network Journal*. 20 (4), 38-41.
- Sela-Smith, S. (2002). Heuristic research: Review and critique of the Moustakas method. *Journal of Humanistic Psychology*. 42 (3) 53-88.
- Sela-Smith, S. (2003). *Healing*. CD produced by Total Tape. Music by Daniel Kobialka of The San Francisco Philharmonic Orchestra.
- Sela-Smith, S. (2004). Radical Dreaming: Use your dreams to change your life by J.D. Goldhammer : A Review. *Journal of Transpersonal Psychology* 36 (2). 229-231
- Sandy Sela-Smith. (2004).The art of dreaming: Tools for creative dream work by Mellick, J. (Foreword by Marion Woodman): A Review. *Journal of Transpersonal Psychology* 36 (2). 229-231
- Sela-Smith, S. & Keyes, B. (2004). E pluribus unum. Out of many, one Richardson, TX: Manitou Communications.
- Sela-Smith, S. (2005-6).. Dodge ball isn't always just dodge ball. *AHP Perspectives*. Dec-Jan 2005-2006. 28-31.
- Sela-Smith, S. (2007). The Meaning of One: The Meaning of Separation and Integration. In C.A. Ross (Ed.), *Moon Shadows*. Richardson, TX: Manitou Communications. pp. 197-224
- Sela-Smith, S. (2007). A man beyond the seasons. *Dream Network Journal*. 26 (1-2) 19-21.
- Sela-Smith, S. (2009a) *The Meaning of Three: The Mask*. Bloomington, IN: Authorhouse
- Sela-Smith, S. (2009b) *The Meaning of Three: Behind the Mask*, Bloomington, IN: Authorhouse

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## Speaking Engagements

- May 11, 1999. UK-International Society for the Study of Dissociation, Manchester, England. Title: E Pluribus Unum: Out of Many...One.
- July 19 – 21, 2002 Seeding Spirit in Action, Institute of Noetic Sciences, Eckerd College, St. Petersburg, Florida: Title: Healing the Self and the Planet Through Cell-Level Transformation.
- February 1, 2003. Florida Saybrook Students' Association. Title: The Effects of Heuristic Self-Search Inquiry into Emotional Issues on the lives of Cancer Patients.
- March 12, 2003: Geffen Cancer Center, Vero Beach, FL: The Emotional Effects of Subtle Energies in the Workplace.
- March 30, 2003: Institute of Noetic Science, Florida Suncoast quarterly meeting title: Accessing Cell Level Consciousness.
- October 13, 2003: University College extension of University of Maine. Title: Accessing Inner Strength in Tumultuous Times.
- October 14, 2003: University College extension of University of Maine. Title: Discovering Psychological Connections to Physical Illness.
- November 20, 2004: International Society for the Study of Dissociation: Annual Conference: New Orleans: LA. Title: Beyond Dissociation: Learning to Live from the Authentic Self. (CEUs offered)
- February 10, 2005: Quinebaug Valley Community College, Danielson, CT: Title: Reducing Stress for Mental Health Professionals. (CEUs offered)
- February 12, 2005: Quinebaug Valley Community College, Danielson, CT: Title: Healing Genetic Patterning. (CEUs offered)
- March 10, 2005: Quinebaug Valley Community College, Danielson, CT: Title: Helping Clients Heal Inner Division. (CEUs offered)
- March 12, 2005: Quinebaug Valley Community College, Danielson, CT: Title: Out of Many...One: An Explanation of Dissociation from the Inside Out. (CEUs offered)
- April 23, 2005: Healing Retreats: St. Petersburg Florida: Spiritual Dimensions in Understanding and Healing of the Self (For Women with Breast Cancer)
- November, 8-10, 2005: ISSD: Annual Conference in Toronto: 3 presentations Original Dissociation: The Precursor to Dissociation, Mapping: A Tool to Facilitate Integration in a Dissociative Personality, and Beyond Dissociation: Learning to Live from the Authentic Self.
- November 14 - 19, 2005: Fourth Pan-Asia conference on Mental Health, Shanghai, China Original Dissociation: The Precursor to Dissociation. (Nov 15) Mapping: A Tool to Facilitate Integration in a Dissociative Personality (Nov 17) Training for Conducting Research In China On Identification of Dissociative Identity Disorder (Nov 18 & 19).
- November 8 – 11, 2006: Los Angeles, CA Presentation to the International Society for the Study of Trauma and Dissociation. (3 presentations)
- October 16, 2008: Denver, CO. Accessing Cell Level Consciousness for Spirit in the Workplace.

## Scholarship and Research

In 2003, I conducted a research study with cancer patients relating to a potential link between emotional trauma during childhood, and the onset of Cancer later in life. Due to the closure of the Cancer Center in which the study was conducted, the project was not completed, though significant data was collected. I would like to redevelop this study on a larger scale and see it to completion.

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Since November of 2006, I have been working on a trilogy, entitled *The Meaning of Three*. The first book, *The Mask*, and second, *Behind the Mask*, have been published and the third, *Under the Mask*, is being written. My intention is to complete book three in 2010. All three are written from an HSSI model of research.