

MLR1066 : Transpersonal Skills Lab – Psychosynthesis (Creative/Spiritual/Somatic Focus)

This course offers hands-on experiences and opportunities for creative expression through psychosynthesis. Students will explore practices and concepts from multiple perspectives, engaging in self-exploration as a core component of psychosynthesis. The course emphasizes the development of students' abilities to access their own creativity and to facilitate their clients' creative self-exploration and expression. To support this, students will be provided with a variety of creative arts materials and encouraged to use them during psychosynthesis exercises. The two primary goals of the labs are: Restorative self-exploration in the service of whole person learning and experiential engagement with transpersonal practices that can be applied in clinical settings. Prerequisites None.

Credits 3