

# JOURNAL OF A CONTINUE AND AND AND THE REAL OF THE REAL

VOLUME VII
THE NAROPA INSTITUTE



# JOURNAL OF CONTEMPLATIVE PSYCHOTHERAPY

Volume VII
THE NAROPA INSTITUTE

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# CONTEMPLATIVE PSYCHOTHERAPY

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# VOLUME VII CONTRIBUTORS

- A. H. Almaas has studied physics, mathematics and psychology. An author of several books and a teacher, he is the founder and director of the Ridhwan School, where for the last fifteen years he has guided students in Colorado and California using the method of spiritual realization called the Diamond Approach. The Diamond Approach, developed by the author, is a modern spiritual teaching that uses psychological understanding as its central method, in conjunction with other spiritual practices.
- Ravi Dykema studied raja yoga for four years, in-residence, with Swami Gitananda in Pondicherry, India. He has practiced raja yoga for 17 years and has conducted a private practice in yoga therapy for 14 years. For the last four years he has also studied the "Diamond Approach" with the Ridhwan School in Boulder, Colorado. He is an adjunct faculty member at the Naropa Institute, and is the publisher of Nexus.
- Mark Epstein, M.D., is a psychiatrist in private practice in New York City who has been a student of Buddhist meditation since 1974. A faculty member in the New York Hospital-Cornell Medical Center department of psychiatry, he has written extensively about the psychodynamics of meditation.
- Jeffrey M. Fortuna, M.A., was a faculty member of The Naropa Institute, Boulder, for ten years. He was a senior clinician for Maitri Psychological Services and the founding director of The Friendship House Project. He currently resides in Halifax, Nova Scotia, where he is in private clinical practice, director of a therapeutic household, and faculty member of The Naropa Institute, Canada.
- Thich Nhat Hanh, Zen master and poet, was Chairman of the Vietnamese Buddhist Peace delegation during the war. In recognition of his peace activism, he was nominated for the Nobel Peace Prize by Dr. Martin Luther King, Jr. In exile from Vietnam since his 1966 peace tour, Thich Nhat Hanh currently resides in a hermitage near Plum Village in southwestern France.
- Henri Michaux, (1899-1984) was a French poet and artist. Through essays, poetry, drawings, and paintings he left a voluminous record of his hallucinogenic-drug research. The relationship of the hallucinogenic experience to madness, the nature of psychosis itself, is illuminated in his work.
- Edward M. Podvoll, M.D., is a Founding Director of The Department of Contemplative Psychotherapy at The Naropa Institute in Boulder, Colorado. Instrumental in the realization of The Friendship House Project, he served there as Supervisor of Clinicians. He is the author of The Seduction of Madness, published this fall by Harper and Row, New York.
- Farrell R. Silverberg, Ph.D., N.C.Psy.A., is a psychologist and psychoanalyst who practices, supervises and teaches psychotherapy in Philadelphia and New York City.
- Han de Wit is a professor in the Department of Psychology of the Free University of Amsterdam, Holland. He works in the field of contemplative psychology and theoretical psychology. A long-term student of Buddhism, he lectures extensively in Europe on the relationship between psychology, Buddhism, and Christianity. He has been a research fellow at the University of California, Berkeley (1976) and a visiting staff member at The Naropa Institute (1983) in Boulder, Colorado.

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