

# R.D. Laing

## IN THE 21ST CENTURY

**July 14-19, 2019**

**ESALEN INSTITUTE**  
Big Sur, California

**SYMPOSIUM SPONSORED  
& ORGANIZED BY**

Free Association, Inc.,  
San Francisco, California

### **SPEAKERS & FACILITATORS**

Fritjof Capra, Ph.D.

Fernando Castrillon, Ph.D.

Michael Cornwall, Ph.D.

Tonya Dowding

Nita Gage

Jack Gipple

Will Hall

Sam Hinds

Michelle Anne Hobart

Douglas Kirsner, Ph.D.

Heather LaFace, Ph.D.

James Norwood

Sanford Rosenberg, Ph.D.

Rinat Tal, M.D.

Michael Guy Thompson, Ph.D.

Connor Tindall

Andrew Turkington, RN, LMFT

Dina Tyler

Scott Von, OMD, Ph.D.

Star Wolf, Ph.D.

### **FOR INFORMATION OR INQUIRIES**

Michael Guy Thompson, Ph.D.

michaelguythompson@mac.com

## **WHAT IS AUTHENTICITY?**

**A FIVE-DAY SYMPOSIUM & WORKSHOP**

*Esalen*

R. D. LAING wore many robes in his career including psychiatrist, psychoanalyst, philosopher, social critic, author, poet, and mystic, and at the peak of his fame in the 1970s he was the most widely-read psychiatrist in the world.

Arguably the most controversial psychoanalyst since Freud, Laing's meteoric rise in the 1960s was the result of his rare ability to make complex ideas accessible with such best-selling classics as *The Divided Self* (1960), *Sanity, Madness and Family* (1964), *The Politics of Experience* (1967), *Knots* (1970), and many others. Laing's impassioned plea for a more humane treatment of those in society who are most vulnerable catapulted him into the vanguard of intellectual and cultural debate about the nature of sanity and madness, and inspired a generation of psychology students, intellectuals, and artists to turn this disarming Scotsman into a social icon.

Now, in the fifth edition of our annual event, Laing's former students and colleagues from around the world, including Fritjof Capra, Michael Guy Thompson, Douglas Kirsner, Nita Gage, and others will meet for five days at Esalen Institute in Big Sur, California, to continue our critique of Laing's contemporary legacy. In previous years we explored the nature of sanity and madness, the therapeutic relationship, altered realities, and love. This year we will continue our conversation by exploring one of Laing's favorite themes, the nature of authenticity. There is no better term to characterize Laing's uncommonly ethical approach to clinical intervention. Joining us again will be some of the leading lights in the burgeoning Psychiatric Survivor Movement, including Will Hall, Dina Tyler, Michelle Anne Hobart, and others, to help us share alternatives to contemporary, often abusive psychiatric treatment for those in extreme mental and emotional distress.

Among the questions we will explore:

1. What is the relation between authenticity and morality?
2. What does authenticity tell us about the nature of character? honesty? genuineness? the self?
3. Does behaving authentically make us happier or simply less prone to deception?
4. How may the search for authenticity drive us mad? or lead to sanity?
5. Can one strive for authenticity... or is it inherently spontaneous?
6. How can we determine if we are genuinely coming into our own... or being narcissistic by another name?

**PLUS A PRESENTATION OF THIS CLASSIC VIDEO FEATURING R.D. LAING**

**"Eros, Love & Lies," directed by Mark Elliot**

A documentary featuring Laing's views about the nature of love and the importance of bringing honesty into our lives.

Join us for five days at breathtaking Esalen Institute on the Pacific Coast to explore how we can promote more humane and effective ways of helping those suffering from extreme states.

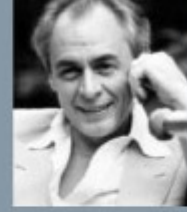
—MICHAEL GUY THOMPSON

FOR INSTRUCTIONS ON HOW TO REGISTER ON ESALEN'S WEBSITE, PLEASE VISIT

<https://www.esalen.org/workshop/week-july-14-19/rd-laing-21st-century-what-authenticity>



# R.D. Laing in the 21st Century



## WHAT IS AUTHENTICITY?

**Esalen Institute, Big Sur, California • July 14–19, 2019**

Symposium Workshop Co-organizers: **Fritjof Capra, PhD • Nita Gage • Michael Guy Thompson, PhD**

### SUNDAY – JULY 14

8:30 – 10:00 pm

**Michael Guy Thompson, PhD, Fritjof Capra, PhD, and Nita Gage**  
*Welcome! Let's Get Acquainted!*

We will spend this initial, breaking-in meeting to introduce ourselves to each other and give you an idea of what our five days together. We will begin with introducing the three principal faculty and organizers of our Laing Workshop to you, then the faculty, guest faculty, and finally a chance for everyone attending this special week to introduce yourselves and what you are hoping to gain from this experience.

### MONDAY – JULY 15

9:30 – 10:30 am

**Douglas Kirsner, PhD**

*Laing on Authenticity* (moderated by Michael Guy Thompson)  
Doug will explore how Laing, following Jean-Paul Sartre, explores the conundrums of behaving authentically in a world not of our choosing, by unmasking patterns of self-deception as well as the myriad occasions of deception encountered in ordinary familial and social relationships.

10:40 – 11:30 am

**Nita Gage**

*Authenticity, Community & Self-Awareness*  
(moderated by Fritjof Capra)

The only rule in the post-Kingsley Hall households around R. D. Laing was "be authentic!" One's ability to live and thrive in the household communities depended on the wherewithal to give one's heart to this task. Nita will explore the psychological and spiritual aspects of authenticity and how her experiences there have impacted her work as a therapist and guide for others.

11:40 am-12:30 pm

**Rinat Tal, MD**

*Authenticity & Healing in Mental Health*  
(moderated by Douglas Kirsner)

Rinat will call on her clinical experience to explore how authenticity is so essential to healing in the practice of both psychiatry and psychotherapy.

12:30 – 3:30 pm

#### Lunch Break and Play Time

*Lunch at the Dining Hall. Enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 3:30 pm.*

3:30 – 4:30 pm

**Sanford Rosenberg, PhD**

*Dreamhacking: Turning into Dream Intelligence (DQ)*  
(moderated by Andrew Turkington)

Personal mythology and the imaginal live at the boundary that media, technology, and movies create. Become a Dreamhacker. Discover your real self and tap the soul's code, authentically. Go beyond your habitual ways of thinking. In this experiential session Sandy will introduce methods of working with embodied imagination and personal mythology.

4:40 – 5:30 pm

**Heather LaFace, PhD**

*The Basic Fault: Experiences of Authenticity and Extreme States in a Clinical Context*  
(moderated by Nita Gage)

Heather will examine the co-constituting factors between individual therapy and group process from a systems perspective in order to explore the relational dynamics between self experiences and authenticity.

5:30 – 6:30 pm

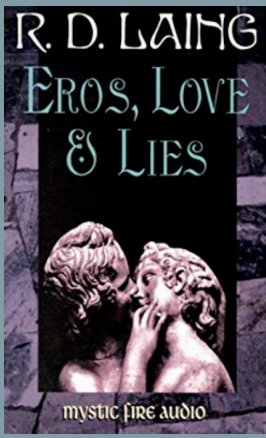
**Michael Cornall, PhD, Tonya Dowding, Will Hall, Michelle Anne Hobart, Heather LaFace, PhD, James Norwood, Connor Tindall, Andrew Turkington, LMFT, Dina Tyler**

*Break-Out Groups for Processing Today's Presentations*  
(moderated by Nita Gage and Michael Guy Thompson)

We will devote this 60-minute session to breaking up into small groups to discuss issues that came up for us in today's program. This may include extending discussions that occurred earlier in the day or taking the opportunity to raise new issues and concerns. We will then reconvene as a large group to integrate what we learned from the break-out discussions.

6:30 – 8:00 pm

**Dinner Break – followed by After Dinner Party and Soiree!**  
*Dinner in the Esalen Dining Hall. Feel free to join us at a welcome party after dinner, hosted by Catherine and Scott in the historic Fritz House, for an evening of merriment and fun.*



**SPECIAL ESALEN  
EVENING FILM  
EVENT ON  
TUESDAY, JULY 16  
8:00 – 10:00 PM**

**EROS, LOVE & LIES:**

***How R.D. Laing Situated Love in Authenticity***

*(followed by a discussion with Michael Guy Thompson, Fritjof Capra and Nita Gage, Douglas Kirsner)*

In this rare documentary R.D. Laing explores the dynamics of human relationships and the vital necessity of bringing honesty and authenticity into our lives. Recorded at lectures, seminars and interviews in Boulder, Colorado in 1987, Laing brings his sharp wit and wisdom to the topic of human relationships and the vital necessity of sincerity in human relationships.

**TUESDAY – JULY 16**

9:30 am – 12:30 pm

**Fritjof Capra, PhD, Michael Guy Thompson, PhD, Nita Gage, and Douglas Kirsner, PhD**

*A Dialogue on Authentic Community and the Dark Side of Authenticity* (moderated by Douglas Kirsner)

In this three-hour session, Fritjof Capra and Michael Guy Thompson will take turns presenting their views about Laing, authenticity, and community, responding to each presentation in turn. This will be followed by a general discussion period with the audience.

**PART I**

9:30 – 11:00 am

**Fritjof Capra, PhD**

*Authentic Community* (moderated by Douglas Kirsner)

Fritjof will discuss community from a systemic perspective and will offer several reasons for why building and nurturing communities is so vital for our time. Fritjof's talk will be followed by a discussion with Michael Guy Thompson, Nita Gage, and Douglas Kirsner, all of whom knew Laing intimately and will explore how Laing himself situated the notion of authentic community in the context of Kingsley Hall and kindred therapeutic communities in London, as well as the wider community of fellowship that he fashioned around him and his work.

**PART II**

11:30 am – 12:30 pm

**Michael Guy Thompson, PhD**

*The Dark Side of Authenticity* (moderated by Douglas Kirsner)

Michael will call on his personal and professional relationship with Laing in 1970s London and then later, in his encounters with Laing in California, to explore Laing's personal relationship with authenticity. He will share vignettes of Laing's highly controversial manner of engaging colleagues and friends, and whether some of this behavior was genuinely authentic, or simply brutal. Followed by discussion.

12:30 – 3:30 pm

**Lunch Break and Play Time**

*Lunch at the Dining Hall. Enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 3:30.*

3:30 – 4:30 pm

**Fernando Castrillon, PhD**

*Authenticity and the Audacity of Hopelessness* (moderated by James Norwood)

Drawing on the existential sensibilities of Laing's work and the unsettling ontological pronouncements of Jacques Lacan, Fernando will explore how the

current ecological and social collapse of contemporary society impacts therapists and analysts of all stripes.

4:40 – 5:30 pm

**Scott Von, OMD, PhD**

*The Ethical Act: How to Authorize Oneself Beyond Madness* (moderated by Will Hall)

Only an act of free will chosen from one's own desire and responsibility can qualify as ethical and authentic, and make one sane. To be authentic literally means "to work from oneself – from the place of the first person singular "I" without regard for the Other's concept of judgment – the true meaning of *karma*."

5:30 – 6:30 pm

**Michael Cornwall, PhD, Tonya Dowding, Will Hall, Michelle Anne Hobart, Heather LaFace, PhD, James Norwood, Connor Tindall, Andy Turkington, LMFT, Dina Tyler**

*Break-Out Groups for Processing Today's Presentations* (moderated by Nita Gage and Michael Guy Thompson)

We will devote this 60-minute session to breaking up into small groups to discuss issues that came up for us in today's program.

6:00 – 8:00 pm

**Dinner Break – followed by R.D. Laing Video Event!**

*Dinner in the Esalen Dining Hall. Please return to the evening portion of today's program at 8:00 pm if you wish to join us for this special video event:*

**EROS, LOVE & LIES:**

***How R.D. Laing Situated Love in Authenticity***

*(followed by a discussion with Michael Guy Thompson, Fritjof Capra, Nita Gage, and Douglas Kirsner)*

**WEDNESDAY – JULY 17**

9:30 – 10:30 am

**Nita Gage, Star Wolf, Dina Tyler, Michelle Anne Hobart, Will Hall, and Workshop Participants!**

*All-Day Breath Workshop – A Tribute to Laing's Famous Workshops from the 1970s* (moderated by Nita Gage)

**Part I: Breath Work as a Way to Authenticity**

*Authenticity and Breath Work in the Tradition of R. D. Laing*

Drawing from her own extensive experience moderating such workshops, Nita Gage will facilitate an opportunity for anyone who is interested in participating in this exercise to access mild altered states via guided imagery and deep breathing. This

# AUTHENTICITY

## SPECIAL THANKS TO ELEN INSTITUTE & FREE ASSOCIATION, INC.

For more information and inquiries, contact Michael Guy Thompson, PhD: [michaelguythompson@mac.com](mailto:michaelguythompson@mac.com)

workshop is intended to simulate the kind of workshops Laing was famous for initiating in London among his students in order to gain greater awareness of the potential for expanded modes of consciousness readily accessible to us. This one-hour introduction will presage a two-hour morning session in which participants will participate in a breath work experiential exercise.

10:30 am – 12:30 pm

### **Part II: Breath Work Experiential Session** *(continued)*

*Experiential Exercise* (moderated by Nita Gage)

Nita will facilitate the chance to experience states of expanded consciousness elicited via deep breathing and other Shamanic exercises, followed by the opportunity to process these experiences in a warm and safe environment. We will repeat this exercise in the afternoon portion of this all-day experiential exercise.

12:30 – 3:30 pm

### **Lunch Break and Play Time**

*Lunch at the Dining Hall. Enjoy the rest of the break to relax and smell the ocean. Please return to the afternoon portion of today's program promptly at 3:30 pm.*

3:30 – 5:30 pm

### **Part III: Breath Work Experiential Session** *(continued)*

*Experiential Exercise* (moderated by Nita Gage)

In this two-hour session Nita will continue to facilitate the chance to experience states of expanded consciousness elicited via deep breathing exercises, followed by opportunities to process these experiences in a warm and safe environment.

5:30 – 6:30 pm

### **Part IV: Break up into small groups for processing today's experience**

*Breath Work Group Process Session* (moderated by Nita Gage)

6:30 – 8:00 pm

### **Dinner Break – followed by a FREE EVENING!**

*Dinner in the Esalen Dining Hall. Please enjoy the rest of your evening by the Fire Pit, the Terrace off the Dining Hall, or Esalen's legendary Hot Tubs!*

## THURSDAY – JULY 18

9:30 – 10:20 am

### **Jack Gipple**

*Missing the Mark: Authenticity in the Craft of Windhorse Intensive Psychotherapy* (moderated by Michael Guy Thompson)

Jack will discuss his experience as an Intensive Psychotherapist at Windhorse community via authenticity, an antidote to the frequent re-emergence of "asylum" mentality.

10:30 – 11:20 am

### **Michael Cornwall, PhD**

*A Sharing of Authentically-Based Practices* (moderated by Will Hall)

Michael will explore helpful ways of being authentically open-hearted and emotionally vulnerable when being with people, based on 25,000 hours of being with people in extreme states.

11:30 am – 12:30 pm

### **Tonya Dowding, Sam Hinds, James Norwood, Connor Tindall**

*Meet the Students* (moderated by Fernando Castrillon)

Several of the graduate students involved with Gnosis Retreat Center will discuss the stories that took them there and the profound experiences they found through their participation.

12:30 – 3:30 pm

### **Lunch Break and Play Time**

*Lunch at the Dining Hall. Enjoy the rest of the break to relax. Please return to the afternoon portion of today's program promptly at 3:30.*

3:30 – 4:30 pm

### **Will Hall**

*Authenticity, Shame and Psychosis* (moderated by Nita Gage)

The altered, or open, consciousness labeled psychosis calls for a vulnerable honesty in response. How can therapists move beyond the boundaries of self to meet the existential challenge of madness... and invite the possibility of breakthrough?

4:40 – 5:30 pm

### **Dina Tyler**

*Authenticity in an Inauthentic World: How Madness Can Show Us the Way to Love* (moderated by Michael Cornwall)

Fitting in by betraying yourself drives many of us to despair, madness, and suicide. The world seems to have no space for what our hearts truly desire: to be seen, felt, and known for who we really are. How can we risk madness for the sake of finding love?

5:30 – 6:30 pm

### **Andrew Turkington, RN, LMFT**

*Authenticity and False Modesty* (moderated by Douglas Kirsner)  
Just as pride is a barrier to authenticity so is false humility a barrier to genuineness.

6:30 – 8:00 pm **Dinner Break – followed by our workshop party!**

*Dinner in the Esalen Dining Hall. Please join us on the lawn after dinner to celebrate our Esalen workshop with song and good cheer! Following our Circle feel free to join us for a closing party after dinner, hosted by Catherine and Scott in the historic Fritz House, for an evening of merriment and fun.*

## FRIDAY – JULY 19

10:00 am – 12:00 noon

### **Michael Guy Thompson, Fritjof Capra, Nita Gage**

*Closing Comments and Audience Discussion*

We want to spend this last time together reviewing our five days at Esalen and what it has meant to you. We hope you will also be able to join us again next year for another exciting time at Esalen!

*Good-bye!*

**Don't forget: check-out is 10:00 am (BEFORE our Friday morning wrap-up). Make sure you are ready if you have booked a return shuttle to the airport.**

**Fritjof Capra, PhD**, physicist and systems theorist, is a founding director of the Center for Ecoliteracy in Berkeley, CA. He serves on the faculty of the Amana-Key executive education program in Sao Paulo, Brazil, is a Fellow of Schumacher College (U.K.), and serves on the Council of Earth Charter International. Dr. Capra is the author of several international bestsellers, including *The Tao of Physics* (1975), *The Web of Life* (1996), and *The Science of Leonardo* (2007). He is coauthor, with Pier Luigi Luisi, of the multidisciplinary textbook, *The Systems View of Life* (Cambridge University Press, 2014). His new online course ([www.cpracourse.net](http://www.cpracourse.net)) is based on his textbook. He lives in Berkeley, CA.

**Fernando Castrillon, PhD**, is a personal and supervising psychoanalyst, faculty of the Lacanian School of Psychoanalysis (LSP) and the Psychoanalytic Institute of Northern California (PINC), a licensed clinical psychologist and a Professor in the Community Mental Health Program at the California Institute of Integral Studies, San Francisco. He is founding director of CIIS's *The Clinic Without Walls*, an innovative psychotherapy clinic serving mostly working poor and immigrant communities. ([www.drcastrillon.com](http://www.drcastrillon.com))

**Michael Cornwall, PhD, LMFT**, has done therapy with people in extreme states since 1980 in medication-free sanctuaries and community settings. He completed his doctoral research on the Jungian sanctuary, *Diabasis*, and leads Esalen workshops and conferences on extreme states. He blogs on [www.madinamerica.com](http://www.madinamerica.com).

**Tonya Dowding** is a doctoral candidate at the California Institute for Integral Studies, in the PsyD program in Clinical Psychology. Tonya has been studying treatment of extreme states with **Gnosis Retreat Center** since its founding, and is committed to its mission to provide residential respite for those in crisis.

**Nita Gage, DSPS**, trained with R.D. Laing and his associates at the Philadelphia Association from 1974-1980. She left London and returned to America in 1980 and pursued post-graduate education in psychology and psycho spiritual studies. She trained and studied with shamanic teachers and specializes in integrative psycho spiritual healing. Nita is co-founder of the NeuroImaginal™ Institute, [www.neuroimaginalinstitute.com](http://www.neuroimaginalinstitute.com); Director of Healer Within Retreats, [www.healerwithinretreats.com](http://www.healerwithinretreats.com), teaching medical and addiction professionals NeuroImaginal Practices for health and well being. She is the author (with Linda Star Wolf) of *Soul Whispering: The Art of Awakening Shamanic Consciousness*, and lives in Vallejo, California.

**Jack Gipple, MA, LPC, CAC III**, is a psychotherapist and clinical supervisor with Windhorse Community Services, in Boulder Colorado, where he has worked since 1999. He received an MA in Transpersonal Psychology in 1991 and currently serves on the Windhorse Board of Directors. He has taught at Naropa University in the Masters Contemplative Psychology Department and recently co-authored an article with Chuck Knapp, "Windhorse Treatment: Group Dynamics Within Therapeutic Environments," published in *Group: The Journal of the Eastern Group Psychotherapy Society*.

**Will Hall, MA, Dipl.PW**, works as a therapist, teacher and community development organizer, including Freedom Center, Portland Hearing Voices, The Icarus Project, Madness Radio, the Harm Reduction Guide to Coming off Psychiatric Drugs (translated into 10 languages), Valley Free Radio, 2 year certification in Open Dialogue with Mary Olson, Jaakko Seikkula and colleagues, more than 12 years of support group facilitation, and a private practice with individuals and families. A meditator and yoga practitioner, Will lives with altered states of consciousness, and since his teens has also been a social movement activist, including a staff person at the Resource Center for Nonviolence and the Earth Island Institute.

**Sam Hinds**, is a doctoral student in the clinical psychology program at Pacific Graduate Institute. His enthusiasm for Gnosis Retreat Center and its mission has been informed by his study of the psychology of C.G. Jung and his long-standing interest non-ordinary states of consciousness.

**Michelle Anne Hobart**, is a practitioner of energy medicine and holistic health educator. She holds a BS in Biology and an MA in Philosophy, Cosmology, and Consciousness. Currently, she is doing coursework in Integral Counseling Psychology at California Institute of Integral Studies. Michelle is an advocate for the Neurodiversity movement and a certified Spiritual Emergence Coach.

**Douglas Kirsner, PhD**, holds a Chair in Philosophy and Psychoanalytic Studies at Deakin University, Melbourne, Australia. He is the author of *The Schizoid World of Jean-Paul Sartre* and R. D. Laing (2003), and *Unfree Associations: Inside Psychoanalytic Institutes* (2009). He lived in one of the post-Kingsley Hall, Philadelphia Association households during the 1970s and has retained a special research interest in Laing's work. His 1980 interview with Laing has recently been published in *The Psychoanalytic Review* (April, 2013). He lives in Melbourne.

**Heather LaFace, PhD** is on the adjunct faculty at Antioch University Santa Barbara as well as at Pacific Graduate Institute. She is in private practice in Los Angeles and Orange County where she works within a framework of attachment and relational theory. Her current writing and research interests explore paradigm-shifting connections between neuroscience, philosophy, and social theory, with a special interest in approaching extreme states from a developmental systems orientation. She lives in Los Angeles.

**James Norwood** is a doctoral candidate at the California Institute for Integral Studies, in the PsyD program in Clinical Psychology. James has been studying treatment of extreme states with **Gnosis Retreat Center** since its founding, and is committed to its mission to provide residential respite for those in crisis.

**Sanford Rosenberg, PhD**, is President of Media Research Associates, and has thirty five years of experience in Media Psychology. He is a clinician, executive coach, educator, and consultant on media projects including movies, games, and the web, applying the methods of dream psychology and personal mythology to media. Dr. Rosenberg specializes in qualitative knowledge-based research and clinical applications, examining the relationship between language, story, structure, symbol, image, emotion, and experience.

**Rinat Tal, MD**, is a psychiatrist and psychotherapist in private practice in Los Angeles. Her work focuses on minimizing medication management with clients with various conditions, including extreme states, incorporating a range of influences that focus on the transformative aspects of the client-practitioner relationship. She has an abiding interest in alternatives to conventional psychiatry.

**Michael Guy Thompson, PhD**, received his psychoanalytic training from R. D. Laing and Hugh Crawford at the Philadelphia Association in London, and served as the organization's administrator from 1973 to 1980. He is Personal and Supervising Analyst and Faculty Member, Psychoanalytic Institute of Northern California, San Francisco, and Adjunct Professor at the California Institute of Integral Studies, in San Francisco. He is the author of numerous journal articles, book chapters, reviews, as well as five books, *The Death of Desire: A Study in Psychopathology* (1985), *The Truth About Freud's Technique* (1994), *The Ethic of Honesty* (2004), *The Legacy of R. D. Laing: An Appraisal of His Contemporary Relevance* (2015), and recently, *The Death of Desire: An Existential Study in Sanity and Madness* (2016), an extensively revised and expanded edition of the original, published by Routledge. He is founder and director of **Gnosis Retreat Center**, a refuge for people in crisis, modeled on his work with R. D. Laing in London, and lives in Berkeley, CA. His current project is a book on the concept of happiness.

**Connor Tindall** is a doctoral candidate at the California Institute for Integral Studies, in the PsyD program in Clinical Psychology. Connor has been studying treatment of extreme states with **Gnosis Retreat Center** since its founding, and is committed to provide residential respite for those in crisis.

**Andrew Turkington, RN, LMFT**, trained as a psychiatric nurse in the U.K. and later moved to the U.S. where he received his psychoanalytic training from Michael Guy Thompson and associates at *Free Association, Inc.* in San Francisco. He now teaches Psychiatric Nursing at Unitek College in Hayward, California and is in private practice in Alameda and San Francisco. His interests include phenomenology and scepticism.

**Dina Tyler** is a psychiatric survivor, trainer and consultant. She works in private practice as a wellness coach and counselor for Big Picture Wellness, a coordinated team of practitioners providing holistic alternatives for people experiencing extreme states. Dina is the Co-Founder, and former Board Member and facilitator of the Bay Area Hearing Voices Network. She was awarded the prestigious Peer Specialist of the Year by the National Council for Behavioral Health in 2015.

**Scott Von, OMD PhD**, a physician, psychoanalyst, philosopher, poet, and artist, is Director of the New Clinic for Integral Medicine & Psychiatry and Director of Analytica psychoanalytic institute, both based in New York and Los Angeles. He completed his Doctor of Medicine specializing in Neuropsychiatry at ACTCM-Shanghai University and his PhD in Psychoanalysis at LSE-University of London, and served as professor and supervisor at NYU, CUNY, CIIS, and Pacific College. He is author of the four-volume book and multi-modal art work *Autopoesis*, which he has exhibited and performed internationally. ([drscottvon.com](http://drscottvon.com))

**Star Wolf, PhD**, is the Founding Director of Venus Rising Institute for Shamanic Healing Arts, the creator of the Shamanic Breathwork™ Process & Training Program, and the Founder and Co-Director of the Shamanic Minister's Global Network, a non-denominational spiritual organization. She leads workshops in the U.S. and internationally and has over 30 years of experience as a therapist, facilitator, and healer. She is the author of eight books including *Soul Whispering*, *The Art of Awakening Shamanic Consciousness* (with Nita Gage.)



## REGISTRATION FOR THIS SYMPOSIUM WORKSHOP

is handled exclusively through Esalen. In order to register for this Symposium Workshop please go to the link below, which takes you directly to the page on the Esalen catalog that will permit you to register. When you are ready to register, please follow these instructions:

**1. BECAUSE THIS WORKSHOP IS RESTRICTED, BEFORE YOU REGISTER YOU MUST OBTAIN A PASSWORD FROM MICHAEL GUY THOMPSON.** Email Michael at [michaelguythompson@mac.com](mailto:michaelguythompson@mac.com). He will provide you with the password by return email which will permit you to access the Esalen registration page.

If you have any other questions about registering or the workshop, please contact Michael Guy Thompson at [michaelguythompson@mac.com](mailto:michaelguythompson@mac.com).

**2. ONCE YOU HAVE THE PASSWORD,** go to the link below and register for our workshop online. A space will be provided on the registration page where you can enter the password. You will receive a confirmation from Esalen that your registration has been completed:

<https://www.esalen.org/workshop/week-july-14-19/rd-laing-21st-century-what-authenticity>

### THINGS TO KNOW WHEN YOU ARE REGISTERING

FEES FOR REGISTRATION INCLUDE accommodation and meals, all-inclusive. The rate per person varies from \$700 to \$2,500 for a five-day workshop, depending on the choice of accommodation. The most popular option is \$1,400, the “Shared Standard” arrangement by which you share a room with one or two people. If you choose this option another person attending the Laing Symposium Workshop will be assigned to your room randomly. If you have a friend who is also attending this Workshop with whom you would like to share the room let Esalen know.

If you have any questions about the various accommodations contact Esalen directly at: 888-837-2536. If you are calling from outside the United States call: +1 703-342-0500.

### CHOOSE YOUR ROOM

#### Workshop Tuition Including Accommodations

	Weekend Workshops	5-day Workshops	7-day Workshops
Shared Sleeping Bag Space	\$420	\$675	\$900
Shared Bunk Bed Dorm	\$605	\$1,020	\$1,335
Shared Standard	\$845	\$1,410	\$1,850
Premium Room Single	\$1,505	\$2,830	\$3,555
Premium Room Double	\$2,310	\$4,310	\$5,430
Point House Single	\$2,025	\$4,105	\$5,030
Point House Double	\$2,890	\$5,605	\$7,000
Off-site Accommodations	\$420	\$675	\$900

*Friends of Esalen receive a \$25 discount on rates. Please see Esalen’s website for information.*

### ESALEN RATES ARE ALL-INCLUSIVE

All listed rates include:

- Workshop tuition
- Accommodations and meals
- Fresh produce from the Esalen Garden
- Vegan and vegetarian options for all meals
- Coffee, tea, and bread bar open 24/7
- 24-hour use of hot spring bath facilities, Arts Center (except when a workshop is scheduled), Meditation Round House, and the entire Esalen grounds
- Participation in scheduled daily classes such as yoga, dance, meditation, art, and special events
- One-year subscription to the Esalen catalog

### TRANSPORTATION FROM AIRPORTS TO ESALEN

**Ridesharing:** Esalen encourages ridesharing to reduce the number of cars on the road and at Esalen. See the reservation form online at [www.esalen.org](http://www.esalen.org) for ridesharing options, or tell your reservationist you are interested.

### Van Shuttle Service Prices from airports to Esalen:

Esalen provides a shuttle service from local airports to and from Esalen on Sundays and Fridays. Check with Esalen for detailed information. For more information about the Van Shuttle Service, visit [www.esalen.org/page/start-your-esalen-journey-shuttle](http://www.esalen.org/page/start-your-esalen-journey-shuttle).

### Shuttle Pick-Up Locations:

- SFO: Courtyard #4 near the DOMESTIC UNITED AIRLINES Baggage Claim area.
- SJC: Outside Terminal B at Baggage Claim Door B2.
- MRY: Outside of Baggage Claim area.

### Making or Canceling a Reservation:

Reservations for the shuttle van can be made when booking a workshop reservation online, or on the phone with the Esalen Reservations staff at least 48 hours before the departure date. Return service must be confirmed with the Esalen office at least 48 hours prior to departure.

Although there is no charge for cancelling a shuttle reservation, we ask that you provide at least 48 hours notice.

If you have any questions about the van schedule to and from the airport you are using contact Esalen at: 888-837-2536. If you are calling from outside the United States please call: +1 703-342-0500.