

FOR IMMEDIATE RELEASE

January 13, 2010

Contact:

Jordan Pierce

O: 510.550.8176

C: 510.282.7329



Saybrook Graduate School Becomes Saybrook University

*Premier Institution for Humanistic Scholarship and Research Offers
Nation's First Accredited Graduate Degrees in Mind-Body Medicine*

San Francisco, CA – The Saybrook Graduate School and Research Center's Board of Trustees today announced the creation of [Saybrook University](#), a new academic institution comprised of three colleges: the Graduate College of Mind-Body Medicine, the Graduate College of Psychology and Humanistic Studies, and LIOS Graduate College (Leadership Institute of Seattle). Building on Saybrook Graduate School and Research Center's 40 year tradition of excellence as the world's premier institution for humanistic scholarship, Saybrook University significantly expands academic offerings. The University brings together new disciplines and applies its humanistic perspective to a broad spectrum of practical fields. Saybrook University offers advanced degrees in psychology, organizational systems, leadership, and human science as well as the nation's first accredited graduate degrees in mind-body medicine. Headed by the nation's leading expert in the field, the Graduate College of Mind Body Medicine unites the spirit of healing with rigorous scholarship in a program reflecting the latest approach to health.

"Never before have Saybrook's values and unique educational approach been needed more," said Alison Shapiro, Chair of the Saybrook University Board of Trustees. "Saybrook University prepares a global community of scholars and practitioners to pursue new ideas and practices for their professions, organizations, and communities. Our graduates use their educations to shape the world around them, whether by transforming the face of healthcare, providing exceptional leadership to non-profits and businesses, or counseling and caring for populations in need."

Saybrook's programs are deeply rooted in the humanistic tradition. A collection of the world's leading psychologists founded the institution in 1970. Early contributors to Saybrook included such influential thinkers as Rollo May, Carl Rogers, and Abraham Maslow, key figures in the humanistic psychology movement. To this day, curricula are designed to help students develop as whole people – mind, body, and spirit – in order to achieve their full potential. This ethos is at the heart of the Saybrook experience. With these values as common ground, Saybrook University's three colleges will encourage cross-disciplinary collaboration, sharing insights and strengths from each field of study.

[The Graduate College of Psychology and Humanistic Studies](#), known for the past three decades as Saybrook Graduate School and Research Center, continues to build on a tradition of leading research and scholarship. The College is founded on the belief that humanistic values are vital to a graduate education that seeks to inspire transformative change in individuals and their organizations and communities.

Saybrook's new [Graduate College of Mind-Body Medicine](#) offers the nation's only accredited degrees in mind body medicine. The world-renowned James S. Gordon, MD, has been appointed dean of the College. A Harvard-educated psychiatrist, Dr. Gordon is also a professor at Georgetown Medical School, and the founder of The Center for Mind-Body Medicine. Throughout his career he has developed groundbreaking programs of psychological healing for people with chronic illness and populations traumatized by war and natural disaster. He also served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. Awareness is growing for the need to dramatically alter our current approach to health. The College of Mind Body Medicine engages in this ongoing dialogue with programs that emphasize a more satisfying, respectful model of medicine predicated upon the capacity for self-healing and the individual's active participation in their own health.

The Leadership Institute of Seattle (LIOS) has distinguished itself as a center for innovative and experiential leadership education. Since its founding in 1969, LIOS graduates continue to lead successful organizations, become skilled consultants and work as highly respected counselors. Now, as [LIOS Graduate College](#), the Leadership Institute of Seattle joins Saybrook in providing the same quality instruction, preparing leaders to fulfill on the promises of the future.

Saybrook's unique community-based distance learning model allows students to approach their academic pursuits in a format that accommodates their needs. Students can engage in a rigorous education while maintaining connection to their existing professional and personal lives. Throughout their studies, Saybrook students are supported by a community of like-minded individuals and benefit from close collaboration with distinguished faculty. That kinship extends beyond graduation, with a community of more than 3,000 alumni of the Saybrook and LIOS programs spread across the globe.

"This is an exhilarating time to be part of the Saybrook community," added Shapiro. "As the University continues to grow and develop, we look forward to new insights and discoveries from our students and faculty. With the expansion of the Saybrook approach to additional fields, the University will play a critical role in resolving the challenges now facing our world."

###

Saybrook University is accredited by the Western Association of Schools and Colleges (WASC). It is also authorized by the Washington Higher Education Coordinating Board and meets the requirements and minimum educational standards established for degree-granting institutions under the Degree Authorization Act.

For more information, visit www.saybrook.edu