

# MLR1066 : Transpersonal Skills Lab 2 – Psychosynthesis (Creative Focus)

This transpersonal skills lab will focus on experiential, creative expression through psychosynthesis. Self-exploration practices will be included in this course as an essential component of psychosynthesis. There will be an emphasis on students developing their ability to access their own creativity, as well as their ability to facilitate their clients' creative self-exploration and self-expression. In service of this, students will be offered a variety of creative arts materials and prompted to use them while participating in psychosynthesis exercises.

**Credits** 1