

Implications of Zen Values and Techniques for Counseling:  
Intervention Strategy and Preventive Therapy

This presentation will be divided into three parts.

1. Exploration of Zen Values: A way of looking at the world
  - 1.1 View of self
  - 1.2 View of nature
  - 1.3 View of creativity, the healthy person
    - \* Etiology of disease
  
2. Techniques (this aspect of the presentation will be experiential)
  - 2.1 Formal and informal meditation
  - 2.2 Chanting
  - 2.3 Slide demonstration of Sumie paintings
  - 2.4 Poetry (haiku) from Stanford Undergraduate Special Class:  
Zen Buddhism and Self-Management

These Eastern techniques will be integrated with the behavioral counseling techniques of self-observation and covert control therapy.

3. Implications for Counseling and Preventive Therapy
  - 3.1 Vocational decision-making
    - \* Studies of Akishige: Process
      - \* what to do
      - \* how to decide
    - \* How do one's personal values relate to the vocational choice one makes?
  - 3.2 Interpersonal skills
    - \* Study of Iesh (1971): implications for developing empathy in counselors
    - \* use in marriage counseling for communication between partners
  - 3.3 Emotional problems
    - \* Dealing with low self-esteem, feeling uncreative
    - \* Gaining feelings of competence and control
    - \* Dealing with depression and anxiety

The presenters will cite relevant case studies from their experience, both in marriage counseling, and in two classes they co-taught at Stanford:  
a) Values in Human Behavior (Winter, 1972) and b) Zen Buddhism and Self-Management (Spring, 1972)

Johanna Shapiro  
Graduate Student  
Stanford University  
Abstract Title:

Values of Zen:  
Implications for Counseling  
and Preventive Therapy

The techniques of Zen (section two) are inseparable from the values which underlie them. This presenter will give a brief discussion of Zen's way of looking at the world; who is the healthy person; what is self; what is man's relationship to the world around him; is it possible to reconcile the Eastern concept of no-ego with the Western ideal of goal orientation, ambition, striving; what is creativity - is it limited to a select few.

We will explore what Zen states to be the etiology of psychological disease, and then discuss the implications of this model to educational and other counseling settings.

Eastern values such as one's relationship to nature, to one's fellow man, and to one's work will be discussed, drawing from such works as the Baghavat Gita and Tao Teh Ching. The implications of these values will be related to a) vocational decision-making -- process and content; and b) interpersonal relationships -- process and content.

This section of the presentation will be more theoretical in orientation and should integrate itself well with the more practical techniques discussed in the following abstract.

Deane Shapiro, Jr.  
Graduate Student  
Stanford University

Abstract title:

Techniques of Zen:  
Implications for Counseling  
and Preventive Therapy

Kondo (1958) published an article describing the use of Zen in Psychotherapy. In Watt's book, Psychotherapy East and West, Zen is described as a psychotherapy. This presenter will give an experiential workshop demonstrating basic Zen techniques such as meditation, chanting.

Both formal and informal meditation will be practiced. These techniques will be discussed with reference to their relevance in counseling: a) as means of gaining self control, reducing anxiety, stopping thoughts. An effort will be made to integrate these techniques with the behavioral self-management paradigm (see Goldfried, 1971, Jacks, 1972).

Use of visual imagery in meditation will be related to the work on Coverant control therapy first developed by Homme (1965) and later elaborated on by Cautela (1966, 1970). Meditation will be discussed both as a means of covert self-reinforcement, as a means of relaxation training (see Jacobson, 1938), and as a technique for self-observation.

Some Haiku poetry (written by Stanford undergraduates in the class Zen Buddhism and Self-management) will be read; and some Sumi paintings (from the same class) will be shown.

Implications of these techniques for dealing with feelings of low self-esteem, anxiety, feelings of uncreativity will be discussed.

- WOMEN, MADNESS, AND PSYCHOTHERAPY -

Guest Lecturer: Johanna Shapiro, M.A., Ph.D. candidate (June, 1974)

Time: Tuesday evening, 7:30 p.m., April 30, 1974

The lecture/discussion will cover the following areas of concern to the clinician:

1. Current phenomenological perceptions of women held by practicing psychologists and psychiatrists.
2. Use and misuse of diagnostic labeling of women.
3. Original research presently being conducted by Ms. Shapiro exploring:
  - a) The relation between sex-stereotypic counselor attitudes, counselor perception of clients, and counselor analysis of therapeutic goals and treatment strategies.
  - b) The relationship between clinician attitude and actual verbal and nonverbal behavior in counseling "typical" and "deviant" female clients.



JEANNE ROBINSON

## al, Analyst

## Regents

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ics analyst for the California Department of Employment, and a marketing research analyst for W. P. Fuller & Co., San Francisco, for five years. A graduate of Stanford University, she completed the Harvard-Radcliffe Program in Business Administration in 1957, and served as president of the Harvard Business School Alumni Association of Northern California last year. She is married to Howard F. Robinson Jr., a real estate broker.  
Wolff is senior vice president and group manager of FMC's machinery management division in San Jose.

# Women's Counseling Seminar Slated

SANTA CLARA — "The Psychology of Women: Implications for Counseling" will be explored in a seminar Friday, Saturday and Sunday at the University of Santa Clara.

Among topics to be discussed are: psychological formulations of sex differences from Freud to Skinner; psychological significance of the traditional female role; implications of the liberation movement for the development of a psychology of women.

Current controversial issues in the counseling of women will be examined, such as same-sex counseling, counselor-client interaction; and pitfalls and strategies will be discussed in dealing with counseling matters such as career decisions, child-rearing, interpersonal relations, the role of marriage and feminine identity. Experiential role-playing and relevant problem situations will be used to augment group discussions and readings.

The seminar will be conducted by Deane Shapiro Jr. Ph.D., director of Webster Center, a community mental health center in Santa Clara, and his wife Joanna, who is completing a doctorate in counseling psychology at Stanford. She has done origi-

nal research on women's counseling, and led women's and couples' groups in the Bay Area.

Further details can be obtained by calling the Center for Continuing Education on the SCU campus.

WED., THURS., FRI., SAT. NOV. 13, 14, 15, 16

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## Mental health center chief to speak at foster care workshop

DR. DEAN SHAPIRO JR., who directs Webster center, a community mental health center located at Santa Clara high school, will be keynote speaker for a fourth annual foster care workshop on Nov. 16, sponsored by the Foster Parent Association of Santa Clara county in cooperation with the department of social services and the juvenile probation department.

The 9 a.m. to 4 p.m. workshop at 55 W. Younger avenue, San Jose, is open to all licensed foster parents, social workers and interested persons.

Shapiro, a clinical psychologist and licensed marriage, family and child counselor, will lead a session titled "Alternatives to Punishment." The center

he heads in Santa Clara specializes in counseling adolescents and their families as well as serving as a resource for police, probation, welfare departments and the Santa Clara unified school district.

Other workshops include "Sexuality in the Foster Home," lead by Evelyn Storm and Chris Rushton, licensed social workers; "Teens Talk," featuring teenage foster children; "Separation," which looks at the difficulties of separation from natural and foster parents; "Foster Parent-Social Worker Communications," and "Hostility and How to Deal with It."

For car pools to the workshop, call Barbara Muszalski, 735-0589, or Phyllis Nor- mington, 926-4282.



Dr. Dean Shapiro Jr.