

The background of the poster is a collage of various images. At the top, there is a dark red horizontal band. Below it, the background is a mix of textures and colors, including a red and gold patterned fabric, a green fabric, and a grey stone or metal surface with intricate carvings. On the right side, there is a large, semi-circular white graphic that is a portion of the Sofia University seal. The seal features the text 'SOFIA UN' at the top and 'EST' at the bottom, with a central emblem consisting of a triangle and a circle.

# SOFIA UNIVERSITY

## COMMENCEMENT CEREMONY

Saturday, June 25, 2016

1069 East Meadow Circle Palo Alto, CA



# SOFIA UNIVERSITY COMMENCEMENT CEREMONY

Saturday, June 25, 2016 at 10:30 am

## PROCESSIONAL

(Please remain seated during the processional.)

- Invocation. . . . . Robert Frager, Founder and President Emeritus
- Welcome . . . . . Mary Flett, Alumna
- Welcome . . . . . Liz Li, President
- Faculty Introduction . . . . . Mary Flett, Alumna
- Introduction of Deepak . . . . . Jeffery Martin
- Commencement Address . . . . . Deepak Chopra “Envisioning the Future”
- Honorary Degree Acknowledgement . . . . . Robert Frager & Liz Li

Musical Interlude: Taiko Drummer

### Conferring of Degrees

- Bachelor of Arts . . . . . Barbara Hecker
- Master of Arts . . . . . Robert Wood, John Elfers, Kaye-Ailsa Rowan,  
Olga Louchakova-Schwartz
- Doctor of Philosophy . . . . . Olga Louchakova-Schwartz
- Doctor of Psychology . . . . . Fred Luskin
- Charge to Graduates . . . . . Liz Li, President
- Closing Remarks. . . . . Mary Flett, Alumna

## RECESSIONAL

(Please remain seated during the recessional.)

Refreshments immediately following in the lobby

The cover features a dark red background with a faint, circular watermark of the Sofia University seal at the top and bottom. The seal contains the text 'SOFIA UNIVERSITY' and '1862'. The main text is centered and reads: 'SOFIA UNIVERSITY LEADERSHIP BOARD OF TRUSTEES'. Below this, the names of the trustees are listed in a clean, white, sans-serif font, one per line: 'JOHAN NIC. VOLD', 'VICTOR DONG', 'ROBERT HU', 'MARWAN JABRI', 'GREGORY KAPLAN', 'LIZ LI', 'NEEMAN MORAVEVI', and 'MAGGIE TSAI'.

SOFIA UNIVERSITY LEADERSHIP  
BOARD OF TRUSTEES

JOHAN NIC. VOLD

VICTOR DONG

ROBERT HU

MARWAN JABRI

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LIZ LI

NEEMAN MORAVEVI

MAGGIE TSAI

## PRESIDENT'S LETTER

*"We can chart our future clearly and wisely only when we know the path which has led to the present."*

*-Adlai E. Stevenson*



Dear Graduates,

It is truly a privilege and an honor to congratulate you on your scholarly achievements and also thank you for your contributions to Sofia during your time with us. These past years have been filled with many wonderful moments that I will treasure. So many of those moments have been spent with you, our students, listening to your stories of how Sofia's transpersonal courses have transformed you, enabling greater awareness of and acceptance of the gift of the challenges encountered on your life's journey. What once may have seemed like life's lemons, when observed with a heart of compassion, now serve as a touchstone or foundation in which to view your future purpose.

You have been changed, perhaps, for some of you, more than you realize. Your instruction at Sofia University has placed within you very precious gifts of self knowledge that now move you into the role of the transformational leader. It is time for you to envision the future and your integral role in the advancement of humanity. That is the power of the legacy of ITP. I am so proud of you!

My wish for you today is that you will pass along the value of what you have learned and experienced in your new role as Sofia alumni and ambassadors.

I send you off today knowing that you represent the best of what Sofia University represents. I believe in you and I believe in the new future that your presence brings to the world. I wish you the very best for your future endeavors.

Best wishes,

Liz Li, Ph.D.

# SOFIA UNIVERSITY FACULTY

## CORE FACULTY

Barbara Hecker - Dean of Faculty

Aneel Chima

David Lukoff

Donna Dulo

Fred Luskin

Roni Gillenson

Shani Robins

George Guim

Kaye-Ailsa Rowan

Carol Haefner

Nancy Rowe

Olga Louchakova-Schwartz

## ASSOCIATE CORE FACULTY

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John Elfers

Steven Schmitz

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SueAnn McKean

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Herberth Rivera

Melissa Fritchle

Serenity Serecion

Rosalyn Grady

Valerie Sher

Karen Herold

Jian Shi

Josh Horowitz

Kathy Stanley

Pier Luiggi Lattuada

Sarah Strader

Vicki Lundin Taylor

Goolrukh Vakil



## DEEPAK CHOPRA COMMENCEMENT SPEAKER

*"There is always one moment in childhood when the door opens and lets the future in."*

*-Deepak Chopra*

DEEPAK CHOPRA MD, FACP, founder of The Chopra Foundation and co-founder of The Chopra Center for Wellbeing is a world-renowned pioneer in integrative medicine and personal transformation, and is Board Certified in Internal Medicine, Endocrinology and Metabolism.

He is a Fellow of the American College of Physicians and a member of the American Association of Clinical Endocrinologists and Clinical Professor in the Department of Family Medicine and Public Health at the University of California, San Diego, Health Sciences. The World Post and The Huffington Post global internet survey ranked Chopra #17 influential thinker in the world and #1 in Medicine.

Deepak Chopra is a man who is in alignment with the calling and values of our transpersonal traditions. His belief that consciousness creates reality is the backbone to his understanding of the relationship between mind-body health and wellness.

His promotion of meditation through the many courses that he conducts with icon Oprah Winfrey, and through his own center, are listened to by millions of people.

Deepak Chopra, M.D is also the author of more than 80 books translated in over 43 languages, including 22 New York Times bestsellers.



With such a strong belief in the healing power of meditation, it should come as no surprise that Dr. Chopra, also resonates with the divine feminine as a source of power that can enhance modern day business success.

At a Woman's Empowerment event, Dr. Chopra emphasized that "women possess some of the most important traits needed to succeed in business: empathy, tenderness and affection. Without these characteristics, Chopra argued, wisdom cannot exist."

Our Sofia MBA program aligns beautifully with this thought paradigm, as transpersonal values of empathy and compassion are woven into the coursework.

Thank you Dr. Chopra for choosing to share your wisdom with us at this year's commencement ceremony. It is clear that we have much to learn from you.



*"Every experience of love, bliss, belonging, inspiration and insight provides a stepping stone back to your true self."*

*from Deepak's book*

*"What are you hungry for?"*

# GLOBAL BACHELOR OF ARTS PROGRAM

BACHELOR'S OF ARTS IN PSYCHOLOGY

PROGRAM REPRESENTATIVE: NICK WALKER

Devon Aber

# GLOBAL MASTER'S PROGRAM

MASTERS OF ARTS IN TRANSPERSONAL PSYCHOLOGY

PROGRAM CHAIR: NANCY ROWE

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Ife Aziz

Jennifer Matthews

Kara Bauer

Conswella Joyce Moore

Mimi Brown

Tariq Nasraldeen

Sophia Frabotta

Sakura Nimura

Trish Heald

Wilka M. Roig Rivera

Karen Herold

Najeeba "JeeJee" Saafir

Dean Lee

Emily Schulz

Dawn Loyola

## GLOBAL MASTER'S PROGRAM

INTERIM MASTERS

MASTER OF ARTS IN TRANSPERSONAL STUDIES

PROGRAM CHAIR: OLGA LOUCHAKOVA-SCHWARTZ

Jared Dubin

## GLOBAL DOCTORAL PROGRAMS

DOCTOR OF PHILOSOPHY IN PSYCHOLOGY:

CONCENTRATION IN TRANSPERSONAL PSYCHOLOGY

PROGRAM CHAIR: OLGA LOUCHAKOVA-SCHWARTZ

Holly Pontzer Daniels

Adam Luedtke

Noelle Harris

Jessica Thomas (CE)

Ryan Westrum

Renee Whatley

Mary Whittle

## RESIDENTIAL MASTER'S PROGRAM

MASTERS OF ARTS IN SPIRITUAL GUIDANCE

PROGRAM REPRESENTATIVE: JOHN ELFERS

Elizabeth Tyler Harrison

Nishi Jumna

Deborah Keizer

Lauren Tatarsky

Angel Wilson

MASTERS OF ARTS TRANSPERSONAL PSYCHOLOGY

PROGRAM CHAIR: OLGA LOUCHAKOVA-SCHWARTZ

Kim Maree

Ulises Rodriguez

Cesar Salgado

Yike Zhu

# RESIDENTIAL AND HYBRID MASTER'S PROGRAM

MASTER OF ARTS IN COUNSELING PSYCHOLOGY

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Micah Anderson

Allison Merrill

Janice Belcher (CE)

Danielle Morabito (CE)

Karina Carvajal

Carol Marie Phillips

Kathleen Day (CE)

Vivianne Shands

Mayumi Elk Eagle

Holly St. Pierre (CE)

Amie Escher

Christa Toro

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DOCTOR OF PHILOSOPHY IN TRANSPERSONAL PSYCHOLOGY

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Arielle Rames

DOCTOR OF PSYCHOLOGY

PROGRAM CHAIR: FRED LUSKIN

Jennifer Christian

Ana Dolatabadi

Kevin Pinjuv

Heather Rudderham



## THE BEST DAY OF OUR LIVES

"The best day of our lives is the day we decide to take life by the horns.

It is an amazing journey, and we alone are responsible for the quality of it.

Life is about the choices we make; hence we must choose wisely!

One of my guiding stars, perhaps the brightest and most supernatural,

is intimately entwined with the mission of giving back to the local community freely and willingly, without expecting remuneration.

This must be our mission in life. To be of service to our fellow human beings."

-Paul Kiritsis, PsyD Student



"I want to extend my deepest gratitude to Ryan, Dorit and Terry for your professional guidance and support; and to David, Liam and Grace for your personal support and encouragement. Thank you mom, God and all creatives everywhere."

Holly Pontzer Daniels, Global PHD



"My heartfelt gratitude to all that helped me walk this path. May your life and spirit bloom."

Ana Dolatabadi, Psy.D., M.A., PsyD Program



"Grateful for all my family, friends, and mentors. I would not be here without you."

Adam Luedtke, Global PhD



Meditating for the Win: A Qualitative Study of the Experience of Competitiveness in American Practitioners of Buddhist Meditation

Dissertation Chair Myrtle Heery, Ph.D.  
Methods Expert John Astin, Ph.D,  
Content Expert Mark Gonnerman, Ph.D.

Kevin Pinjuv, PsyD Program



"I am sincerely grateful to Gregg, my family, committee, and most definitely the faculty and staff of Sofia University for supporting me through this process, thank you."

Arielle E. Rames, Residential PhD



"Thanks to my committee members Dr. Alyssa Rockenbach and Dr. Jayne Gackenbach for your knowledge and support. Also a special thanks my chair, Dr. David Lukoff for being such a present, reliable, and caring pen pal to me throughout this dissertation process."

Jennifer Christian, PsyD Program



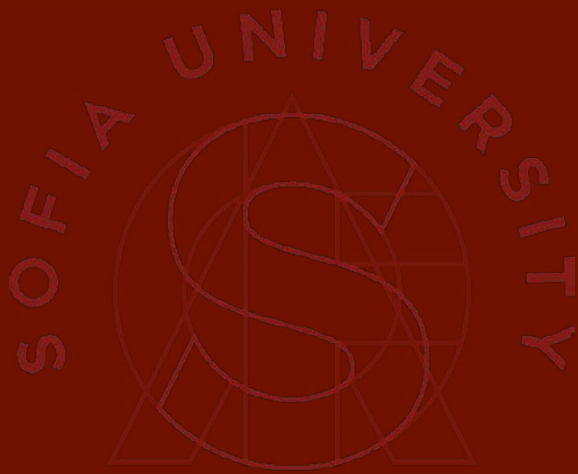
We'd like to thank the following businesses'  
for their generous donation of today's refreshments:

Palo Alto Fine Wine and Spirits

Catered, Too!

Chaat House

Catering for All Occasions



Transformative, transpersonal education since 1975.

