

PHDC7224 : Stages and Applications of Integral Transpersonal Psychology and Psychotherapy

This course will build on the Foundations course and focus on the Integral Transpersonal Psychology's understanding of stages of development, which extend from the earliest childhood stages to the most expansive transpersonal stages that may occur later in life. Students will be exposed to the basic research underlying integral stage theory, including critiques and controversies. There will be an emphasis on the complex relationship between stage development, emotional health, and maturity. The latter portion of the course explores applications of the Integral Model in psychotherapy, coaching, and spiritual guidance with an emphasis on peer exercises, instructor demonstration, and discussion of case study material.

Credits 3