



## Raul Quinones Rosado Interview Notes

*Author of the book: Consciousness in Action.*

- *Works with Puerto Rican communities in both Puerto Rico and the USA.*
- *Founder of company c-Integral, focused on change in community, culture and consciousness. Working with social change agents in social justice, the helping professions, academics and consultants.*
- *Consciousness in Action model came out of Leadership Development work specifically with Latinos.*
- *Focus on people of color, women, and other groups who have been historically oppressed and marginalized but are committed to social change and recognize need for internal work at a personal level.*
- *Change does not happen first at personal level then at societal level, it happens all at the same time*
- *Consciousness in Action model stems from idea of integral well-being at levels of body, mind, spirit and heart in an individual, but occurs in a social, economic, cultural and political context (individual and collective dimensions). Seeking integrality and cohesion across all aspects.*

- *Social, economic, cultural and political forces at play that are creating inequality of conditions for social identity groupings such as race, ethnicity, gender and class.*
- *Historical forces such as racism, classism, sexism, homophobia, nationalism and capitalism hinder the process of well-being and full development. Not just for oppressed groups - everyone's humanity is compromised by the presence of oppression*
- *There is misuse and abuse of social, economic, cultural and political power by dominant groups to maintain privileged position.*
- *All of us have been born, raised and socialized within a larger cultural context which shapes our consciousness and self identity. It leads us to believe that we are superior to some and inferior to others.*
- *It limits our humanity to enter into these power dynamics. There is damage to our psyche, our spirit, our hearts and our relationships.*
- *Racism does not only harm people of color, but also white people who are in a privileged position.*

- *All forms of oppression affect negatively, all people involved.*
- *There is a lot to learn from psychology, spirituality and organizational development with regard to how people relate, and what breaks down the sense of Oneness within all beings*
- *Spiritual practice and mediation can point towards what disconnects us from one another and thus what we can do to reconnect.*
- *Essential to the work of Consciousness in Action is gaining greater awareness of personal reactivity and defensiveness - how in the midst of social dynamics we can withdraw and contract from one another.*
- *Hope that Integral Leadership community could truly address and embrace notions of transformation, but also liberation. Integral community looks toward transformation of consciousness, and shies away from liberation from oppression.*
- *It's very clear that all major problems in society are either caused or exacerbated by oppression.*

## Raúl Quiñones Rosado

Raúl Quiñones Rosado, PhD, is author of *Consciousness-in-Action: Toward an Integral Psychology of Liberation & Transformation*. Founder and Co-Director of c-Integral, Inc., Dr. Quiñones-Rosado is a social justice educator, organizer, and integral change consultant. Raúl is part of international movements against racism, colonialism, militarism and other forms of oppression. While Executive Director of Casa Latina, Inc., (Northampton, MA), Raúl established and directed the Institute for Latino Empowerment (1992-2000), dedicated to anti-oppression leadership development and anti-racist community organizing. Later, he co-founded and co-directed Ilé, Inc., (Caguas, PR), which continues to extend this work to communities-of-struggle throughout Puerto Rico and the United States. Raúl's work focuses on liberation psychology and liberation spirituality and their contributions to an emerging "integral activism," as he contributes to the development of theory and effective praxis that integrates liberatory self-development with generative social, economic, political and cultural transformation. Raúl holds a Ph.D. in psychology, with a focus on integral, liberation and transformation psychologies. He is also trained in Psychosynthesis counseling, neurolinguistic programming, and martial and healing arts. Raúl has been a meditation practitioner for over 30 years. He has taught at the University of Puerto Rico, Graduate School of Social Work, and is a Core Trainer with The People's Institute for Survival & Beyond. His writings have appeared in academic, spiritual, political, and professional publications. He has presented his *consciousness-in-action* approach to audiences internationally. Partner, father and grandfather, Raúl lives with his family in Cayey, Puerto Rico.



## Russ Volckmann

Russ Volckmann, Ph.D., has worked for over thirty years as an organization development consultant and executive coach. He is the publisher and editor of *The Integral Leadership Review* and *LeadingDigest* and the founder of *Integral Publishers* (having published nine books by integral authors). As an educator he has taught at U.C., Berkeley; the University of Arizona; the United States Army Intelligence School at Ft. Juachuca, Arizona; Sonoma State University; Golden Gate University; John F. Kennedy University; Leadership University; and the Institute for Transpersonal Psychology. He has served on dissertation committees for the Fielding Graduate Institute and the Institute for Transpersonal Psychology and mentor for Antioch University. As a writer and editor, he was the founding editor of a professional journal, *Vision/Action*, for five years. He is currently on the Editorial Board of *Integral Review* which is published by ARINA, Inc. He has authored two books and is currently working on his third with co-author Brett Thomas on the topic of Integral Leadership.

