

## The Vermont Institute for the Psychotherapies

### Enlightening Conversations panelists for March 28, 2015

**Kali Erskine, Ph.D.** (VIP Faculty), is a psychoanalyst who has worked in mental health since 1972. She began her private practice in Pennsylvania and has maintained it in Montpelier for the past 20 years. Trained first in Modern Psychoanalysis, Dr. Erskine has additional training in Object Relations and Attachment Theory. She has been on faculties at New York University, Boston University, and Temple University and is a Training Analyst and Supervisor, The Philadelphia School for Psychoanalysis. She has published in psychoanalysis, research methods, child abuse, education in the professions, and the history of professions.

**Michael Greenleaf** is an Acharya, or senior teacher, in the Shambhala Buddhist tradition. He also volunteers his time at the non profit Samadhi Cushions, working on marketing and internet issues. Michael is a member of the core faculty for Mukpo Institute, a residential program of meditation practice and study at the retreat center Karne Choling in Northern Vermont. Michael writes to share and loves to hear from his readers, appreciating every comment that is posted in response to his blog.

**Melinda Haas, LCSW** (VIP Faculty), is a Jungian Psychoanalyst in private practice in New York City and Woodstock, Vermont. Her first career was as a professional musician – teacher, modern dance accompanist, composer for dance. She writes about the intersection of music and psyche. She is past president of The Archive for Research in Archetypal Symbolism.

**Debra Lopez, M.D.** (VIP Faculty), is a psychiatrist-psychoanalyst who has maintained a private practice in Burlington since 1984. Her theoretical foundations rest largely in Relational Psychoanalysis and Attachment theory. Dr. Lopez is Clinical Associate Professor in the UVM Department of Psychiatry and serves as a psychotherapy supervisor and Course Instructor for psychiatric residents. Dr Lopez is past president of the Vermont Association for Psychoanalytic Studies.

**Melvin E. Miller, Ph.D.** (VIP Faculty), Clinical Psychologist, Psychoanalyst; Charles A. Dana Professor of Psychology, Director of Doctoral Training, Norwich University. Research and publications in psychoanalysis and spiritual development. Past President of the Vermont Association for Psychoanalytic Studies (VAPS) and the Society for Research in Adult Development (SRAD). Faculty and supervisor for the Vermont Institute for the Psychotherapies (VIP). He co-edited *The Psychology of Mature Spirituality* with P. Young-Eisendrath (2000) and most recently co-edited *Self and No-Self: Continuing the Dialogue Between Buddhism and Psychotherapy* with D. Mathers and O. Ando (2009). He has a private psychoanalytic practice in Montpelier, Vermont.

**Reverend Taihaku Gretchen Priest** is the Zen teacher at Shao Shan Temple, a Soto Zen Temple located in Calais, Vermont. She trained at Hokyo-ji Training Monastery in northern Japan and received her full Dharma Transmission from Tanaka-Shinkai Roshi, the Abbot of Hokyo-ji. She is authorized to teach by the Japanese Order of Soto Zen and to carry out her responsibilities as a Zen priest and teacher. Taihaku became the Abbot of Shao Shan Temple in a formal Mountain Seat Ceremony in the fall of 2013. More information about Taihaku is listed on [www.shaoshantemple.org](http://www.shaoshantemple.org).

**Reverend Kenzan Seidenberg** is the resident assistant priest at Shao Shan Temple. He was ordained by Rev. Taihaku Priest in 2008 and was shuso in 2013.

**Elizabeth Seward, M.D.** (VIP Faculty), has been a psychoanalyst in private practice in Burlington since 2002. Prior to that, she practiced internal medicine for 13 years in South Burlington. Her theoretical orientation is rooted in Relational Psychoanalysis, and also influenced by Self Psychology and Attachment Theory. She is a founding member of VIP and also serves as a clinical supervisor. She has published in the disciplines of medicine, biochemistry and psychoanalysis.

**Tom Troughton** began his Buddhist studies almost 40 years ago, and has been practicing in the Geluk Tibetan Buddhist tradition for about half that time. He lectures on Buddhism, Tibetan religion, Tibetan language, and Religious encounter at McGill University in Montréal Quebec. His scholarly research focuses on compassion and the production of self-awareness.

**Shinzen Young** is an American meditation teacher who leads residential and phone-based retreats nationally and internationally. He teaches in the Vipassana (Theravada) tradition of Buddhism and was originally ordained in Japan as a monk in the Shingon (Japanese Vajrayana) tradition. He has studied and practiced extensively in other traditions, including most prominently Zen (Mahayana). Shinzen is fluent in Japanese, Chinese, and Pali, among other languages of Asia. His interests include integrating meditation with scientific paradigms, leading him to collaborate with neuroscientists at Harvard Medical School, Yale University, Carnegie Mellon University and the University of Vermont. He is working on various ways to bring a secular mindfulness practice to a wider audience using terminology and techniques that are user-friendly and accessible to all. Among his books are *The Beginner's Guide to Meditation* and *Break Through Pain*.

**Polly Young-Eisendrath, Ph.D.** (VIP Faculty), is a psychologist, speaker, Jungian analyst, and has published 15 books including *The Self-Esteem Trap* and *The Resilient Spirit*. Her most recent book, *The Present Heart: A Memoir of Love, Loss and Discovery*, is an meditation on the healing power of love in the face of early onset Alzheimer's that attempts to answer the question "What is love, anyway?" Polly came to psychology and Jungian training through the

doorway of Buddhist practice, taking formal Zen vows in 1971. Polly, a Jungian analyst and mindfulness teacher, is optimistic about a new paradigm of healing developing from the dialogue between two meditative and contemplative practices: Buddhism and psychoanalysis. In this emerging conversation, ancient practices of awakening and liberation are meeting up with contemporary models of examining our minds in the two-person relationship of long-term psychodynamic psychotherapy.