

Chapter 1 : Transpersonal Therapy

Transpersonal psychology is a sub-field or "school" of psychology that integrates the spiritual and transcendent aspects of the human experience with the framework of modern psychology. It is also possible to define it as a "spiritual psychology".

So I was intrigued when I recently came across the term, and decided to do some digging. Transpersonal Psychology might loosely be called the psychology of spirituality and of those areas of the human mind which search for higher meanings in life, and which move beyond the limited boundaries of the ego to access an enhanced capacity for wisdom, creativity, unconditional love and compassion. It honors the existence of transpersonal experiences, and is concerned with their meaning for the individual and with their effect upon behavior. According to the Institute of Transpersonal Psychology which is a private graduate school founded in While an exact definition of Transpersonal Psychology is the subject of debate, Transpersonal Psychology is a full spectrum psychology that encompasses all of this and then goes beyond it by adding a serious scholarly interest in the immanent and transcendent dimensions of human experience: Relationships in transpersonal psychology are key. And both people change as a result of this relationship. Various well-known psychologists pioneered transpersonal psychology. According to The Institute of Transpersonal Psychology, William James, Carl Jung and Abraham Maslow are just a few of the psychologists that played a role in pioneering transpersonal psychology. Find out more about each psychologist here. As psychologist Eugene Taylor, Ph. D, writes in the book: He was the first to use the term transpersonal in an English-language context and the first to articulate a scientific study of consciousness within a framework of evolutionary biology. He experimented with psychoactive substances to observe their effects on his own consciousness and was a pioneer in founding the field that is now called parapsychology. He helped to cultivate modern interest in dissociated states, multiple personality , and theories of the subconscious. He explored the field of comparative religion and was probably the first American psychologist to establish relationships with or to influence a number of Asian meditation teachers. He also pioneered in writing about the psychology of mystical experience. Transpersonal psychology emerged as a field in the late s. In , a small working group including Abraham Maslow, Anthony Sutich, Stanislav Grof, James Fadiman, Miles Vich, and Sonya Margulies met in Menlo Park, California, with the purpose of creating a new psychology that would honor the entire spectrum of human experience, including various non-ordinary states of consciousness. Several years later, in , Robert Frager founded the California Institute of Transpersonal Psychology in Palo Alto, which has remained at the cutting edge of transpersonal education, research, and therapy for more than three decades. The International Transpersonal Association was launched in by myself, as its founding president, and Michael Murphy and Richard Price, founders of Esalen Institute. You can find the full-text here , along with other pieces on transpersonal psychology written by Stanislav Grof. What do you know.

Chapter 2 : Transpersonal Psychology - Counselling Directory

Transpersonal therapy is a holistic healing intervention that evolved from the humanistic work of American psychologist Abraham Maslow in the s. It integrates traditional spiritual rituals.

In order to be physically healthy, most of us realize that we need to eat right, exercise regularly, and have illnesses treated as soon as possible. Mental health, on the other hand, might involves stress reduction techniques, talking about problems, and possibly counseling or therapy. However, even people that take excellent care of their bodies and minds may not feel completely healthy. In order to achieve complete well being, many people must work to heal their bodies and minds, as well as their spirits. This refers to an aspect of a person that is beyond the physical realm. They also consist of parts that are intangible and beyond our known existence, or spiritual. Healing these spiritual aspects are often necessary in order to achieve complete peace and well being. People who work with transpersonal therapists often find that this type of therapy helps them feel more complete, or whole. As we move further into the new millennium, more and more people are in search of holistic approaches and alternatives to modern medicine and mental health practices. Many people are also working toward becoming more spiritually aware. Because of this, the field of transpersonal therapy is expected to grow, resulting in more positions for those interested in transpersonal therapy careers. Who Can Benefit from Transpersonal Therapy? Nearly anyone can benefit from transpersonal therapy. However, some people may be more respective to this type of therapy than others. For instance, people who are looking to explore their spiritual sides and those open to new experiences will often benefit more from transpersonal therapy. Transpersonal therapy is also not affiliated with any one religion, so people of all different religions and spiritual paths can partake in this type of therapy. Professionals in this field, however, will often incorporate certain aspects of different spiritual paths and religions into therapy sessions. What Does a Transpersonal Therapist Do? Transpersonal therapists work with all sorts of individuals that are trying to cope with a variety of different problems, particularly mental and emotional problems. As a transpersonal therapist, for instance, you might work with individuals coping with such things as depression, anxiety, substance abuse, phobias, self-esteem problems, and stress. Methods that transpersonal therapists use when working with clients may vary, depending on a few different factors. There are, however, some very common methods used during most personal therapy methods. Meditation is one of the most common methods that transpersonal therapists use. Meditation can help people relax their minds and bodies and get more in touch with their transpersonal selves. Guide visualizations are also often used during transpersonal therapists. This technique involves clients following a clients voice as he guides them through imaginary and symbolic visualizations and scenarios. During guided visualizations, therapists can expose clients to positive images, and clients can explore their spiritual selves. Altered states of consciousness are also sometimes used by transpersonal therapists. One example of an altered state of consciousness is hypnosis, or hypnotherapy. During hypnotherapy, clients are lulled into extremely relaxed states, which makes them more receptive to subtle suggestions. There are also many other methods and techniques that may be used by transpersonal therapists. Clients may simply be encouraged to discuss and explore their spiritual beliefs, for instance, which enables them to have a better understanding of their spiritual path in life. Where Does a Transpersonal Therapist Work? Transpersonal therapists might find employment in a few different settings. They might work in medical hospitals, mental health centers, and rehabilitation facilities, for instance. Because transpersonal therapy is such a new field and is still slightly controversial, however, many transpersonal therapists usually start their own private practices. There are no strict education requirements for pursuing a transpersonal therapy career. Like other therapy careers, though, individuals are usually required to have a solid formal education in order to start a transpersonal therapy career. A handful of schools across the United States offer transpersonal psychology or transpersonal therapy degree programs. Many transpersonal therapists, however, start their careers with degrees in areas such as psychology or counseling. Becoming a licensed psychologist is often recommended, since licensure can open many doors in your career and many areas may even require it to practice. Before you can become a licensed psychologist, you must also complete a certain number of

supervised work hours, which can usually be fulfilled by completing an internship. You should check with your , however, since the minimum number of hours needed varies in each state. Washington requires 3, hours, for instance, while New York requires 3, hours. Spiritual training is another important aspect of becoming a transpersonal therapist. Many of these professionals study several different spiritual paths, and some of them even receive formal training in some spiritual paths. Obviously salary will depend on location, education, experience and employer.

Chapter 3 : Transpersonal | Define Transpersonal at racedaydvl.com

Transpersonal psychology is a spiritual depth psychology. Based on the principles of Jung, Rank, and Reich, among others, this theory subscribes to the belief of a subconscious and super-conscious.

Definition[edit] Lajoie and Shapiro [8] reviewed forty definitions of transpersonal psychology that had appeared in academic literature over the period from to They found that five key themes in particular featured prominently in these definitions: Based upon this study the authors proposed the following definition of transpersonal psychology: In a review of previous definitions Walsh and Vaughan [1] suggested that transpersonal psychology is an area of psychology that focuses on the study of transpersonal experiences and related phenomena. These phenomena include the causes, effects and correlates of transpersonal experiences and development, as well as the disciplines and practices inspired by them. They have also criticised many definitions of transpersonal psychology for carrying implicit assumptions, or presuppositions, that may not necessarily define the field as a whole. Note a Hartelius, Caplan and Rardin [9] conducted a retrospective analysis of definitions of transpersonal psychology. They found three dominant themes that define the field: Analysis suggested that the field has moved from an early emphasis on alternative states of consciousness to a more expanded view of human wholeness and transformation. This development has, according to the authors, moved the field closer to the integral approaches of Ken Wilber and Post-Aurobindonian theorists. Although transpersonal psychology is relatively new as a formal discipline, beginning with the publication of *The Journal of Transpersonal Psychology* in and the founding of the Association for Transpersonal Psychology in , it draws upon ancient mystical knowledge that comes from multiple traditions. Transpersonal psychologists attempt to integrate timeless wisdom with modern Western psychology and translate spiritual principles into scientifically grounded, contemporary language. Another important figure in the establishment of transpersonal psychology was Abraham Maslow , who had already published work regarding human peak experiences. Maslow is credited for having presented the outline of a fourth-force psychology, named transhumanistic psychology, in a lecture entitled "The Farther Reaches of Human Nature" in Early use of the term "transpersonal" can also be credited to Stanislav Grof and Anthony Sutich. At this time, in 1968, Maslow was also in close dialogue with Grof and Sutich regarding the name and orientation of the new field. Both humanistic and transpersonal psychology have been associated with the Human Potential Movement. A growth center for alternative therapies and philosophies that grew out of the counter-culture of the s at places like Esalen , California. The Association for Transpersonal Psychology was established in Mainly in the form of a synthesis of diverse disciplines. Another important contributor to the field, Michael Washburn, was drawing on the insights of Jungian depth psychology. The s were also characterized by the work of Stanislav and Christina Grof, and their concept of spiritual emergence and spiritual emergencies. In the early s a group within APA division 32 Humanistic Psychology argued in favor of establishing transpersonal psychology as a separate division within the framework of the American Psychological Association. A petition was presented to the APA Council in , but was turned down. A new initiative was made in , but it failed to win the majority of votes in the council. In the petition was presented for a third and final time, but was withdrawn by the executive board of Division Turner and Francis Lu. Cortright [44] and Sovatsky [45] made contributions to transpersonal psychotherapy. Both authors published their primary work as part of the SUNY-series. Note b Lukoff, Turner and Lu, writers in the clinical field, were the authors behind the proposal for a new diagnostic category to be included in the DSM-manual of the American Psychiatric Association. The category was called "Psychoreligious or psychospiritual problem" and was approved by the Task Force on DSM-IV in , after changing its name to Religious or spiritual problem. In he formed Integral Institute. In the Institute of Transpersonal Psychology announced that it was changing its name to Sofia University. A change that included a new profile in the academic landscape, with an expanded graduate program. Among these schools we find the Analytical psychology of Carl Jung , [3] [12] [44] the psychosynthesis of Roberto Assagioli , [3] [13] and the humanistic psychology of Abraham Maslow. Barry established transpersonal psychology as a valid action research method in the field of education through his Ph. Other transpersonal disciplines, such as

transpersonal anthropology and transpersonal business studies , are listed in transpersonal disciplines. Transpersonal art is one of the disciplines considered by Boucovolas, [53] in listing how transpersonal psychology may relate to other areas of transpersonal study. In writing about transpersonal art, Boucovolas begins by noting how, according to Breccia and also to the definitions employed by the International Transpersonal Association in , transpersonal art may be understood as art work which draws upon important themes beyond the individual self, such as the transpersonal consciousness. This makes transpersonal art criticism germane to mystical approaches to creativity. Certain aspects of the psychology of Carl Jung , as well as movements such as music therapy and art therapy , may also relate to the field. More recently, the Journal of Transpersonal Psychology, in , Volume 37, launched a special edition devoted to the media, which contained articles on film criticism that can be related to this field. Several academic fields have a strong relation to the field of transpersonal psychology. Related academic fields include near-death studies , parapsychology and humanistic psychology. The major findings of near-death studies are represented in the Textbook of Transpersonal Psychiatry and Psychology, [4] and in The Wiley-Blackwell Handbook of Transpersonal Psychology. A few commentators [20] [57] [58] have suggested that there is a difference between transpersonal psychology and a broader category of transpersonal theories, sometimes called transpersonal studies. According to Friedman [58] this category might include several approaches to the transpersonal that lie outside the frames of science. However, according to Ferrer [59] the field of transpersonal psychology is "situated within the wider umbrella of transpersonal studies". Transpersonal psychology may also, sometimes, be associated with New Age beliefs and pop psychology. Rowan [62] even states that "The Transpersonal is not the New Age". The Oxford Handbook of Psychology and Spirituality , there is still generally considered to be a clear distinction between the two. The following list is adapted from the Textbook of Transpersonal Psychiatry and Psychology [4] and includes: The research of transpersonal psychology is based upon both quantitative and qualitative methods, [11] but some commentators, such as Taylor, has suggested that the main contribution of transpersonal psychology has been to provide alternatives to the quantitative methods of mainstream psychology. Several commentators [9] [32] [65] note that he has distanced himself from the transpersonal field in favour of a new model that he calls integral. However, his psychological model still remains influential to the practice and development of transpersonal psychology, [18] and transpersonal themes remain a central part of his own work. His initial contribution to the understanding of human development was a spectrum-model of psychology, [3] [18] [39] [66] [67] originally outlined in his first books, The Spectrum of Consciousness [35] and The Atman Project - A Transpersonal View of Human Development That is, a confusion of transpersonal progression with prepersonal regression. Wilbers understanding of the levels of consciousness, or reality, ranging from matter to body to mind to soul to spirit, [32] or from prepersonal to personal to transpersonal, [72] [73] is often referred to as the "Great Chain of Being". This overarching framework, that is adapted from the "perennial philosophy" of the worlds great spiritual traditions, is later reformulated by Wilber as the "Great Nest of Being". According to commentators he stopped referring to his work as transpersonal, in favor of the term integral, by the mids. The combination of quadrants and levels resulting in an all-quadrant, all-level approach. The theory also included the concept of holon, "a whole that is simultaneously part of some other whole", and holarchy, "hierarchical holons within holons". Similar to the model presented by Wilber is the information theory of consciousness presented by John Battista. Battista suggests that the development of the self-system, and of human psychology, consists of a series of transitions in the direction of enhanced maturity and psychological stability, and in the direction of transpersonal and spiritual categories. His model presents a series of developmental tasks with corresponding levels of consciousness and psychopathology, and discusses therapeutic interventions in relation to the different levels and transitions. Later in life this contact is weakened, and the prepersonal stage is followed by a new stage of development where the ego is dissociated from the dynamic ground. A regression that paves the way for transcendence, [39] and a fully embodied life. Washburn has contrasted his own perspective, which he calls spiral-dynamic, to the developmental theory of Ken Wilber, which he calls structural-hierarchical. Grof returns to many of these findings in later books. Perinatal levels, which correspond to the theories of Otto Rank, is the area of physical pain and agony, dying and death,

biological birth, aging, disease and decrepitude. Transpersonal levels, corresponding to the theories of C. Jung, is the area of a number of spiritual, paranormal and transcendental experiences, including ESP phenomena, ego transcendence and other states of expanded consciousness. In order to bring structure to the psychodynamic and perinatal levels Grof introduces two governing systems, or organizing principles: The COEX-system, which is the governing system for the psychodynamic level, and the Basic Perinatal Matrices, which represent the birthing stages and is the governing system for the perinatal level. This has led to the confrontation of constructive and deconstructive models of the process leading to genuine mental health: According to Sovatsky these are maturational processes, affecting body and soul. According to his model a number of advanced yogic processes are said to assist in "maturation of the ensouled body". In his revision of transpersonal theory Ferrer questions three major presuppositions, or frameworks for interpretation, that have been dominant in transpersonal studies. These are the frameworks of Experientialism the transpersonal understood as an individual inner experience ; Inner empiricism the study of transpersonal phenomena according to the standards of empiricist science ; and perennialism the legacy of the perennial philosophy in transpersonal studies. According to Ferrer "the ocean of emancipation has many shores". That is, different spiritual truths can be reached by arriving at different spiritual shores. He defines these events as "emergences of transpersonal being that can occur not only in the locus of an individual, but also in a relationship, a community, a collective identity or a place. Brown [94] adopts the participatory paradigm as a means to fostering clinical pluralism. In their outline of transpersonal therapy they emphasize that the goals of therapy includes both traditional outcomes, such as symptom relief and behaviour change, as well as work at the transpersonal level, which may transcend psychodynamic issues. Both Karma Yoga and altered states of consciousness are part of the transpersonal approach to therapy. Besides drawing on the insights of post-freudians, such as D. Winnicott, Sovatsky integrates his approach to psychotherapy with an expanded understanding of body and mind, informed by the philosophy of Yoga. He also presents a unifying theoretical framework for the field of Transpersonal Psychotherapy, and identifies the dimension of human consciousness as central to the transpersonal realm. He also addresses clinical issues related to meditation, spiritual emergency, and altered states of consciousness. Instead he suggests that these two lines of development are intertwined, and that they come to the foreground with shifting emphasis. Within contemporary psychoanalysis it has been suggested that, from a clinical point of view, postulating a transcendent dimension to human experience is theoretically necessary in promoting non-reductive approaches to therapy. Note d Many of the psychological difficulties associated with a spiritual crisis are not ordinarily discussed by mainstream psychology. Note e The term "spiritual emergence" describes a gradual unfoldment of spiritual potential with little disruption in psychological, social and occupational functioning. A spiritual emergency may cause significant disruption in psychological, social and occupational functioning. Their concern was the possibility of misdiagnosis of these problems. The category was approved by the Task Force in , after changing the title to "Religious or Spiritual Problem". In their view there exist criteria for differentiating between spiritual problems and mental disorders such as psychosis. Addition of the new category to the DSM-system was recognized by the psychiatric press, [3] [] [] [] [] and the New York Times. Chinen [20] notes that the inclusion marks "increasing professional acceptance of transpersonal issues", while Sovatsky [45] sees the addition as an admittance of spiritually oriented narratives into mainstream clinical practice.

Chapter 4 : Transpersonal Psychology – Alef Trust

According to The Institute of Transpersonal Psychology, William James, Carl Jung and Abraham Maslow are just a few of the psychologists that played a role in pioneering transpersonal psychology.

In transpersonal therapy it is recognized that there are developmental stages beyond the adult ego, which involve experiences of non-duality, oneness, or connection to all life. In healthy individuals, these developmental stages lead to higher states of consciousness including altruism, creativity, intuition and unconditional love. Since only the mind can be sick, only the mind can be healed. Only the mind is in need of healing. This does not appear to be the case, for the manifestations of this world seem real indeed. The word "transpersonal" comes from the Latin "trans," meaning beyond and through, and "persona," meaning mask or personality. Transpersonal therapy is truly holistic, encompassing all levels of human experience, including the spiritual, seeking to reveal the person behind the personality. The human experience of transcendental or non-egoic states of consciousness exist across all culture and traditions. This shift in ideology changes the whole nature of the therapy. The therapist is not in a superior position to the client, and listens with suspended judgment and an attitude of deep respect. While each person has their own thoughts and beliefs and feelings, their experiences cannot be completely separate. The consciousness of one has a direct impact on that of the other. It is in that shared consciousness, where true empathy and insight can take place for both therapist and client. While it is still important at times for the therapist to be discriminating and analytical, the primary mode of being with the client is with an attitude of open-mindedness, wonder and innocence, what is referred to as "beginners mind" in Zen Buddhism. It is as if everything that is said, and felt, and thought, was for the first time ever. The therapist strives to be completely genuine, "authentic," and "present" and coaches the client to do the same. Both aspire to be self-aware, honest, and "real. Learn more about the theories of transpersonal therapy. A person experiencing a state of enlightenment may appear psychotic or schizophrenic to some, but such a person is rooted in certain qualities of being that are not based on fear or destructive tendencies and also has the ability to self-regulate. Mindfulness Based Cognitive Therapy is it transpersonal? Cognitive Behavioral Therapy CBT has been shown to be a very effective treatment for depression and anxiety. Its premise is that our thoughts and deeply held assumption and beliefs influence our emotions and perceptions. Combined with transpersonal therapy principles, CBT takes on a different tone. When we mistake these shadows of the mind as our true self, we suffer greatly. We fall into guilt, shame, fear, and depression. The mind is incapable of knowing the Essential Self, just as the mind is incapable of imagining the number of stars in the sky or drops in the ocean. When the practice of mindfulness is added to cognitive behavioral therapy, it opens up a greater possibility for transpersonal experiences. Energy Psychology and Transpersonal Therapy Energy Psychology is a relatively new field, but I believe that within the next five years it will be the gold standard of mental health treatment as well as be accepted as an important adjunct to medical treatment for many physical conditions. There is a vast and ever-growing number of techniques within the field of Energy Psychology. This simple process allows deep, instantaneous and usually lasting change to take place on many levels. Negative thoughts and emotions can disappear, destructive habits and behaviors can cease, and your capacity to experience joy, peace, love and positive relationships can be greatly enhanced. Energy Psychology methods such as EFT offer a wonderful method of healing for the Transpersonal model, as it gracefully and easily eliminates the barriers to a deeper state of peace, clarity and empowerment. EFT can be used to treat emotional pain and trauma, thus supporting ego strength, and can also be used to open to spiritual experiences and higher states of consciousness. Learn more about EFT - A powerful Energy Psychology Technique Just imagine becoming the way you used to be as a very young child, before you understood the meaning of any word, before opinions took over your mind. The real you is loving, joyful, and free. The real you is just like a flower, just like the wind, just like the ocean, just like the sun.

Chapter 5 : 6 Facts About Transpersonal Psychology

Transpersonal psychology is one of the lesser known fields in psychology. It began in the late 60s, as an attempt to establish a "fourth force" in psychology, following the psychodynamic.

At some point in time, most of us take a moment to look inside ourselves to discover our inner souls. For some, this might be a fleeting moment, but for others, it can last for years. Transpersonal psychology is a field of psychology for all of the soul searchers out there. Trans translates to "beyond", and personal refers to personality. Therefore, transpersonal psychology is a field of psychology that is the study of the human aspect that goes beyond the realm in which the so-called normal personality operates. Studying transpersonal psychology often involves studying spirituality and the parts of the ego that are typically unexplored. Because this field of psychology deals with spirituality, there is often a religious aspect to it as well. This often involves getting acquainted with previously unknown levels of consciousness and life beyond the physical plane. Transpersonal psychology has one of the more interesting histories of all fields of psychology. It was around this time that two Harvard psychologists, Richard Alpert and Timothy Leary, began experimenting with psychedelic drugs, namely LSD and psychedelic mushrooms. Their experiments were meant to discover altered states of consciousness and transpersonal aspects of the human psyche. Although these two unorthodox professionals were fired from the university after their unusual experiments, the seed of transpersonal psychology had been planted and had begun to grow. In 1967, a small group of psychology professionals gathered to create a field of psychology with the purpose of studying all areas of human existence, including our transpersonal existence. From this group, transpersonal psychology began to come into its own. Today, psychedelic drugs are not used to aid those in the field of transpersonal psychology. At least not in traditional circles. It is, however, still a growing field, especially considering humans are becoming more spiritual and looking for new holistic ways to feel better about ourselves and our lives. Transpersonal psychologists believe that to be at our peak performance in life, our bodies have to be completely healthy. Medical doctors can help us take care of our physical bodies, and traditional psychologists can help us take care of our minds. Transpersonal psychologists can help take care of the often ignored soul. Having a healthy mind, body, and soul can lead to a much healthier and happier existence. The field of transpersonal psychology can also help people realize that people are ultimately spiritual beings in physical bodies, and that our consciousness has more than one level. By understanding these concepts, individuals will often have an easier time reaching self-actualization and self-fulfillment in life.

What Does a Transpersonal Psychologist Do?

Transpersonal psychologists work directly with people that might be "lost" spiritually, or just those that are looking for help "finding themselves" in order to leave a happier life. These professionals can also help patients change their negative behaviors, improve their relationships, or even just explore their spiritual sides. Professionals in this field might use a number of different types of therapy and counseling to help guide their patients. They might use talk therapy, for instance, just as a traditional psychologist would. However they might also combine this traditional type of therapy with spiritual aspects as well. Therapy and counseling in transpersonal psychology might involve such things as meditation, dream work, altered states of consciousness, and vision quests. These types of therapies can be used to help patients see themselves not merely as flesh, blood, and bones, but as diving individuals with a heightened sense of the world around them.

Where Do Transpersonal Psychologists Work?

Because transpersonal psychology is still thought to be quite unusual, it might be somewhat difficult for some individuals to find employment in this field. Businesses like spas and spiritual retreats, however, might hire transpersonal psychologists, as will a few mental health clinics. The majority of transpersonal psychologists, though, will usually start their own private practices, seeing patients at their own convenience. Those with advanced degrees might also be able to find employment teaching at colleges and universities. As with finding a transpersonal psychology job, finding the right schools that cater to aspiring transpersonal psychologists can also be difficult. Only a handful of traditional colleges and universities offer degree programs in transpersonal psychology. Many aspiring transpersonal psychologists start their careers with bachelor degrees in general psychology or counseling psychology. Below is the complete educational path for

the Psychologists:

Chapter 6 : Transpersonal psychology - Wikipedia

Transpersonal psychology (also known as transpersonal counselling) is a humanistic approach to therapy that was developed by American psychologist, Abraham Maslow in the s. The term 'transpersonal' means 'beyond the personal', and this reflects the core aim of the therapy - to explore human growth and help people to discover a deep and more enduring essential self that exists beyond the conditioned ego.

Chapter 7 : Transpersonal | Definition of Transpersonal by Merriam-Webster

Transpersonal psychology is a field or school of thought in psychology centered on the spiritual aspects of human life. The term transpersonal psychology was first introduced in the s by psychologists such as Abraham Maslow and Victor Frankl.

Chapter 8 : Transpersonal - Wikipedia

In transpersonal therapy it is recognized that there are developmental stages beyond the adult ego, which involve experiences of non-duality, oneness, or connection to all life. In healthy individuals, these developmental stages lead to higher states of consciousness including altruism, creativity, intuition and unconditional love.

Chapter 9 : Transpersonal & Psychology Classes - Online Courses | Atlantic University

Transpersonal therapy is a type of therapy that doesn't focus on a person's body and mind, but on the health of a person's spirit. This type of therapy puts an emphasis on a person's spiritual path or spiritual enlightenment during his life.