

BA Liberal Studies Senior Symposium

Thursday, March 2, 2017

11 am to 8 pm

Room 202

11 am

Jonathan Catlett

Fairy Tales and the Human Psyche

Fairy tales represent one of the most concentrated forms of study in archetypes and the collective unconsciousness. Drawing on the theories of Carl Jung and Marie-Louise Von Franz, Jonathan Catlett shares how fairy tales had led him to discover illuminating transcendentalism in his life and fueled his newly discovered passion for Depth Psychology. Finally, Jonathan reads *The Devil with the Three Golden Hairs*, a fairy tale that inspired his research.

1 pm

Natasha Bruskin

Melting the Iceberg: The Subconscious Effect of Media

In a culture obsessed with media, we are often bombarded with messages from advertisements, film and television that we ingest without reflection. Natasha Bruskin slices apart the importance of why it matters to be a critical and active participant within media. She focuses her lens on the submerged stereotypes and underlying meanings to provide a perspective of the media as an avenue for participatory dialogue of the world around us.

2 pm

Mel Plant

Mindfulness and Art Making

Art is the language of the heart and psyche. In a multimedia presentation, Mel Plant shows how making art and music has assisted in her recovery from trauma and abuse, and how one Seattle organization is bringing the transformational power of art making to marginalized communities.

3 pm

Julie Beach

The Intentional Breath

Breathwork is emerging as a preventative approach to disease. Explore with Julie Beach how breathing practices pair with therapeutic measures in alleviating symptoms associated with depression, anxiety and addiction. Participate in a sampling of techniques for balancing the limbic brain, cleansing the endocrine system and igniting wellbeing through the breath.

4 pm

Casey Ruff

Story: Writing from Apprentice to Journeyman

Story is how we connect ourselves to many truths. Join Casey Ruff in a reflection on story and how it connects individuals to the collective and vice versa. He shares his personal history, his "write hack" insights, and what it means to have deepening relationship with storytelling. Included are excerpts from his debut anti-Western novel, *Three Americans*, and passages from his India travelogue, *Fortune and Glory*.

5 pm

Ali Alonso

Gender and Generational Trauma

Unresolved trauma is often passed on inadvertently through generations. The added stress of being a woman or non-binary in patriarchal society equally has taken its toll on generations of women. Join Ali Alonso as she presents a personal case study and discusses aggregated trauma and the familial transmission of suffering.

6 pm

Jonathan Castro

Blessings from an Arbitrary Universe

Life is inherently meaningless, and that is wonderful news. From a zealous preacher to an atheist and *Recovering Christian*, follow Jonathan Castro as he recounts his journey in creating meaning and finding joy in his own life in an arbitrary universe.

7 pm

Maurya Campeau

A Second Chance: Healing Through 'The Beautiful Game'

The arena of competitive youth soccer is a minefield of pressure, anxiety and unrealistic expectations for its young participants. For female adolescents, soccer has the potential to radiate positive ripples into their lives far after that participation ends. Join Maurya Campeau as she retraces her personal journey with 'The Beautiful Game' and how it inspired her to create an innovative curriculum for young female athletes.