



IUPS Newsletter

International University
Of Professional Studies

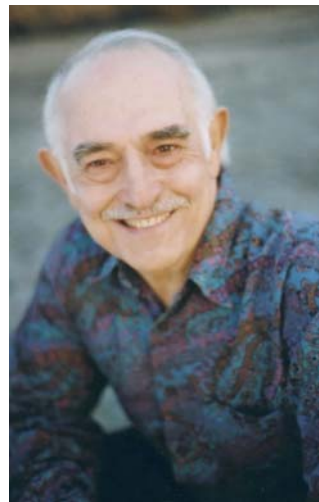
Volume IV, Issue I
Winter-Spring 2009

A Note from Our Chancellor

As I have found throughout my life, crises are opportunities to take stock of our lives and utilize the opportunity to become more conscious and aware of who we are and what is possible for us. The present economic crisis reaffirms the purpose of our mission, which is to “foster the advance of the human condition and the amelioration of major world problems through increased awareness states: cognitively, emotionally, physically, and spiritually”. The issues of greed, mismanagement, wars, global warming, and poverty will not be resolved by regulations, aggression, and other forms of manipulation; rather it is likely to be resolved

through increased consciousness and awareness. As Einstein stated, “Problems cannot be solved by the level of thinking that created them.” To expand on this statement, IUPS continues to be at the cutting edge by developing programs in environmental studies, eco-psychology, and global awareness. Stay tuned for upcoming announcements in future newsletters. As always, we are always interested in your feedback on these and other matters.

Irv S. Katz, Ph.D.
Chancellor



IUPS Receives Seth Sprague Foundation Grant

Thanks to the support of Ms. Irene de Watteville, IUPS received a grant of \$5,000. This generous donation was given to support our mission and our “commitment to produce competent professionals rooted in deep self-awareness, sensitive to multi-cultural and global

issues, and dedicated to serving humanity.”

As a charitable, nonprofit organization, IUPS is able to accept donations of stock and property as well. The University is connected with Volunteers of America so that vehicles may also be donated. For more

information on tax-deductible donations, please call the University at 800-806-0317. For car donations, you may also call Volunteers of America directly at 800-407-2600 and mention that you wish to donate a vehicle in the name of the International University of Professional Studies.

Inside this issue:

<i>IUPS Student Update</i>	2
<i>Alumni News</i>	2
<i>Recommended Books</i>	2
<i>New Affiliate Program Cultivating Excellence Coaching</i>	3
<i>New Affiliate Program Expressive Arts Training Institute</i>	3
<i>Expressive Arts Update</i>	3
<i>IUPS Staff Addition Dissertation Tools</i>	4

**Move outside the
tangle of fear-
thinking.**

Live in silence.

**Flow down and
down in always widening
rings of Being.**

(Rumi)

IUPS Student Update

Bret and Lynne

Maukonen are Ph.D. candidates in Professional Coaching and Human Development. They live in Owen Sound, Ontario, Canada. Bret and Lynne (partners in Realization Life Coaching) have been married almost 31 years and are both working through studies at the Institute of Life Coach Training (ILCT) as well as moving towards International Coach Federation (ICF) accreditation.

Bret writes: "Perhaps the best part is being able to do IUPS studies together at the same time as undertaking this profes-

sional development. At this state of our lives and while involved in building a new coaching business, we're pleased with the opportunity that we have through the IUPS program. This is another level of stimulating work that will contribute significantly to our activities as coaches."

Rich German has been studying with Barnet Meltzer, M.D. for the past two years and is close to completing his PhD in Integrative Health Sciences. Rich is the Founder and Creative Director of True Wealth Unlimited, which is a coaching company committed to

helping people experience greater amounts of health, wealth and happiness in their lives. He is also the author the best-selling book "Living the Law of Attraction". For more information on Rich and his coaching services, please visit www.richgerman.com. Rich lives in Laguna Beach, California.



Alumni News

"The education I gave myself when I enrolled in IUPS was the education I had always wanted: driven by my own needs and goals, experience-based, ...permeated with the natural curiosity and joy of exploration.

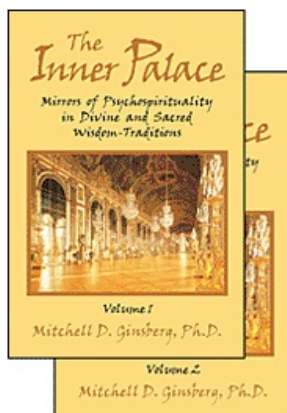
-Juliet Bruce

Juliet Bruce (Ph.D., Expressive Arts Therapy and Transformational Education) is now living and working in New York. Her non-profit "Arts for Life" is evolving into a new phase, emphasizing the use of story, supported by other arts, for conflict resolution and peacemaking. Juliet has helped hundreds of people since 1994 cope creatively with issues ranging from life transition and grief to trauma, chronic and life-

threatening illness, depression, and addiction recovery. She offers a free introductory phone consultation to help others clarify their intention for the present phase in their life.

Vikki Brock (Ph.D. Professional Coaching and Human Development) is a leadership coach with over 20 years Fortune 100 leadership experience and 14 years as a successful entrepreneur. An ICF Master

Certified Coach since 1998, she is the team lead at The Coaching Commons. A certified Professional Mentor Coach, Vikki currently teaches in an executive coaching certificate program. Vikki's book "Professional Coaching: A Historical Perspective" will be published Spring 2009. She is busy with many speaking engagements and has published numerous articles. She can be contacted at coach@vikkibrock.com.



Recommended Books

Susan Campbell (IUPS faculty)

Quotes from her new book **Getting Real:**

"You can only be as honest as you are self-aware."

"Through learning to notice your mind chatter or self-talk, you always have a way of getting back into present time."

"Leap joyfully into the unknown."

Mitchell Ginsberg (IUPS faculty)

The Inner Palace

This book investigates Wisdom Traditions from around the world and the sacred realities they reveal. These include teachings with Buddhist, Christian, Hindu, Jewish, Muslim, and Taoist roots. Its discussions are grounded in primary sources from these traditions, with support from some 1500 books.

Marion Moss Hubbard (IUPS graduate and faculty)

Work as a Heroic Journey: Using the Workplace to Evolve Your Character and Consciousness

Marion's book is now in its second printing. It was a finalist in the 12 annual San Diego Book Awards.



New Affiliate Program: Cultivating Excellence Coaching Program

After many requests by IUPS to create a specific program for our students, Stuart Heller, Ph.D. announced earlier this year the creation of the Cultivating Excellence Coaching Program. The goal: the more of yourself you bring to the moment, the clearer, stronger, and more masterful you become.

In this program, you will:

1. Learn simple and powerful non-verbal distinctions and change tools you can apply in your business and personal life.

2. Learn how to notice, interpret, and use the wealth of information provided by your Movement Senses: balance, position, shape, dynamics, and tension.

3. Learn new ways to understand, handle, and transform old habits, difficult situations, and charged memories.

4. Discover what you don't know you know and can do.

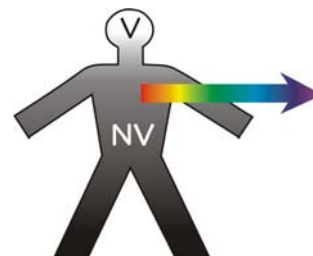
5. Earn ICF Continuing Education Units.

The program is intended for coaches, consultants, educators, therapists, managers—effectively anyone who works with people.

IUPS students will receive a discount upon enrolling in the course.

For further information, please check the IUPS website or contact Dr. Heller at CultivatingExcellence@w-y-t.com. He may also be reached at :

www.CultivatingExcellence.com.



New Affiliate Program: Expressive Arts Training Institute

The Expressive Arts Training Institute in Laguna Beach, California, founded by Jane Goldberg, Ph.D., provides an opportunity for Professional Certification, Personal and Professional Growth, Creativity and Healing, Continuing Education and specific tools and techniques for immediate clinical application. The curriculum is designed to meet the guidelines of the IEATA. All graduates receive National Certification and the

title Certified Expressive Arts Practitioner (C.E.A.P) once the year-long process is complete.

Jane is licensed practicing Marriage and Family Therapist, and a Certified Expressive Therapist. She founded the Expressive Arts Training Institute in 1986 and has been leading professional training programs and group workshops locally, nationally, and internationally for over 24 years. In

her Expressive Arts Healing work, Jane assists people in uncovering their essential core "spirit", express it in a way that empowers and heals them. She works essentially with the creative process, the arts and the mysteries, allowing the unconscious to express itself, to rise to consciousness and to integrate the two worlds for a deeper, more complete and more joyful expression of life.

Jane@ExpressiveArtsTraining.com

Celar Watts—Way of Zen

*The centipede was happy, quite
Until a toad in fun
Said "Pray, which leg goes after which?
This worked his mind to such a pitch
He lay distracted in a ditch*

Expressive Arts Therapy Update

Upon graduation with either a Masters or Ph.D. degree in Expressive Arts Therapy, the IUPS student is eligible to apply with IEATA to be certified as a Registered Expressive Arts Therapist (REAT). The step-by-step process is quite comprehensive and well-organized. Specific information can be found at www.ieata.org. It may feel like a huge undertaking at first, but you will be acquiring all the necessary

academic and practical experience by the time you complete your degree program. Enjoy the process!

—Alessandra Colfi, Assistant Director, IUPS Expressive Arts Therapy Program

You may also contact Alessandra with questions on IEATA certification. She can be reached at alessandra@alessandracolfi.com.





International University
Of Professional Studies

IUPS
81 Makawao Avenue
P.O. Box 236
Makawao, Maui HI 96768

Phone: 800-806-0317
Fax: 808-573-7722
Email: university@iups.edu

"As human beings we are made to surpass ourselves and are truly ourselves only when transcending ourselves."- Huston Smith

www.iups.edu

IUPS Staff Addition Welcome Ira!

Ira H. Hecht, J.D. (New York University School of Law)

Executive Vice-President & General Counsel

Trained in law and clinical psychology, Ira has extensive experience in higher education, both as a teacher and as an administrator. He also has substantial experience working with health professionals and health consumers and has been a principal in several business endeavors. Additionally, he has acted as a consultant to many businesses including various e-commerce and health industry ventures. Ira brings a wealth of international and multi-regional experience to the University's administration as he has lived abroad and in various regions of the United States. Ira is currently working on our Continuing Education program (CE credits) and is assisting the University with fundraising.



Dissertation Tools

We all know about those "dissertation blues". You are not alone! Your mentor and IUPS are here to guide you through the process. The University offers several tools to assist you to overcome those blues:

Dissertation Diva Available

Many of you are familiar with Sangeet Duchane. She is a former librarian, lawyer, and author who has been very helpful in formatting and completing many a student's dissertation. Sangeet

can be reached at sangeetduchane2@aol.com.

Research Tool

IUPS is pleased to offer a research service for our active students. Questia is the world's largest online library of books, with over 67,000 full-text books. 15 million articles, and an entire reference set complete with a dictionary, encyclopedia, and thesaurus. If you would like to utilize this service, please email Bonnie@iups.edu.

Dissertation Manual

The dissertation manual currently located on our website under the "student" section is being revised. If you have questions about format in the meantime, please contact your mentor or IUPS for assistance. In general, the University adheres to APA guidelines whenever possible.



"You can't use up creativity. The more you use, the more you have." (Maya Angelou)