Shannon Deets Ph.D., Psychology Trainee, Licensed Professional Counselor will be heading to Arizona this April 2014 to present her dissertation research at the “Towards a Science of Consciousness” conference. Shannon’s research focuses on altered consciousness induced through movement. She will present a poster at the conference that is a discussion of the altered patterns of phenomenal properties experienced by individuals who engage in dance as a means of producing these altered patterns. It is the culmination of an existential-phenomenological study oriented around the key question: What is the phenomenological experience of individuals who engage in dance as a means of altering their phenomenological consciousness? Data resulted in 21 constituent themes and 6 processes which could be holistically understood as composing a phenomenological model that was harmonious within consciousness research across multiple disciplines. The resulting model was first examined as a rudimentary description of phenomenological consciousness as a fundamental entity of consciousness. Among the 21 themes in the research were themes of mindful presence, transformation of the self, increased self-attributes, community, language, and well-being. The overall model indicated a profound change in the way that individuals interacted in the world following experiences of altered consciousness induced through movement.

This research was conducted while Shannon was a doctoral student at Gannon University. She graduated from the Doctoral Program in Counseling Psychology at Gannon University in August 2013. She currently works as an Adjunct in the Psychology and Counseling Department at Gannon University.

Shannon is also currently employed at Michael Mercatoris Ph.D. and Associates in Meadville Pennsylvania where she works as a licensed professional counselor and a psychology trainee. She also remains active in continuing her research into consciousness and movement. Currently, Shannon is conducting social skills groups with children and adolescents who have autism spectrum diagnoses or other difficulties with social skills. She is currently gathering data to determine how altered consciousness induced through movement can be therapeutically utilized to assist these individuals in consolidation and generalization of social skills. She has several other studies that she will begin in the next few weeks that explore consciousness as related to other therapeutic benefits with adults and consciousness alteration to help ameliorate compassion fatigue for helping professionals. Anyone that is interested in participating in these groups or studies can contact Shannon at Michael Mercatoris Ph.D. and Associates.