

GPHD6101 : Foundations of Transpersonal Psychology

This course examines the transpersonal psychology's historical influences at its founding in the 1960s, all the way up to the present day. Psychoanalytic, Jungian, behavioral, existential, cognitive, and humanistic schools of thought will be examined in order to trace their initial and ongoing influences in the field. The course also examines the theories and applications of transpersonal psychology, especially how nonduality, integral holism, and transformational studies have influenced human developmental ideas that utilize the spiritual dimensions of the self to catalyze and quicken the process towards optimal mental health in ways that have proven to benefit individuals, societies, and the environment.

Credits 3