

ELENA MUSTAKOVA-POSSARDT, Ed.D., LPC

Psychologist, Evolutionary Social Scientist
 Spiritual Philosopher, Coach
 Educational & Organizational Consultant
 Co-Founder & Executive Director of Foundation for Virtues and Social Health
 Health Realization Counseling & Consulting

AREAS OF EXPERTISE

- 40 years of experience in the field of education, psychological and human services in North America, Europe, Africa, and the Arab Peninsula, working with adults, families, and communities in different socio-economic and cultural contexts. Expertise in the systemic links between individual health, culture, moral development, language, and societal health. Clinical focus on human resiliency, prevention, mindfulness, and the health of communities.
- Lifelong professional focus on individual, social, and global transformation towards justice and optimal human development, through academic teaching, research, community development, clinical work, writing, and international work. Expertise in the many faces of oppression - political, ideological, cultural, religious, racial, gender-based, disability-based. Experience with related issues of violence and radicalization.
- Engagement in the discourse on indicators for sustainable development, and the need for a systemic approach to the interrelationship between healthy human development and planetary regeneration.

SELECT PUBLICATIONS

Mustakova, E. (2021). *Global Unitive Healing: Integral Skills for Personal and Collective Transformation*. New York, NY: Light On Light Press.

Mustakova, E. (2020). *Living in the Presence of the Ancient Beauty*. In Winslow, R. & C. Lee (Eds.). *Deep Beauty*. Norwalk, CT: Woodhall Press.

Mustakova-Possardt, E., Basseches, M., Lyubansky, M., & Oxenberg, J. (Eds.) (2014). *Towards a Socially Responsible Psychology for a Global Era*. New York: Springer.

Mustakova-Possardt, E. (2010). *Beyond Competing Identities and Ideologies: Systemic Antidote to Radicalization and Terrorism*. Collected Volume on Radicalization. Verlag Springer, Germany.

Podger, D., Mustakova-Possardt, E., & Reid, A. (2010). *A Whole-Person Approach to Educating for Sustainability*. *International Journal of Sustainability in Higher Education*, 11(4).

Mustakova-Possardt, E. (2006). *Clash or Meeting between East and West: Analysis of Post-9/11 Challenges*. *Journal of Peace Psychology*, Lawrence Erlbaum Associates, 12 (2).

Mustakova-Possardt, E. (2006). *Toward the Authentic Global Advancement of Women*. Book Review of Penn & Nardos' "Overcoming Violence Against Women and Girls: The International Campaign to Eradicate a Worldwide Problem". *Journal of Peace Psychology*, Lawrence Erlbaum Associates, 12 (3).

Mustakova-Possardt, E. (2004). Education for critical consciousness. *Journal of Moral Education*, 33 (3), 245-269, Oxford, UK: Carfax.

Mustakova-Possardt, E. (2004). *Critical Consciousness: A study of morality in global historical context*. Sofia University Press.

Mustakova-Possardt, E. (2003). *Critical Consciousness: A study of morality in global historical context*. Westport, CT: Greenwood/Praeger.

Mustakova-Possardt, E. (2000). Critical consciousness and its ontogeny in the life-span. In Miller, M. & West, A. (Eds.) *Spirituality, ethics, and relationships: The emotional and philosophical challenges of the adulthood years*. Madison, CT: Psychosocial Press/International Universities Press.

Mustakova-Possardt, E. (1998). Critical consciousness: an alternative pathway for positive personal and social development. *Journal of Adult Development*, 5 (1), 13-30. New York: Plenum.

GRANTS, AWARDS AND RECOGNITIONS

University of West Georgia Division of Academic Affairs *Significant Professional Accomplishments Award*, 2005-2006.

University of West Georgia College of Arts & Sciences *Excellence in Teaching Award*, 2004-2005.

Carter Campus Community Partnership Award 2003. Awarded for founding the Latino Initiative of University of West Georgia, aimed at applying the insights of critical and community psychology theory and praxis to assisting the new Latino immigrant population of rural Carroll County in its empowerment, in improving its quality of life, and integrating into the life of the larger community.

Mott Grant 2001 for Emerging Community Initiatives of the National Council of La Raza (NCLR). Awarded for founding an immigrant Latino community development and participatory action research project in West Georgia.

1998 Outstanding Dissertation Award of the Association for Moral Education, awarded for study entitled *The Ontogeny of Critical Consciousness*. The association is the leading international forum that focuses on moral development and moral education.

Henry A. Murray Dissertation Award, Radcliffe College, Harvard University, 1995. Granted to support cross-cultural research project on "Social Responsibility and Critical Consciousness in Bulgarian Mid-lifers", which explored adult social consciousness and

citizenship in the context of economic, political, and social transformation.

First Prize in the Annual Faculty Survey of Scholarly Student Research, Sofia University, Bulgaria, 1984. Granted for Masters Thesis "The Fall of Selfhood: A Comparative Study of Renaissance and Romanticism", a study of modern consciousness.

SELECT PANELS

NATO Advanced Research Workshop. *Indigenous Terrorism: Understanding and Addressing the Root Causes of Radicalization among Groups with an Immigrant Heritage in Europe*, Budapest, Hungary, March 7-9, 2008.

Invited member of a twenty-five-person expert Interfaith panel on *Finding the Missing Zero*, an initiative of Emory's Rollings School of Public Health Interfaith Health Program and The Carter Center, geared at mobilizing Interfaith resources to address on an unprecedented scale the crisis with African AIDS orphans – October 20-21, 2003, Carter Center, Atlanta.

SELECT CONFERENCE PRESENTATIONS AND KEYNOTE ADDRESSES

A psychology that responds to our times, 2017 Wilmette Institute Web Talk.
<https://www.youtube.com/watch?v=XLfSimnUuy8&feature=youtu.be>

A systemic approach to health in a troubled world, Central Virginia Institute of Noetic Sciences Community group meeting, November 18, 2017.

Cultivating cultures of social health in a troubled world: Emergent dimensions of a systemic approach to global mental health, 2016 Advanced Study Institute Conference on *Psychiatry for a Small Planet: Eco-Social Approaches to Global Mental Health*, Community and Family Psychiatry, McGill University, Montreal, Canada, May 30 – June 1.

Understanding human health as social health, 2014 Conference on Rethinking Relationships, Franklin & Marshall College, Lancaster, PA.

Understanding resilience: Core connections that sustain. Keynote Address, Annual Sea Turtle Symposium, Baltimore, February 2013.

Creating healthy social environments: Positive and sustainable communities, 33rd Annual Conference of the Association for Bahá'í Studies, Washington, D.C., August 2009.

Spiritual literacy and mental health services, Tenth Annual Conference of the Bahá'í Association for Mental Health, September 18-21, 2008, Flint, MI.

Restoring the spirit to community psychology: Social health and lessons learned from global terrorism. Southeastern ECO Conference, *Collaboration in Context*, Georgia State University, October 5-6, 2007.

The systemic nature of social health. 9th Annual conference of the Bahá'í Association for Mental Health, Flint, MI, September 20-23, 2007.

Understanding optimal functioning: Uniting the scientific approach with spiritual principles. Keynote address. Health for Humanity Annual Conference, Tucson, AZ, Feb, 2006.

Psycho-spiritual dynamics underlying the phenomenon of terrorism. Annual Conference of the Society for Cross-Cultural Research, Savannah, GA, Feb. 22-26, 2006.

Building unity in diversity: Latinos United of Carroll County, Georgia. Panel Presentation, 15th Annual International Conference, National Association for Multicultural Education, November 9-13, 2005, Atlanta, GA.

Critical consciousness – motivation for service to humanity. Keynote address, Conference on Social and Economic Development for the Americas, Orlando, FL, December, 2004.

The Role of Faith in the Evolving of Critical Consciousness. Paper Presented at 24th Annual Conference of the Association for Moral Development, November 18-22, 1998, Dartmouth College, Hanover, NH.

SELECT WORKSHOPS AND SEMINARS FOR PROFESSIONALS

On sustainable social and economic development

Opportunities and challenges for spiritually inspired social and economic development: Advanced discussion for practitioners. Flint, MI, April 27-29, 2007.

Education for sustainable development. 3-day seminar for development professionals from North and South America, Annual Rabbani Trust Conference on Social and Economic Development, Orlando, FL, 2005.

Critical consciousness and the challenges of social transformation in post-communist Bulgaria. A series of lectures delivered at Sofia University and other public forums in Bulgaria, June-July 2005.

Moral and social development of adults. American University in Bulgaria, February 1997.

For clinicians and helping professionals

Spiritual literacy and health in relationships, July 2014, Dayspring Summer School, MD

Psychology and spirituality: Integrated living, September 2013, Washington D.C.

Authenticity, intimate relationships and spiritual literacy, January 2009, Washington D.C.

Successful parenting: Transforming challenges into opportunities (Part 1&2). Georgia Health Realization Counseling and Consulting Center, 2006 - 2007, Bowdon, GA.

Tapping into health, resiliency and empowerment: Avoiding burnout and doing short-term therapy. 15th Annual Convention of Licensed Professional Counselors Association, May 15-18, 2003, Atlanta, GA.

The essence of wellbeing: Improving understanding in work and family. Douglasville, GA, 2000.

Human resilience: The power of a secure mind. Douglasville, GA, 1999.

A new health-oriented paradigm in the helping profession. 11th Annual Spring Convention of Licensed Professional Counselors Association, May, 1999, Jekyll Island, GA.

Beyond coping: The phenomenology of mental health and wellbeing. Ridgeview Institute, Smyrna, GA, October, 1998.

WORK EXPERIENCE:

Former Tenured Associate Professor, Humanistic and Transpersonal Psychology, University of West Georgia Graduate and Undergraduate teaching and curriculum development (Until 2006).

Research Associate, Radcliffe College, Harvard University (1995-96).

Private clinical, coaching, and consulting practice (since 2000).

EDUCATION

1996 Ed.D. (Human Development), University of Massachusetts, Amherst, U.S.A.

1983 M.A., English Language and Literature, Sofia University, Bulgaria.