

R.D. Laing

IN THE 21ST CENTURY

July 16-21, 2017

ESALEN INSTITUTE
Big Sur, California

SYMPOSIUM SPONSORED
& ORGANIZED BY

Free Association, Inc.,
San Francisco, California

SPEAKERS & FACILITATORS

- Fritjof Capra, Ph.D.
- Michael Cornwall, Ph.D.
- Frank Echenhofer, PhD
- Mark Elliot
- Nita Gage
- Rebecca Greenslade
- Will Hall
- Michelle Anne Hobart
- Edie Irwin
- Yana Jacobs, LMFT
- Douglas Kirsner, Ph.D.
- Chuck Knapp
- Heather LaFace, Ph.D.
- Scott Lines, Ph.D.
- Ralph Metzner, PhD
- Matthew Morrissey, LMFT
- James Norwood
- James Penner, Ph.D.
- Mina Semyon
- Steve Sorkin, Ph.D.
- Michael Guy Thompson, Ph.D.
- Andrew Turkington, RN, LMFT
- Dina Tyler

FOR INFORMATION OR INQUIRIES

Michael Guy Thompson, Ph.D.
michaelguythompson@mac.com

What Are Altered Realities?

A FIVE-DAY SYMPOSIUM & WORKSHOP



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 third edition of this newly inaugurated annual event, Laing's former students and colleagues from around the world, including Fritjof Capra, Michael Guy Thompson, Douglas Kirsner, Ralph Metzner, Nita Gage, Edie Irwin and others, will meet for five days at Esalen Institute in Big Sur, California, to continue our critique of Laing's contemporary legacy. Last year we explored one of Laing's most fervent questions: *What Is Therapeutic?*, from a variety of perspectives; the year before that we explored the nature of sanity and madness. This year we will continue our ongoing and multifaceted conversation by asking, *What Are Altered Realities?*, in all their clinical, philosophical, and political permutations. Joining us again will be some of the leading lights in the burgeoning Alternative to Psychiatry Movement, including Will Hall, Michael Cornwall, Chuck Knapp, Dina Tyler, Yana Jacobs and others, to share alternatives to the contemporary, often abusive psychiatric treatment for those in extreme mental and emotional distress.

Among the questions we will explore:

1. What does the term, *altered realities*, or states, connote?
2. What is the nature of the variety of altered realities we are capable of experiencing, including mindfulness, yoga, meditation, breath work, or imbibing a drug, whether psychedelic or psychotropic?
3. What are the variety of ways that our realities are altered spontaneously, such as falling in love, losing one's temper, achieving equanimity, going mad, or succumbing to extreme fear, and how can such states help us?
4. How might we employ ways of altering our reality deliberately, in such a way that our capacity to live well and more lovingly is enhanced?
5. What are the spiritual dimensions to altered states, and how might traditional spiritual practices inform our ability to achieve higher planes of consciousness?

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.

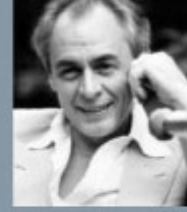
—MICHAEL GUY THOMPSON

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

<http://www.esalen.org/workshop/week-july-16-21/rd-laing-twenty-first-century-what-are-altered-realities>



R.D. Laing in the 21st Century



What are Altered Realities?

Esalen Institute, Big Sur, California • July 16 – 21, 2017

Symposium Workshop Co-organizers: Nita Gage | Steven Sorkin, PhD | Michael Guy Thompson, PhD

SUNDAY – JULY 16

8:30 – 10:00 pm

Michael Guy Thompson, PhD, Fritjof Capra, PhD, Nita Gage, and Heather LaFace, PhD

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 will be like and explain what went into our decision to arrange for this very special program for you. We will begin with introducing the four principal organizers of our 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 17

9:50 – 10:50 am

Michael Guy Thompson, PhD

(moderated by Douglas Kirsner)

On Falling in Love

Michael Thompson, author of *The Death of Desire*, will explore how the phenomenon of falling in love alters our reality, for better or ill. Among the questions he will explore are: What are the preconditions for falling in love? What is the erotic nature of falling in love, and why do we fall out of love? Is this phenomenon real, or imagined? Is erotic love sufficient to endure, or are there other, higher forms of love necessary? What is the relation between falling in love and madness?

11:00 am – 12:30 pm

Fritjof Capra, PhD

(moderated and followed with a discussion by Heather LaFace, PhD)

What Is Reality?

Fritjof Capra, the renowned physicist and author of the groundbreaking classic, *The Tao of Physics*, will reflect on how his views about the nature of "reality" have been changed by quantum physics, cognitive science, and by the counterculture of the 1960s. **Fritjof's presentation will be moderated and followed by a discussion with Los Angeles psychologist, Heather LaFace, PhD.**

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 – 4:50 pm

Douglas Kirsner, PhD

(moderated by Michael Guy Thompson)

Laing on Altered States

Douglas Kirsner, the Australian philosopher, psychoanalytic scholar and author of *The Schizoid World of Jean-Paul Sartre and R. D. Laing*, will draw from Laing's little-known sources, unpublished lecture materials and personal asides with colleagues, to explore his relationship with altered states. Topics will include Laing's use of drugs, including LSD at Kingsley Hall, his experimental therapy center in London, as well as other practices he employed to alter one's reality.

5:00 – 5:45 pm

Mina Semyon

(moderated by Nita Gage)

Yoga and Altered States

Mina Semyon met Laing in the 1960s in London and saw him in therapy for many years. Laing encouraged her to take up Hatha Yoga (Iyengar) and Mina soon developed into a seminal yoga practitioner and instructor, including years at Portland Road, the residential therapy center founded by Laing's colleague, Hugh Crawford. Mina will share reminiscences of her career with yoga and her relationship with Laing, including how yoga elicits altered states. *(Mina will also lead us in a yoga session each morning at Esalen.)*

5:45 – 6:30 pm

Michael Cornwall, Will Hall, Edie Irwin, Yana Jacobs, Heather LaFace, PhD, Andy Turkington, LMFT, James Norwood

(moderated by Nita Gage and Michael Guy Thompson)

Break-Out Groups for Processing Today's Presentations

We will devote this one-hour evening 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 a Free Evening!

Dinner in the Esalen Dining Hall. Please enjoy the rest of the evening relaxing in the Dining Hall, on the Terrace, or in the Hot Tubs.

TUESDAY – JULY 18

9:30 – 10:50 am

Ralph Metzner, PhD

(moderated by Michael Guy Thompson)

Altered States: I

Laing, Leary, and LSD

Ralph Metzner, the renowned Harvard psychologist, author, and researcher and early collaborator with Timothy Leary and Richard Alpert into altered states, will describe how Laing and Leary first met and what happened when Laing and Alpert first took LSD together.

11:00 am – 12:30 pm

Ralph Metzner, PhD

(moderated by Michael Guy Thompson)

Altered States: II

Trends and Prospects for Psychedelics in the Culture at Large

In this second part of Ralph Metzner's meditation on altered states, he will review the history of psychedelic use in America and how it has influenced the culture at large. Metzner is particularly interested in the impact that the recent legalization of marijuana in California will have and the potential for expanded research into other psychedelics, including psilocybin and MDMA.

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 – 5:20 pm

Frank Echenhofer, PhD

(moderated by Scott Lines)

Altered States: III

Altered States and Ayahuasca

Followed by discussion with Scott Lines, PhD, James Penner, Mark Elliot, and Ralph Metzner, PhD.

Frank Echenhofer has conducted research into the use of psychedelics for many years, with a special interest in the spiritual and medicinal use of Ayahuasca. In this special two-hour presentation and panel discussion, Frank will share the fruits of his research into the uses of Ayahuasca with us, including the therapeutic uses of other psychedelic substances. The second hour of this presentation will feature a round-table discussion on the use of psychedelics and their medicinal properties.

5:30 – 6:30 pm

Michael Cornwall, Will Hall, Edie Irwin, Yana Jacobs, Heather LaFace, PhD, Andy Turkington, LMFT, James Norwood

(moderated by Nita Gage and Michael Guy Thompson)

Break-Out Groups for Processing Today's Presentations

We will devote this one-hour evening 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 a Free Evening!

Dinner in the Esalen Dining Hall. Please enjoy the rest of the evening relaxing in the Dining Hall, on the Terrace, or in the Hot Tubs.

WEDNESDAY – JULY 19

9:30 – 10:30 am

Nita Gage, Will Hall, Edie Irwin, Michael Guy Thompson, PhD, Michelle Anne Hobart, and All Workshop Participants!

(moderated by Nita Gage)

Part I: Breath Work as a Means to Elicit Altered States

Introduction to Breath Work and Altered Reality

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 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.

11:30 am – 12:30 pm

Breath Work (continued)

Part II: Nita Gage

Breath Work as a Means to Elicit Altered States

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

Breath Work (continued)

Part III: Nita Gage

Breath Work as a Means to Elicit Altered States continued

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

Nita Gage, Will Hall, Edie Irwin, Michael Guy Thompson, PhD, Michelle Anne Hobart, and All Workshop Participants!

Part IV: Nita Gage

Breath Work as a Means to Elicit Altered States continued

We will devote this final one-hour afternoon session to processing how today's experiential exercise went for all the participants, including those who served as witnesses to today's events. Followed by a free evening to gather yourselves and relax.

6:30 – 8:00 pm

Dinner Break – followed by a Free Evening!

Dinner in the Esalen Dining Hall. Please enjoy the rest of the evening relaxing in the Dining Hall, on the Terrace, or in the Hot Tubs.

What are Altered Realities?

SPECIAL THANKS TO THE ESALEN INSTITUTE & FREE ASSOCIATION, INC.

For more information and inquiries, contact Michael Guy Thompson, PhD: michaelguythompson@mac.com

SPECIAL ESALEN EVENT WEDNESDAY, JULY 19 8:00 – 9:30 pm

Esalen asks that workshop leaders not schedule Wednesday evening sessions in order to insure that everyone is free to attend an optional public event organized by Esalen during this block of time. You have the option of attending this special program in order to meet attendees of other Esalen workshops or having the evening to yourself. Enjoy!

THURSDAY – JULY 20

9:30 – 10:20 am

Rebecca Greenslade

In Praise of the Unaltered State

(moderated by Andy Turkington)

Drawing from her experience as a Zen student and practitioner, Rebecca will explore the contrasting perspectives on altered states held within the Rinzaï and Soto traditions of Zen Buddhism and the differing emphases these schools place upon immanent and transcendent experience. She will consider the ethical implications and responsibilities of kensho (enlightenment) and suggest that the pursuit of altered states might be something to let go of, rather than attain.

10:30 – 11:20 am

Dina Tyler

Meaning and Transformation in Altered States

(moderated by Matthew Morrissey)

Dina will talk about her efforts to create supportive environments for altered states of consciousness that allow for the full potential of humans as meaning-making agents and experiencing transformational aspects of the world beyond the mundane.

11:30 am – 12:30 pm

Will Hall

R. D. Laing and the Therapeutic Uses of Altered States

(moderated by Michael Cornwall)

How can a non-dual understanding of the psyche access and integrate the healing potential in spiritual visions, mind-altering drugs, and psychotic states of consciousness?

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 – 5:20 pm

Chuck Knapp and Edie Irwin

A Tibetan Buddhist View of Altered States

(moderated by Nita Gage)

Chuck and Edie will reflect on the extreme states of mind that comprise the path of mutual recovery for clients, family members, and clinicians themselves. The illusory nature of

one's self-identity will be explored as an aspect of what is at risk when experiencing the nitty-gritty of therapeutic relationships with others.

5:30 – 6:30 pm

Michael Cornwall, Will Hall, Edie Irwin, Yana Jacobs, Heather LaFace, PhD, Andy Turkington, LMFT, James Norwood

Break-Out Groups for Processing Today's Presentations

(moderated by Nita Gage and Michael Guy Thompson)

We will devote this one-hour evening 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. This will be our last break-out session of the week.

6:30 – 8:00 pm

Dinner Break – followed by a Free Evening!

Dinner in the Esalen Dining Hall. Please enjoy the rest of the evening relaxing in the Dining Hall, on the Terrace, or in the Hot Tubs.

FRIDAY – JULY 21

10:00 - 12:00 am

Michael Guy Thompson, PhD, Fritjof Capra, PhD, Nita Gage, Heather LaFace, PhD

Closing Comments and Audience Discussion

We want to spend this last block of time together to review our five days at Esalen and what it has meant to you.

How can we stay in touch and help make the connections we made with one another this week endure?

We also want to look ahead to next year, when we will host another five-day experience of *R. D. Laing in the Twenty-First Century*. Next year the theme for our annual Symposium and Workshop will be: *What Is Love?*

We hope you will be able to join us again next year for another exciting time together at Esalen!

Don't forget: check-out is 10:00 am, before our morning session. Make sure you are ready if you have booked a return shuttle to the airport.

Good-Bye!

Fritjof Capra, PhD, is a physicist and systems theorist, a founding director of the Center for Ecoliteracy in Berkeley, CA, and on the faculty of the Beahrs Environmental Leadership Program at the University of California, Berkeley. Dr. Capra is the author of several international bestsellers, including *The Tao of Physics* (1975), *The Web of Life* (1996), *The Hidden Connections* (2002), and *The Science of Leonardo* (2007). He is currently working on a multidisciplinary textbook, *The Systems View of Life*, coauthored with Pier Luigi Luisi, to be published by Cambridge University Press. He lives in Berkeley, CA.

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.

Frank Echenhofer, Ph.D., received his doctorate in Developmental Psychology and later received clinical training and is currently a licensed psychologist living and practicing in San Francisco, California. He is also a professor of Clinical Psychology at the California Institute of Integral Studies and served as its program director for 3 years. His specializations, which bridge east-west psychology, are in the general areas of eastern and western comparative psychology, philosophy, and psychophysiology. Frank has conducted EEG meditation & qualitative research in India, in collaboration with the Dalai Lama and with meditators in the United States. He is currently involved in research studies examining the potential benefits of the shamanic brew ayahuasca to facilitate the healing of depression, and to enhance creativity and spiritual development.

Mark Elliot is a documentary filmmaker, born in the UK and living in Colorado. His films include "The Lion's Roar" on the 16th Gyalwa Karmapa. He first met R.D. Laing in London in 1967, at the Dialectics of Liberation conference, and worked closely with him in the last years of his life.

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; Director of Healer Within Retreats, www.healerwithinretreats.com, teaching medical and addiction professionals NeuroImaginal Practices for health and well being. She is the author of *The Women in Storage Club, How to Reimagine Your Life*, a book that addresses self-awareness and resiliency through NeuroImaginal practices. She lives in Cambridge, England and Marin County, CA.

Rebecca Greenslade is a psychotherapist, supervisor and meditation teacher based in London. Her research focuses on psychotherapeutic practice as a form of philosophical praxis and the ethics of social activism within psychotherapy practice. Deeply inspired by the work of R.D. Laing, Rebecca organized the *R.D. Laing in the 21st Century Reading Group* forum in London. She is a Zen practitioner and student.

Will Hall, MA, Dipl.PW, PhD Candidate Maastricht University, is a therapist, teacher, and community development worker. His schizophrenia diagnosis at Langley Porter Psychiatric Institute inspired him to become a survivor movement organizer, including with Freedom Center, Portland Hearing Voices, The Icarus Project, and Madness Radio. Author the Harm Reduction Guide to Coming off Psychiatric Drugs (translated into 13 languages), Will has a certification in Open Dialogue with the Institute for Dialogic Practice, and his recent teaching includes Sigmund Freud University in Ljubljana Slovenia and at INTAR in Pune India. A longtime meditator and yoga practitioner, Will lives with altered states of consciousness, and since his teens has been a social movement activist, including with Bay Area's the Resource Center for Nonviolence and Earth Island Institute. His new book is *Outside Mental Health: Voices and Visions of Madness*.

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.

Eddie Irwin, co-editor of Akong Tulku Rinpoche's *Taming the Tiger* (Rider) and is the author of *Healing Relaxation* (Rider); both are available online. Eddie studied with R. D. Laing in India and London in the 1970s and since 1980 has worked under the guidance of Akong Tulku Rinpoche. She is currently a member of the Tara Rokpa Therapy Training faculty and practices psychotherapy in Edinburgh, Scotland.

Yana Jacobs, LMFT is currently a Senior Program officer at the Foundation for Excellence in Mental Health Care, www.mentalhealthexcellence.org a private community foundation with a mission to bring alternatives into the mainstream public and private sectors.

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 was published in *The Psychoanalytic Review* (April, 2013). He lives in Melbourne.

Chuck Knapp, a student of Chogyam Trungpa and graduate of Naropa University, worked closely with Ed Podvoll, founder of *Windhorse*, for many years. He was a founding member and Director of *Friendship House*, a residential treatment home for people suffering extreme mental states, and co-founded Windhorse Community Services in Boulder, Colorado, where he now serves

as a Co-Director. He has published extensively on his work at *Windhorse* and has a special interest in exploring mindfulness-based therapeutic environments for both individual and social well-being.

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.

Scott Lines, PhD, is a psychologist and psychoanalyst practicing in Berkeley and San Francisco. He is on the clinical faculty of the California Institute of Integral Studies as well as Access Institute for Psychological Services, both in San Francisco. His theoretical and research interests focus on British object relations theory, the phenomenology of altered states, and the neurological processes involved in human relationships. His spiritual practice is grounded in Zen Buddhist philosophy. He is a member of the Psychoanalytic Institute of Northern California. He lives in Berkeley, CA.

Ralph Metzner, Ph.D. is a pioneer in psychological, philosophical and cross-cultural studies of consciousness and its transformations. He collaborated with Leary and Alpert in classic studies of psychedelics at Harvard University in the 1960s, co-authored *The Psychedelic Experience* and was editor of *The Psychedelic Review*. He is a psychotherapist and Professor Emeritus at the California Institute of Integral Studies. His books include *The Unfolding Self*, *The Well of Remembrance*, *Green Psychology*, *Allies for Awakening* and the just published *Ecology of Consciousness*. He is also the president and co-founder of the Green Earth Foundation. <http://www.greeneearthfound.org>

Matthew Morrissey LMFT, is a psychotherapist in private practice in San Francisco. He is the co-author and co-editor of *A Way Out of Madness: Dealing with Your Family After You've Been Diagnosed with a Psychiatric Disorder*. Matthew interned for two years at Burch House, a therapeutic community in New Hampshire modeled after PA households in London.

James Norwood is a doctoral candidate at the California Institute of Integral Studies, in the PsyD program in Clinical Psychology.

James Penner is an Associate Professor of English at the University of Puerto Rico, Rio Piedras. He is the author of *Pinks, Pansies, and Punks: The Rhetoric of American Literary Culture* (2011) and *Timothy Leary: The Harvard Years* (2014). He is also a contributor for the *Los Angeles Review of Books*, and divides his time between Los Angeles and Puerto Rico.

Mina Semyon was born in 1938 in the Soviet Union. She has been teaching yoga for over thirty years. She was a student and friend of R.D. Laing, who initiated her on the path of awareness through the practice of yoga and mindfulness. This, combined with an insistence of finding her authentic voice through the study of singing and sound, has led to her unique way of teaching. Her aim is to liberate the mind and body of everything that obscures the spirit of joy, love, compassion, spontaneity, and playfulness. Mina appeared in the BBC television series and book *Every Body Knows* and the yoga book *Body Life*. In 2004 she wrote and published *The Distracted Centipede: A Yoga Experience*, based on her forty years of experience practicing and teaching yoga. She lives in London.

Steve Sorkin, PhD was actively involved with R. D. Laing and the Philadelphia Association for several years in the 1970s and continues to remain an associate member there. Dr. Sorkin is a licensed clinical psychologist and has provided clinical services in traditional and alternative settings. He has held faculty positions at George Washington University and the American School of Professional Psychology and a variety of administrative roles, including Associate Executive Director of the American Psychological Association. He consults to graduate education institutions and serves on several boards, including the Executive Committee of the Washington Center for Psychoanalysis at George Washington University, and Free Association, Inc., San Francisco.

Michael Guy Thompson, PhD, received his psychoanalytic training from R. D. Laing, with whom he was in supervision, and Hugh Crawford at the Philadelphia Association in London, and served as the organization's administrator from 1973-1980. He is Personal and Supervising Analyst and Faculty Member, Psychoanalytic Institute of Northern California, San Francisco, and Adjunct Professor at the California School of Professional Psychology and the California Institute of Integral Studies, both in San Francisco. He is the author of more than 100 journal articles, book chapters, and reviews, as well as five books, *The Death of Desire: A Study in Psychopathology* (1985), *The Truth About Freud's Technique: The Encounter with the Real* (1994), and *The Ethic of Honesty: The Fundamental Rule of Psychoanalysis* (2004), *The Legacy of R. D. Laing: An Appraisal of His Contemporary Relevance* (2015), and *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 lives in Marin County, CA.

Andrew Turkington, 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 the Director of Peer & Family Services at PREP (Prevention and Recovery in Early Psychosis) and BEAM (Bipolar Early Assessment Management) for the Felton Institute. She is a Co-Founder and Board Member of the Bay Area Hearing Voices Network and is a facilitator of the Voices, Visions, and Different Realities Support group in San Francisco, California. She is the Co-Director of the Bay Area Mandala Project, a group working to create whole health alternatives for people experiencing extreme states. She was awarded the prestigious Peer Specialist of the Year by the National Council for Behavioral Health in 2015.

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. 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.

2. ONCE YOU HAVE THE PASSWORD, telephone Esalen at 888-837-2536, give them the password, then you will be able to register at the following link:

<http://www.esalen.org/workshop/week-july-16-21/rd-laing-twenty-first-century-what-are-altered-realities>

THINGS TO KNOW WHEN YOU ARE REGISTERING

FEES FOR REGISTRATION INCLUDE accommodation and meals, all-inclusive. The rate per person varies from \$650 to \$3,500 for a five-day workshop, depending on the choice of accommodation. The most popular option is \$1,215, 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.

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 for ridesharing options, or tell your reservationist you are interested.

Van Shuttle Service Prices from airports to Esalen:

Visit Visit: www.esalen.org/page/start-your-esalen-journey-shuttle for more information about the Van Shuttle Service.

- \$60 from Monterey Peninsula Airport (MRY)
- \$100 from San Jose International Airport (SJC)
- \$120 from San Francisco International Airport (SFO)

Prices listed include round-trip transportation and are payable upon arrival to Esalen. No discount applies if return trip is unused. Return service must be confirmed with the Esalen office at least 48 hours prior to departure.

Schedule:

Van service to Esalen is offered on Friday and Sunday afternoons, coinciding with our workshop schedules.

Depart SFO: 12:00 pm / Depart SJC: 12:45 / Depart MRY: 2:45 / Arrive at Esalen: 4:00

Depart Esalen: 4:30 pm / Arrive MRY: 5:45 / Arrive SJC: 7:45 / Arrive SFO: 8:30 pm

Shuttle Pick-Up Locations:

- SFO: Courtyard #4 near the DOMESTIC UNITED AIRLINES Baggage Claim area.
- SJC: Outside Terminal B in Lot 5.
- MRY: Outside of Baggage Claim area.

Making or Canceling a Reservation:

Reservations for the van shuttle service 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.