

HUMAN SCIENCE



ORGANIZATIONAL SYSTEMS AT SAYBROOK

“...knowledge is relative to one’s perspective; there is no absolute point of view outside of one’s history and cultural situation...what is true depends upon our world picture”

Donald Polkinghorne, 1983

“Believe those who are seeking the truth. Doubt those who find it.”

Andre Gide, 1947

“Morality...cannot protect the rights of the individual without also protecting the well-being of the community...”

Jürgen Habermas, 1983

expand
your
horizons

ask
questions
from
multiple
points
of view

WE VALUE EXCELLENCE AT THE EDGE



A TRADITION OF FORWARD-LOOKING IDEAS

Saybrook was founded in 1971 to create an academic home for preeminent scholars of humanistic psychology. Shortly afterwards a doctoral degree in Human Science – blending that psychological tradition with the work of leading edge social scientists and philosophers – was developed.

This program attracted faculty and students interested in a closer examination of human nature than was available in the natural sciences. Carrying the banner of rigorous qualitative research, their work has entered the academic lexicon and popular imagination.

Saybrook faculty and alumni are still leading important conversations, both philosophical and practical, about the nature of knowledge, consciousness, culture and what it means to be human. Many Saybrook Human Science alumni can now be found across the globe and throughout the world of ideas making a difference because of the expansive perspective they bring to the study of social problems.

Whether they're designing business policies that empower workers or mediating family and workplace conflict; whether they're working in grassroots social activism to improve living conditions or exploring the impact of popular media on other cultures, Saybrook's program in Human Science gives our graduates the tools they need to excel.

lead
by
listening



A TRADITION OF VALUES

An important global field with major centers of practice and study in Europe and the Pacific Rim, human science's focus on qualitative research has put it at odds with American academic movements, and Saybrook is now the only American school offering MA and PhD Human Science degrees.

The program is rooted in Saybrook's humanistic values: that effective scholarship is explicitly connected to personal growth; that human beings are best understood as unique individuals with hopes, dreams, and intrinsic motivations; that understanding how to unleash humanity's highest potential is the greatest challenge of our time; and that spirituality and science are allies in the search for truth.

This stands in stark contrast to powerful forces – in both science and society – that seek to dehumanize us: to reduce us to numbers and notations, symptoms and shopping patterns.

Human Science at Saybrook is intended to support a humane and sustainable world that encourages the best in humanity – while also adhering to rigorous academic standards and withstanding the test of time. This will not only lead to a better world, it will lead to better students and scholars because the study of who we are as human beings is inseparable from the kind of people we become.

YOU ARE THE HEIR TO THE SAYBROOK HERITAGE

As you study with us, you will work closely with Saybrook's internationally recognized faculty. With their guidance, you will acquire the skills necessary to develop and validate your ideas through rigorous investigation. You will connect, at a distance and in residential experiences, with other Saybrook students who are working to make the world a better place. You will take control of your own education – and your future.

It's what Saybrook was founded to do.

Saybrook's Human Science program is dedicated to truly individualized education in line with our humanistic values: we know that you, and your passion, will be what make your education extraordinary. At Saybrook you are not seen as "just" a student: you're someone with the potential to make a difference in the world.

facilitate
change
while
respecting
individuals

learn
how
differences
across
cultures
shape beliefs
and
behaviors

PROGRAM PHILOSOPHY

Human science studies people as they really are: unique individuals with personal beliefs, cultural obligations, aesthetic impulses, moral imperatives, and evocative histories.

It also investigates human potential, discovering how people and cultures can grow to become their better selves.

Everything that makes human beings distinct is examined together in an interdisciplinary approach that reflects the way people understand themselves and the world around them – in a meaningful, holistic, connected way.

This includes theoretical and practical critiques of self, culture, and society, with an emphasis on expressions of meaning: art, music, poetry, drama, language, philosophy, science, and symbolism – all of which reveal the human condition. Human science re-opens the conversations among science, art, and philosophy and offers an important perspective on contemporary life.

Students may design a unique transdisciplinary plan to focus on individual academic and professional goals. Graduates have studied such diverse topics as gender and violence; metaphysics and altered states of consciousness; alternative health; popular media and culture; technology; architecture; the meaning of sports; bio-ethics and race; social change among indigenous peoples; community organizing; evaluation of prevention and intervention programs; the way in which religious and therapeutic values impact health care; and physician and patient spirituality.

ask
important
questions



Kathia Laszlo PhD
Human Science, 2000

A Fulbright Scholar, Dr. Laszlo is co-founder of Syntony Quest, a consulting company focused on collaborative learning and deep transformation. A prominent proponent of “Evolutionary Learning Communities,” she is the facilitator and designer of innovative learning systems within corporations, educational institutions, and communities, and has conducted numerous action-research projects on social change and sustainable development.

Human science enabled her to pull all of her questions about people, communities, and the way they learn into a comprehensive intellectual framework. “I was able to draw from psychology, organizational systems, social transformation, and create a really interdisciplinary degree,” she said.





After graduating from Antioch **HS student Laura Tadd** was hoping to become a counselor, but was unhappy with every psychology graduate program she tried.

“I was looking all over the country for the right school,” she remembers. “I felt very challenged to find a school that was both alternative in its philosophy and yet rooted academically – and I couldn’t. I found schools that were so open that there was no foundation to them academically, and other schools that were just closed minded. It was very difficult.”

One day, after a presentation, she found literature for Saybrook on a table.

“After seeing that I went to the Saybrook website and clicked on Human Science and – OH! That was it!” she said. “That was exactly what I wanted: it took the things I thought I needed to be taken into account, it was grounded and it was open minded, it let me incorporate all the things I thought were important into one program.”

Now she’s studying for her PhD, and is confident that there will be a place for her in the professional world.

“What I have found is that Saybrook is highly respected out in the world,” she said. “It says something to me that this school is respected by other reputable institutions: that’s rarely the case with schools that allow alternative research, and that’s what I needed.”

PROGRAM CHOICES

We offer two degrees in Human Science: MA and PhD; and our students may also tailor their degree program by choosing a specialization. Human Science students may also select a concentration or certificate in a particular area of focus.

MA Degrees and Specializations

- MA Human Science
- MA Human Science, Transformative Social Change Specialization

PhD Degree

- PhD Human Science

We also offer a Saybrook MA to PhD option that allows students to transfer in 31 units earned in a Saybrook master’s degree program toward the 76 unit Saybrook PhD program. Benefits of the Saybrook MA to PhD option include:

- Reduced time to PhD degree completion
- Tuition cost savings
- Opportunity for uninterrupted study with faculty mentors on focused scholarly research.

A WORLD OF CAREER OPTIONS

Students in Saybrook’s Human Science degree programs come from a broad range of career paths and are pursuing professional growth to advance in their chosen fields. A Human Science graduate degree offers numerous opportunities to craft a solid foundation for professional advancement in a broad range of occupations and organizations. Our graduates work in a variety of settings, that include schools and universities, community health centers, alternative health, occupational therapy, governmental and non-governmental social action and community service organizations, popular media and culture, architecture, domestic violence prevention, the juvenile justice system, social entrepreneurship, community organizing, public policy research, non-governmental organizations, and social advocacy.

Saybrook graduates are pursuing careers in all of these areas. They work in:

- Conflict resolution and mediation
- International group facilitation
- Restorative justice
- College teaching
- Non-profit leadership
- International relief efforts
- Occupational therapy
- Political and social activism
- As entrepreneurs who have founded their own organizations
- Published authors and recognized experts in their fields
- Religion/spirituality
- Community service organizations
- Juvenile justice
- Governmental agencies
- As researchers and grant winners
- Think tanks

PROGRAM GOALS AND STUDENT LEARNING OUTCOMES

In addition to their own student goals and outcomes, developed with advisors at the beginning of the program, Human Science graduate students are expected to:

- 1) Possess a comprehensive understanding of human science, so that they can:
 - Articulate the relevant human science perspectives on contemporary issues
 - Derive and apply ethical principles from human science
 - Make independent scholarly contributions
- 2) Develop an interdisciplinary and cross-cultural understanding of history, allowing them to:
 - Explain and reflect upon pre-modern, modern, and contemporary “theories of knowledge” and modes of inquiry
 - Understand the research methods of different disciplines, their advantages and limitations
 - Identify and evaluate their own perspectives and assumptions
- 3) Promote interdisciplinary scholarship, including:
 - Developing an effective critique of naïve empiricism
 - Describing the major human science approaches, including phenomenology, hermeneutics, structuralism, constructivism, and systems theory
 - Applying theories and methods from different disciplines in an interdisciplinary context, in a way that is useful to practitioners
 - Critically analyze both human science and other contemporary modes of inquiry including critical theory, postmodernism, feminism, and multiculturalism
- 4) Engage others in effective measures to implement positive change, including:
 - Communicating effectively across cultures and demonstrating sensitivity when working with individuals, groups, and organizations
 - Using the perspective of the whole person, including social, economic, cultural, political, environmental, and religious contexts, to develop practical solutions
 - Creating authentic relationships through appreciation of individual and cultural diversity

discover
your
potential

MASTER OF ARTS (MA) IN HUMAN SCIENCE

A flexible examination of the human condition through diverse approaches to historical perspectives and pressing contemporary issues, the MA in Human Science is a strong credential for those looking to do interdisciplinary research, and a personally transformative experience for those seeking to better understand the world we live in.

A total of 31 – 34 credits are required to complete the degree – with up to 18 credits transferable from previous graduate degrees.

Students take 11 credits in required courses, up to 17 elective credits, and from 3 – 6 credits in a final “master’s project” or thesis.

A thesis (for 6 credits) allows the student to perform original research regarding any question of relevance to human science through a disciplined inquiry, applying a clearly defined methodology.

The master’s project (for 3 credits) involves synthesizing already existing research or experiences into a final academic paper.

An MA in Human Science can be completed in as little as 1 year (with transfer credits) – but many students with work and family responsibilities choose to extend that period by several semesters in order to minimize the effect on their schedule. Our faculty will work with you to make sure your academic work is balanced with your life.

MA IN HUMAN SCIENCE WITH A SPECIALIZATION IN TRANSFORMATIVE SOCIAL CHANGE

Intended for scholar-practitioners who want to respond in an active way to the challenges of our time, the Transformative Social Change specialization prepares students to be ambassadors for humanistic values and global spiritual traditions while working to make fundamental change.

The program is distinguished by a unique mix of elements: (1) an interdisciplinary and integrative approach to social issues; (2) a multiple system-level focus (including transformative change from the individual to the global system level); (3) grounding in humanistic values defined in the Saybrook tradition; (4) a focus on the relationship between inner and outer change; and (5) an emphasis in developing scholar-practitioner-activists. It draws from the cultural, scholarly, and spiritual traditions of the global North, South, East and West, to change not only the way issues are addressed but the underlying assumptions that have led to the need for change.

In this 31-34 unit (depending on project or thesis option) program, students can focus on one of five areas of interest, or develop an individualized plan of study by selecting courses from more than one focus area. The focus areas, and the courses associated with them, are as follows:

Cultural Approaches to Change

Cultural Criticism; Race, Class and Gender; Gender and Society, Social Psychology; Psychology of Multiculturalism

Community Empowerment

Healthy Communities; Intervention in Human Services and Community Development; Domestic Violence; Youth Violence Prevention; Refugee Trauma and Resiliency; Relationships in Health and Healing Practice

Transformative Global Change

Peace Studies; Conflict Resolution; Globalism and Power; Violence and Non-Violence, Citizen Diplomacy; Psychology of Multiculturalism; Approaches to Socially Engaged Spirituality

Ecology and Sustainability

Ecological Psychology, Building Sustainability: the Global Crisis; Building Sustainability: Present Practices, Sustainability and Organizational Systems

Social Intervention Strategy

Violence and Non-Violence; Theory and Practice of Appreciative Inquiry; Action Research; Intervention in Human Services and

MASTER OF ARTS (MA) IN HUMAN SCIENCE REQUIREMENTS

ALL 0999	A-B Program Planning	1
RES 1026	Information Competency and Library Use	1
RES 1025	Understanding Research	3
HS 6140	Ethics for the Human Sciences	3

Required Content Area Course**

HS 1001	History and Philosophy of Human Science	OR
HS 1000	Theories of Inquiry	3

Elective Units Required 14-17

Can include transfer credits	up to 12
Can include non-degree certificate transfer credits	up to 9
Can include non-degree transfer credits	up to 6
Can include credits from RCs	1 per/RC

RES 9200	Master’s Project	OR	3
RES 9400	Master’s Thesis		6

TOTAL	31-34
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Note: Maximum total number of transfer units is 18.

Community Development I, Conflict Resolution: Theory and Method; Approaches to Socially Engaged Spirituality

Students take 11 credits in required courses, up to 17 elective credits, and from 3 – 6 credits in a final “Master’s Project” or Thesis.

Students participating in the specialization will also be able to enroll in Saybrook Certificate programs, including those related to the specialization focus areas, including Violence Prevention and Response, Community Health and Development, Peace and Conflict Resolution, Socially Engaged Spirituality, and Building Sustainability.

MASTER OF ARTS (MA) IN HUMAN SCIENCE – TRANSFORMATIVE SOCIAL CHANGE SPECIALIZATION REQUIREMENTS

Requirement	Units
ALL 0999 A-B Program Planning	1
RES 1026 Information Competency and Library Use	1
RES 1025 Understanding Research	3
HS 6140 Ethics for the Human Sciences	3
HS 1000 Theories of Inquiry	3

AND one of the following specialization areas:

Cultural Approaches to Change 9

(Select from: All Cultural Criticism; STR 6570 Race, Class and Gender; STR 6520 Gender and Society; STR 7510 Social Psychology; STR 6010 Psychology of Multiculturalism.)

OR

Community Empowerment 9

(Select from STR 6505 Healthy Communities; STR 7100 Intervention in Human Services and Community Development; STR 6530 Domestic Violence; STR 6515 Youth Violence Prevention; STR 7115 Refugee Trauma and Resiliency; STR 4020 Relationships in Health and Healing Practice)

OR

Transformative Global Change 9

(Select from: Peace Studies; Conflict Resolution; Globalism and Power; Violence and Non-Violence, Citizen Diplomacy; Psychology of Multiculturalism; Approaches to Socially Engaged Spirituality.)

OR

Ecology and Sustainability 9

(Select from: STR 6500 Ecological Psychology, STR 7077 Building Sustainability: The Global Crisis; STR 7078 Building Sustainability: Present Practices; ORG 7075 Sustainability and Organizational Systems.)

OR

Social Intervention Strategy 9
(Select from: STR 6510 Violence and Non-Violence; ORG 7055 Theory and Practice of Appreciative Inquiry; RES1150 Action Research; STR 7100 Intervention in Human Services and Community Development I; STR 6550 Conflict Resolution: Theory and Method; CSP 6560 Approaches to Socially Engaged Spirituality.)

Elective Units Required 8-11

Can include transfer credits up to 12

Can include non-degree certificate transfer credits up to 9

Can include non-degree transfer credits up to 6

Can include credits from RCs 1 per/RC

RES 9200 Master’s Project OR 3

RES 9400 Master’s Thesis 6

TOTAL

Note: Maximum total number of transfer units is 18.

DOCTOR OF PHILOSOPHY (PHD) IN HUMAN SCIENCE

Beginning as a broad overview of the history of human science, the PhD program develops into a deep focus on specific issues of interest to the student, eventually leading to a doctoral thesis. It is an ideal degree for those who wish not only to understand human beings, but also to make their own scholarly contribution to contemporary “ways of knowing.”

A 76 credit program, students will take 23 required courses, including a research practicum, and up to 38 elective credits. Three required candidacy essays are worth an additional 9 credits, as is the final dissertation.

Up to 18 credits can be transferred from previous graduate education, and additional credits can be transferred from other Saybrook certifications. Required residential conferences can also be counted as elective credits.

Students who have already received an MA from Saybrook can transfer 31 credits to their PhD – significantly reducing the time to completion.

DOCTOR OF PHILOSOPHY (PHD) IN HUMAN SCIENCE REQUIREMENTS

<i>Requirement</i>	<i>Units</i>
ALL 0999 A-D Program Planning	2
HS 6140 Ethics for the Human Sciences*	3
<i>Required Content Area Courses*</i>	
HS 1001 History and Philosophy of Human Science**	3
HS 1000 Theories of Inquiry**	3
<i>Research Sequence (taken in order)</i>	
RES 1006 Information Competency and Library Use *	1
RES 1005 Methods of Research I	3
RES 1015 Methods of Research II	3
Level 2 Research Course (One from RES 1040, 1050, 1150, 1160, 1170, 3130)***	3
RES 1100 Research Practicum	3
<i>Elective Units Required</i>	<i>34</i>
<i>Can include transfer credits</i>	<i>up to 18</i>
<i>Can include non-degree certificate transfer credits</i>	<i>up to 16</i>
<i>Can include non-degree transfer credits</i>	<i>up to 9</i>
<i>Can include credits from RCs</i>	<i>1 per/RC</i>
RES 9010, 9020, 9030 - Qualifying Essays	9
RES 9500 - Dissertation	9
TOTAL	76

*Not required if taken in the Saybrook MA program. If not, Ethics must be completed by the end of the first 2 terms of enrollment.

** If either course was taken in the MA program select one of the following to meet degree requirements: HS 7570 Critical Theories; ALL 6580 Cultural Criticism; STR 6610 Social Systems Transformation Theory. One required content course must be completed by the end of the first 2 terms and the remaining content course and Ethics must be completed by the end of the 4th term.

***Other level 2 qualitative methods may be taken as an independent study with qualified Saybrook faculty.

Note: Maximum total number of transfer units is 27.

Students often come to Saybrook because of our emphasis on interdisciplinary learning: they hold in common with us the belief that complex subjects are best studied through many diverse approaches rather than confined in rigid academic boundaries.

One of the ways Saybrook practices what we teach is by offering students the opportunity to deepen their education through concentrations. These courses of study focus on broad topics of social relevance. Students can tie their concentration in closely to their primary degree work or use it as an opportunity for new intellectual exploration. Their passion drives the program.

Students may choose from among five concentrations or choose no concentration. To earn a concentration an MA student must take nine credits in a subject area; a PhD student must take 18.

Each concentration earned will be listed on a student's transcript.

CONSCIOUSNESS AND SPIRITUALITY

What is consciousness? How do people perceive their own inner worlds? How do the deepest levels of consciousness interact with the "outer" world around them?

The study of Consciousness and Spirituality asks these questions, exploring different theoretical models of consciousness and examining subjects such as creativity, hypnosis, meditation, the relationship between mind and body, dreams, and the impact of spiritual practice.

HUMANISTIC AND TRANSPERSONAL PSYCHOLOGY

Humanistic and Transpersonal Psychology is focused on humanistic, existential, phenomenological, and transpersonal psychology and a psychology of medicine from the perspective of mind, body, and spirit. It is grounded in the belief in human potential and the conviction that all human beings are capable of personal growth and achieving higher states of consciousness. Clinically, such an approach is relevant to research and practice in a diverse range of applications that include indigenous, healing, multicultural experiences, positive aging, refugee and resettlement issues, alternative family systems, workplace psychology, sport psychology, psychotherapy and the arts, spiritual counseling, and grief and bereavement.

INTEGRATED HEALTH STUDIES

"Health" was once defined by a limited system of tests that could be completed in a 15 minute examination. Today, people demand much more from a healthy life. Are they emotionally healthy? Spiritually healthy? Are there alternative approaches to traditional health problems?

Saybrook's concentration in Integrative Health Studies offers a comprehensive orientation in alternative approaches to health care and a detailed look at how to examine new and traditional practices for effectiveness. Homeopathy, aromatherapy, psychoneuroimmunology, Chinese medicine, massage, and other methods are examined – along with training in applied skills such as hypnosis and biofeedback.

ORGANIZATIONAL SYSTEMS

The future of mankind may rest on how well the extremely complex organizations we've created can adapt to a new world and support new populations.

Organizational Systems integrates the study of business, public administration, organizational psychology, systems science, anthropology, and sociology into a multi-disciplinary program aimed at people who want to make a difference. It is built around the latest knowledge from both organizational behavior and systems science. In addition to solid grounding in research methods and the fundamentals of organizational systems study, the program offers education in the emerging areas of sustainable development, systems design, organizational learning, and appreciative inquiry.

SOCIAL TRANSFORMATION

Many students are studying psychology in order to become better activists. Saybrook's concentration in Social Transformation facilitates that change by helping teach students how to link specific issues encountered by psychologists – such as violence prevention in schools or domestic abuse counseling – to broader issues of social justice such as racism or economic disparity.

While many students within this concentration go on to teach, it is particularly intended for students who wish to engage social problems directly.

FACULTY



Saybrook faculty members are leaders in the field of human science, with extensive publishing and consulting experience. They choose to teach at Saybrook because of the unique philosophy and academic opportunities it embodies. Rather than just “teaching” courses, faculty are empowered to engage in a dialogue with students and help them to develop a leadership philosophy and mission of their own.

CORE FACULTY MEMBERS IN HUMAN SCIENCE DEGREE PROGRAMS INCLUDE:

Arne Collen, PhD Psychology

Saybrook's Director of Research, Dr. Collen is currently organizing an international colloquium on the convergence of architecture, art, design, psychology and related human sciences. An active and regular contributor to several international organizations, professional societies, and publications, his research focuses on arts-based inquiries into the psyche. He received his PhD in 1971 from Ohio State University.

Joel Federman, PhD, Political Science

Dr. Federman is a writer, teacher and activist who focuses on helping people to reinvision their individual and collective potential, to see themselves shaping a better world. He edits a website on the topics of peace, social justice, universal compassion, diversity, and ecology, at www.topia.net. Dr. Federman has led numerous cross-cultural conflict resolution workshops, including a year-long Palestinian-Jewish dialogue at the University of Southern California. He is a former member of the board of directors of the Peace and Justice Studies Association, a national consortium of university-based peace and conflict studies programs.

Amedeo Giorgi, PhD, Psychology

A former human factors consultant to industry and government, Dr. Giorgi has focused his research on alternative approaches to psychology. The founder of the *Journal of Phenomenological Psychology*, he has published more than 100 articles on phenomenology and psychology. He has taught at Manhattan College and Duquense University.

JoAnn McAllister, PhD, Human Science

Dr. McAllister has worked with non-profit organizations and government agencies, including the Office of the California Attorney General, conducting research and developing violence prevention and intervention programs to address intimate partner violence and the needs of at-risk youth. In addition to teaching, she works as Saybrook's Director of Institutional Evaluation and Accreditation. She is the author of numerous articles on social change and community organizing, curricula on domestic violence, and the co-author of *Doing Democracy: The MAP Model of Social Movements* (New Society Press).

Mark Pilisuk, PhD, Clinical and Social Psychology

The former President of the Society for the Study of Peace, Conflict and Violence, Dr. Pilisuk received his PhD in Clinical and Social Psychology from the University of Michigan. A steering committee member of *Psychologists for Social Responsibility*, his research studies have included a hospice in rural New Mexico, self-help support groups for post-mastectomy women, alternatives to civil commitment for the homeless mentally ill, and finding means to prevent violent conflicts.

Donald Rothberg, PhD, Philosophy

An organizer and board member for the Buddhist Peace Fellowship, Dr. Rothberg writes and teaches on transpersonal studies, meditation, spiritual practice in everyday life, and socially engaged Buddhism. A member of the Spirit Rock Meditation Center Teachers Council in the San Francisco Bay Area, where he directs a two-year training program, he is the former co-editor of the journal *ReVision*, and is a co-editor with Ken Wilber in *Dialogue: Conversations with Leading Transpersonal Thinkers*. Most recently, Dr. Rothberg is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

APPLYING IS EASY

More information is at your fingertips. Get more information about any of our programs.

VISIT

www.saybrook.edu. Click "Admissions" and then click "More information." Complete the online inquiry form and a full description of your programs will be sent to you immediately.

CALL

800.825.4480
Our staff can answer your questions.

Three simple steps will get your application started!

1
Go to www.saybrook.edu. Click on "Admissions."
Click "Apply online."

2
Complete the online application.

3
Send in your personal information and supporting documents.





For general information about Saybrook programs, admissions criteria, and enrollment, please contact:

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**GRADUATE EDUCATION FOR A HUMANE
AND SUSTAINABLE FUTURE**

