

STAR Foundation

Board of Advisors

Stanislav Grof, M.D., Ph.D.

Stanislav Grof, M.D., Ph.D., is one of the most recognized and authoritative figures in transpersonal psychology. He received his M.D. degree from the Charles University School of Medicine in Czechoslovakia, and his Ph.D. from the Czechoslovakian Academy of Sciences. Stan was an assistant professor of psychiatry at Johns Hopkins University, and a scholar-in-residence at Esalen in Big Sur, California, from 1973 to 1987. Dr. Grof's early research centered on the clinical uses of psychoactive drugs. He developed Holotropic Breathwork™ with his wife, Christina Grof, and has been training professionals for years in this technique. Dr. Grof was the founding president of the International Transpersonal Association and professor of psychology at the California Institute of Integral Studies. He has published over 100 articles in professional journals. His books include: *The Holotropic Mind*; *Cosmic Game*; *Realms of the Human Unconscious*; *The Human Encounter With Death*; *LSD Psychotherapy*; *Beyond the Brain*; *The Adventure of Self-Discovery*; *The Books of the Dead*; *Beyond Death*; *The Stormy Search For the Self*; and *Psychology of the Future*.

Anthony Elite, M.D.

Dr. Elite is a psychiatrist who served on the STAR Foundation Board of Directors from 1996 to 2007, and as vice-president of the Board of Directors of the Pocket Ranch Institute from 1991 to 1996. He received a B.A. from Johns Hopkins University, a doctorate in Medicine from the University of Rochester, and served his residency in Psychiatry at Massachusetts General Hospital. Dr. Elite has had training in a wide range of therapies, and has been in private practice in San Francisco since 1970. He is also a staff psychiatrist at the University of California, Berkeley.

John Lee, M.A.

John Lee is recognized as a leader in the fields of personal growth, relationships, and recovery. His highly creative developments in Primary Emotional Energy Recovery (P.E.E.R.) counseling seminars, anger management workshops, mini-sessions, and the Detour Method™ are taught worldwide. He is co-founder of the P.E.E.R. training program for counselors, which teaches emotional release techniques to help clients experience and express anger and grief appropriately. John has written several books, including: *The Flying Boy*; *The Wounded Lover*; *Recovery Plain and Simple*; *At My Father's Wedding*; *Writing From the Body*;

Facing the Fire: Experiencing and Expressing Anger Appropriately; and Growing Yourself Back Up: Understanding Emotional Regression.

Joseph Chilton Pearce

Joseph Chilton Pearce is internationally recognized for his vision of human development and learning. He is the author of numerous books, including: *The Magical Child; Crack In the Cosmic Egg; The Biology of Transcendence: A Blueprint of the Human Spirit; Magical Child Matures; Exploring the Crack In the Cosmic Egg: Split Minds and Meta-Realities; The Bond of Power; The Crack In the Cosmic Egg: Challenging Constructs of Mind and Reality; The Crack In the Cosmic Egg: New Constructs of Mind and Reality; and Evolution's End: Claiming the Potential of Our Intelligence.* His research includes brain development, learning, and education. He is a member of the Touch the Future Board of Directors.

Thom Rutledge, L.C.S.W.

Thom Rutledge is a psychotherapist and author in Nashville, Tennessee. He is well known for a personable style in his work with clients, audiences large and small, and in his writing. Thom has written several books including *Embracing Fear*, and *Finding the Courage to Live Your Life*. He also writes for several personal growth publications, including *Steps for Recovery* in Los Angeles, and *Recovery Today* based in Austin, Texas. Thom's political/social commentaries appear on op-ed pages around the country, including The Chicago Tribune.

Joel McCleary

Joel McCleary received a bachelor's degree from Harvard University in 1971. He was treasurer of the Democratic National Committee from 1977 to 1978, and White House assistant to the President from 1978 to 1980. From 1981 to 1989, he ran overseas presidential campaigns as president of Sawyer Miller International. Founder of the Institute of Asian Democracy, he has been a personal advisor to his Holiness, the Dalai Lama, and currently serves on the board of the International Campaign for Tibet.

Marti Glenn, Ph.D.

Marti Glenn, Ph.D., is founding president of Santa Barbara Graduate Institute, which offered the first graduate degrees in Prenatal and Perinatal Psychology and the first doctoral degrees in Somatic Psychology in the world. Dr. Glenn has been a pioneering psychotherapist for over 25 years, as well as a professor of

counseling psychology. She has facilitated workshops and seminars all over the United States and in Europe. She is a board member of the Association for Prenatal and Perinatal Psychology and Health, and is chair of their past and current international congresses. She also serves on the board for the Center for Reuniting Families.

Michael Mendizza

Prompted by the attempted rape and murder of a female colleague in 1981, Michael embarked on *The Betrayal of Intimacy*, an independent research and public awareness project to prevent sexual violence. As a documentary filmmaker, he has traveled extensively researching sensitive issues, including: domestic violence and rape, the impact of media on learning, cultural and human development, the nature of intelligence, holistic learning models, the changing family, prenatal learning, and creativity and peak performance. In the late 1980s, Michael and his wife founded *Touch the Future*, a nonprofit learning design center. For more than a decade, *Touch the Future* has explored optimum learning, performance, and wellness. Working closely with Joseph Chilton Pearce and performance specialists, Michael developed a revolutionary parenting and coaching model that applies the psychology of optimum experience (what athletes call "the zone") to parenting and education.

Cliff Bostock, M.A.

Cliff Bostock has worked as a writer and editor for over 20 years—including stints as editor of small-town weekly newspapers, *Creative Loafing* and *Houston City Magazine*. In 1995, he completed work on his M.A. degree in psychology, with emphasis in counseling, at West Georgia College—one of the nation's pioneering programs in humanistic psychology. In 1996, he enrolled in the new Ph.D. program in Depth Psychology at Pacifica Graduate Institute in Santa Barbara, California. During supervised work as a psychotherapist, he developed the "Greeting the Muse" workshop for blocked writers and artists. It is now his main work, whether in groups, workshops, or individual sessions. In all his work, he tries to help people uncover purpose and meaning in life, and recover the passion that connection to our purpose naturally generates. It is not psychotherapy; it is soulwork.

Joel Rachelson, Ph.D.

A clinical psychologist in private practice in Atlanta, Georgia, since 1985, Joel Rachelson identifies himself primarily as a psychotherapist who is devoted to the art and craft of psychotherapy. He went to graduate school at Georgia State University, which was headed by master gestalt/TA/experiential

psychotherapists; the emphasis was as much on developing the person of the therapist as learning how to test or to assess the current research. His specialty is working with unhappy adults and struggling couples; in addition, he works with those struggling with addictive issues.