

# THE JAMPOLSKY OUTREACH FOUNDATION

# JOURNEY

## THE HISTORY

In 1975 Gerald Jampolsky, M.D., a child and adult psychiatrist and graduate of Stanford Medical School, founded the first Center for Attitudinal Healing in Tiburon, California (now located in Sausalito), to work with and learn from children who were dying.

A pioneer in the field of helping children deal with the psychological, social, and spiritual aspects of facing both chronic and life threatening illnesses, Jerry's work naturally extended to include adolescents and adults with the same challenges, as well as their families and support persons.

As a way of empowering others and ensuring that the ever-growing popularity and success of the Center not be dependent on the personality of one person, Jerry resigned as Executive Director in 1978. Since then, about 130 other Attitudinal Healing Centers/Groups have formed in close to 30 countries, inspired by the idea that they could also serve the needs of their communities successfully as well as free of charge.

In 1979 Jerry wanted to bring a family whose teenager had been murdered in Atlanta to a Loss and Grief workshop. He found that the Center did not have the money in their budget to pay for the families expenses. At the same time there was a child at the Center who, having outgrown his first prosthesis, needed a new one. Unfortunately, his insurance coverage only covered one and refused to replace the outgrown model.

It was at that time that Jerry felt guided to start the Jampolsky Outreach Foundation (JOF) so that he would be able to supplement some of the things that the Center could not afford to do and to follow his Inner Guidance on how to best serve others.

In 1981, Jerry was joined by Diane Cirincione, Ph.D. Since then, they have expanded the JOF mission to include worldwide humanitarian psycho-social-spiritual response and educational outreach.



*"The core of Attitudinal Healing is that rather than trying to change other people, we focus on changing our own minds. In order to experience peace in the world, it first must begin within ourselves. When inner peace is achieved by replacing the destructive feelings generated by fear, our outer world also changes. As each of us heals, the world heals with us."*

One of the major focuses of JOF has been to respond to invitations that come in from all over the world to share diverse, culturally appropriate, practical applications of the Principles of Attitudinal Healing. JOF is often seen as the leading edge of Attitudinal Healing. Periodically and when appropriate, JOF invites the Sausalito Center and members of various other Centers in the International Network to do follow-up workshops and mentoring.

To date, JOF has worked in over 45 countries and continues to respond to requests that come in from around the world.

## HIGHLIGHTS OF THE LAST YEAR

### EUROPEAN GATHERING

In November 1997 members of the Attitudinal Healing Community in Western Europe gathered in Munich, Germany for a three-day regional conference. Participants from a number of European centers as well as others from the business and local communities, joined Jerry and Diane and three staff members from the Sausalito Center. It was a profound exploration of the deepening applications of Attitudinal Healing in each person's personal as

well as professional lives.

### HAWAIIAN FOSTER CARE TEENS AS OUR TEACHERS

Shortly thereafter in Hawaii, we were asked by the Hawaiian State Department of Social Services to work with teens who were facing difficulties in life and had spent most, if not all, of their lives in foster care.

For many years there has been much controversy about how one helps foster children around their unresolved conflicts. We happen to think that many answers to these issues can be found by utilizing these young people as consultants. We began our work with them by sharing with them that we were no experts in this area and asked them in turn to help us. We asked them what could be helpful for a younger child just coming into the foster care system to know.

Setting up a forum for these young people to share what they had learned allowed them to teach us from their unique, first hand perspectives. It also gave us the opportunity to help them apply Attitudinal Healing Principles to the past, present, and future challenges discussed.

More importantly perhaps, the work we all shared together gave value and meaning to the experiences of their lives. We suggested they continue to share with other kids in a book they create together and they loved the idea.



*"I reach my hand out into the darkness to help another back into the light, only to discover that it is my own."*

### BI-ANNUAL INTERNATIONAL CONFERENCE ON ATTITUDINAL HEALING AND JAMPOLSKY AWARDS

In April, 1998, Orlando, Florida was the host city for the Bi-annual Conference for the International Network. Representatives from Centers for Attitudinal Healing world-wide gathered to share and learn new and original ways to apply Attitudinal Healing Principles as well as develop skills for further applications.

Diane was asked to Co-chair this year's conference along with Network President Jim Boeglin. JOF participation in the Bi-annual as well as Regional Conferences is invaluable. The Foundation continues to help support these worthwhile and productive efforts and is inspired by the original, creative endeavors and results.

The Jampolsky Awards, three ten-thousand dollar grants, are awarded at each Bi-Annual Conference to Centers who have demonstrated successful, replicable programs adapting Attitudinal Healing in a new and unique way.

To date, the Jampolsky Awards have been generously funded by the John E. Fetzer Foundation of Kalamazoo, Michigan.



*One of the small working groups of Agency Directors at the Moscow Eastern European Conference on Attitudinal Healing*

### RETURN TO RUSSIA

Jerry first began work in the former Soviet Union as early as 1973. Later in the 1980's, Diane joined him on over a dozen trips contributing in part to the

formation and ultimate success of Citizen Diplomacy and Glasnost.

At the end of the Gorbachev era, Jerry participated in airlifting emergency medical supplies to help ward off starvation during the cold Russian Winter.

In May 1998 both returned once again to find a well-polished Moscow, surrounded by an undernourished, struggling nation amidst the growing pains of democratic reform.

The catalyst for the trip was an Eastern European Regional Conference held in May 1998, hosted by the Moscow Center for Attitudinal Healing. Participants included the Executive Directors of the YMCA, the Cancer Center, the Center for Children with Disabilities as well as a number of other non-governmental organizations.

They learned how to train volunteers and to apply Attitudinal Healing Principles within their own agencies. Jerry and Diane gave the keynote address and participated in the workshops.

While in Moscow they also did a symposium for the physicians and psychologists at the Academy of Medicine at Moscow University. As a result, JOF has been asked to develop a one-week curriculum for Russian physicians nationwide as part of their required ongoing training programs.

The challenge will be to train Moscow University Psychologists to provide education for the new as well as seasoned physicians in the practical application of Attitudinal Healing in the practice of medicine and the care of patients.

JOF has tentatively accepted the challenging opportunity for developing and implementing this innovative program.

### THE TIBETAN CONNECTION

A number of years ago, JOF created an award winning documentary entitled, "And a Little Child Shall Lead Them." It followed a part of the journey of Children As Teachers Of Peace, a 10-year JOF educational project for children.

Part of the film documented the children's interview of His Holiness, the

XIV Dalai Lama and what they learned about personal participation and responsibility in creating a more peaceful world.

This past year we were also privileged to participate in a fundraiser for Tibet House and His Holiness in Houston, Texas, graciously hosted by Jenard and Gail Gross.

Various spiritual leaders as well as supportive segments of the Houston population attended this educational effort.

### ATTITUDINAL HEALING AND THE PSYCHOTHERAPIES

In May Jerry and Diane participated as two of the keynote speakers in the first Conference on "Spirituality and Psychotherapy," held at New York University and hosted by the Institute for the Psychotherapies.

At the conference about four hundred psychiatrists, psychologists, social workers, marriage and family counselors, and other therapists were introduced to the practical applications of Attitudinal Healing into therapeutic models.

While many psychotherapists have integrated Attitudinal Healing into their practices for over two decades, this conference was a major expansion of these possibilities.

### HEALING TRIBAL WOUNDS IN THE YUKON

In June we were glad to be back in the Yukon Territories, this time further north above Whitehorse in the small village of Pelly Crossing. It is the home to the Selkind Band, members of the Northern Tschone First Nation People.

On the recommendation of the Kaska Band, the Liard First Nation People with whom we have worked, we were invited to participate with the Selkind Band in their healing process.

Band members, Clergy, Social and Healthcare workers from four other Bands came from miles around to participate. Social problems are complex and deeply rooted in historical trauma with these and so many other indigenous peoples.

Our role in the healing process includes helping them access their original



*Participants from the conference on reconciliation and forgiveness, Bihac, Bosnia.*

spiritual values. They can then incorporate them into problem solving and moving out of the victim role into productive, self sufficient lives.

### **CONFLICT RESOLUTION IN BOSNIA**

In June we found ourselves venturing back to Croatia and then Bosnia. The purpose of the trip was to facilitate part of the first conference with religious and spiritual leaders in Bosnia on the subject of "Reconciliation and Forgiveness" since the war began.

We were invited there by our dear friend, Landrum Bolling who, having worked behind the scenes for peace for over fifty years, worked for two years to help create the possibilities of this gathering.

First we traveled to Zagreb, Croatia where we had previously played a part in the founding of the Croatia Center for Attitudinal Healing six years ago. At that time we received a fax from Maya Mihic, a Zagreb Attorney, who after reading our books, envisioned using Attitudinal Healing as a way of healing tensions in working with refugees in the former Yugoslavia.

Shortly after the Zagreb Center was underway, The Sausalito Center successfully secured a large USAID Grant to continue mentoring Maya, her staff, and volunteers over the next two years as they developed their programs. Over the years their work has expanded to many different locations in Croatia.

Prior to traveling to Bosnia, Diane gave a keynote address to the International Congress of Women for Peace in Zagreb. We invited Maya to join us not just as a translator, but as a part of our team as we ventured to Bihac, Bosnia. In this way, she was able to learn to do the work herself. As a result, she was just recently asked to facilitate a second conference of this kind on her own.

Part of the mission of JOF has been to

inspire, educate, and empower others to develop and facilitate their own visions for healing in their communities. Maya continues to be a shining example of how one person can truly make a difference in the world, regardless of how chaotic or immense the challenges may appear.

Our greatest challenge in Bosnia was facilitating close to 40 religious leaders who were ambivalent about being in the same room with each other.

Conference attendants included Serbian Orthodox priests and bishops, Bosnian Muslim Imams, and Catholic priests, most of whom thought that the "others" were responsible for the atrocities that were committed during the war.

We didn't know if they would even show up. When they did, miracles truly occurred. Having created a safe environment, discussions and sharing unfolded and encompassed the psycho-social-spiritual realms of their post-war trauma.

One young Serbian Orthodox priest helped us all heal as he told his story through the tears. In a country house where his family lived, eight members of his family were trapped by Bosnian soldiers and burned to death. He lost his parents, grandparents, and all of his brothers and sisters in one day.

He shared that it was at that time that he knew he had to make a decision. He was either going to join the murderers and in turn do just as they had done to revenge the massacre of his family, or he would have to forgive. Within his decision to forgive remains a journey both powerful and poignant.

### **AUGUST IN ACCRA, GHANA, WEST AFRICA**

Another aspect of the mission of JOF is to encourage the adaptation of the use of Attitudinal Healing in culturally appropriate ways.

Through the support of JOF, Kokomon and Aaeeshah Ababio Clottery, founders of the Attitudinal Healing Connection in Oakland, California, were able to return once again to Ghana to continue their mentoring of the Accra Center.

Along with the CAH in Accra, which they helped co-found in 1992, they prepared for our visit with hard work and long hours. As a result, our trip later that month was a total success and thoroughly inspiring.

In Accra we gave a public lecture at the British Consulate where attendees came from miles around. We also met with members of many different organizations including the Minister of Health, the Director of Hospitals, and the Chief of

Public Health for Ghana. These officials enthusiastically requested in-service training for their personnel which the Accra Center plans to facilitate.

We traveled often into the countryside where we were hosted by local tribes and townspeople and Chiefs. One day while visiting one of the tribal communities using the Principles in their daily lives, we were asked to give a talk on the subject.

At the end of the talk, Jerry mentioned that since we had both just been teachers to them, would they now consider allowing us to be the students while they taught us how to dance. They joyfully obliged and much dancing and drumming and singing ensued.

Later that week, we were honored in Komassi by the Chief of all Chiefs for our efforts and for the value of Attitudinal Healing in all aspects of life, including personal and tribal disputes.

On our way back from this place located in central Ghana, we stopped for a roadside break. Two of the women asked a man if they could use the outdoor facilities of his humble home. He graciously nodded yes and they hastily proceeded.

Upon their departure, the man took one of the women's hands and placed a small pod of seeds within it. He then said, "When you go home, perhaps you will plant these seeds and when they grow, you will think of me and my home and remember that there once was a day that you stopped here to visit." The simplicity of his gesture touched us deeply.

One day Ghana may well become the "Mother-Mentor Center" for other African nations. Already inquiries are



*The tribe in this village thoroughly enjoyed our willingness to learn and join them in dance...demonstrating that "we are all equal students and teachers to each other."*

coming in from other countries, most recently South Africa, for information on how to bring Attitudinal Healing into their communities.

#### MINISTERS CONFERENCE IN INDONESIA

After traveling to Turkey and Greece in September, we found ourselves in Indonesia in October. We were joined by co-presenters Reverend Michael Beckwith and Music Director Ms. Ricky Byers from the AGAPE International Center in Los Angeles, which proved to be one of the highlights of our trip.

Together in Denpasar, Bali, we shared a week of retreat and counseling with a group of thirty, many of whom were ministers from throughout the U.S. who often did retreats and counseling of their own. They brought varying perspectives to our conference theme, "Personal and Planetary Spiritual Evolution."

Our experience with those who are in the position of leading congregations is that some often feel isolated. This gathering offered them the opportunity to support one another while exploring deeper internal possibilities.

Bali remains an inspiring testimony to the co-existence of inner and outer beauty. Our perception is that the people integrate their Balinese/Hindu religious beliefs into all aspects of daily life. As a result many of them are able to share their harmony with others in most gracious and creative ways.



*Co-presenters at the Indonesian Conference were Rev. Michael Beckwith and Ms. Ricky Byers of the AGAPE International Center in Los Angeles.*

#### MEXICO CELEBRATES 10 YEARS

It had been four years since we had visited Mexico, and we were amazed and gratified at the rapid growth of Attitudinal Healing in that country when we visited there in November. The occasion was the 10th Anniversary celebration of the Mexico City Center, which has become the mentor for many

other centers that had emerged throughout the country.

The beginning of the trip found us at the Guadalajara Center which after only four years has 12 groups, 30 facilitators, and 250 participants of varying ages each week. In recent years there has been a tremendous increase in violence in Mexico. One of their support groups is for women whose spouses have died. Eighty percent of the women in the group had experienced their husbands being murdered. Most of their children were in the Children's Support Group, finding inner peace in an often chaotic world.

There were close to 500 people in attendance at the Attitudinal Healing Conference in Mexico City. Since they only expected about one third of that, all were quite inspired by the popularity of the subject of Attitudinal Healing. Participants had traveled from many parts of the country and we were surprised to hear that there are now 13 cities that have Attitudinal Healing Centers or Groups. They include Guadalajara, Jalapa, Toluca, Queretaro, Puebla, Aguascalientes, Pachuca, Tlaxcala, Chilica, Cuernavaca, Monterey, Chiappas, and various locations in Mexico City.

The work extends to include working with homeless mothers with children with cancer, working in hospitals, prisons, and in the homes of people who are dying. They also work with the poor, in homes for physically handicapped children, and in Person to Person programs with people who are not ill, but who wish to incorporate Attitudinal Healing into their lives.



*Prior to the Mexico City gathering, Attitudinal Healing Center Directors and facilitators from 13 regions of the country gathered for support and sharing.*



#### YEARS END

During 1998 JOF was once again able to offer numerous scholarships for training workshops in Attitudinal Healing at Dominican College, San Rafael, for those in need from other countries as well as the United States.

It has been a most exiting year where we observed and experienced the seeds that were planted some time ago, now blossoming with new possibilities. The year ahead is forming in much the same way.

The humanitarian and support work done by the Jampolsky Outreach Foundation this past year was made possible through the generosity and loving support of Ted and Vada Stanley.

The development of THE JOURNEY, as well as the Foundation brochure and materials were made possible through the inspiration and financial support of Hal and Dorothy Thau.

If you would like to join us in continuing this work in the world, you may send your tax deductible donations to:

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