

# **Transpersonal Group Psychotherapy**



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# Presenter's Background

- CA Institute of Transpersonal Psychology - 1972 syllabus
- gestalt - bioenergetics - ego psychology
- psycho-mystical traditions: Tibetan Buddhism, Sufism
- psychodynamic psychotherapy
- clinical supervision
- altered states of consciousness
- DSM-IV: 'religious and spiritual problems,' cults
- meditation

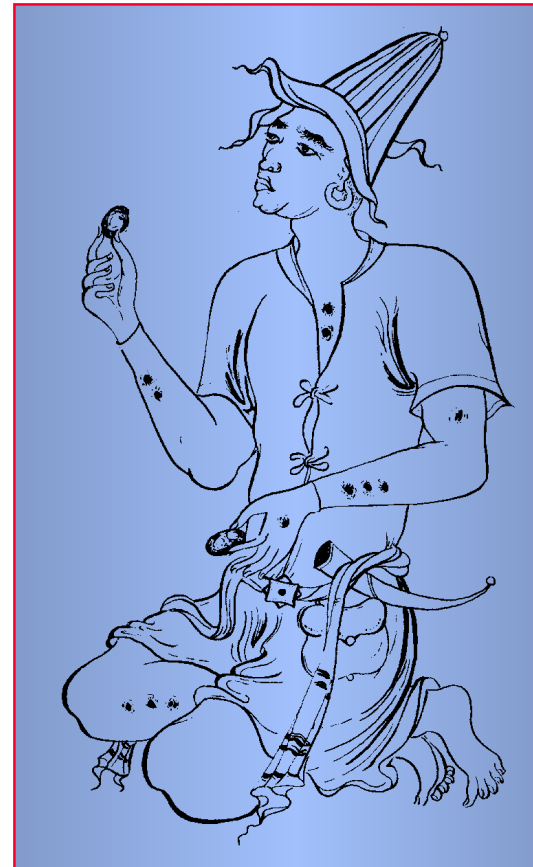


# The Parrot Story



# Aim of Transpersonal Methods

- symptom reduction
- behavior change
- conceptual framework for handling transpersonal experience
- emancipate awareness from the tyranny of conditioning



# Aim of Transpersonal Methods

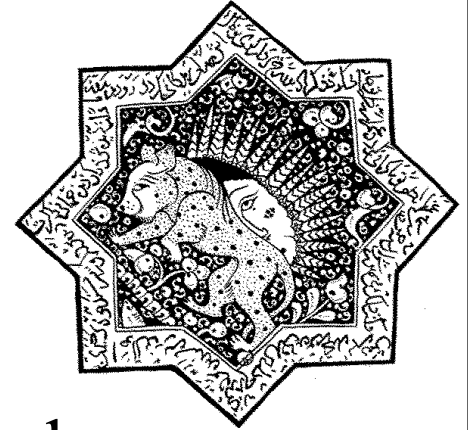
- open the compassionate heart
- gain access to one's archetypal myths
- open intuition that lifts one beyond the senses
- expand consciousness to identify with a universal divine Presence



# Definitions

- basic organ
- ego
- transpersonal
- conditioning
- states
- mysticism

# Influences



- William James
- George Gurdjieff
- Aldous Huxley
- Roberto Assagioli
- R D Laing
- Idries Shah
- Stanislov Grof
- Arthur Deikman
- Frances Vaughan
- Charles Tart
- Seymour Boorstein
- Mark Epstein
- Mohammad Shafii
- Ken Wilber
- Peggy Wright
- A H Almaas

# Transpersonal Stages of Development



- identification with self
- dis-identification from self
- transcendence of self

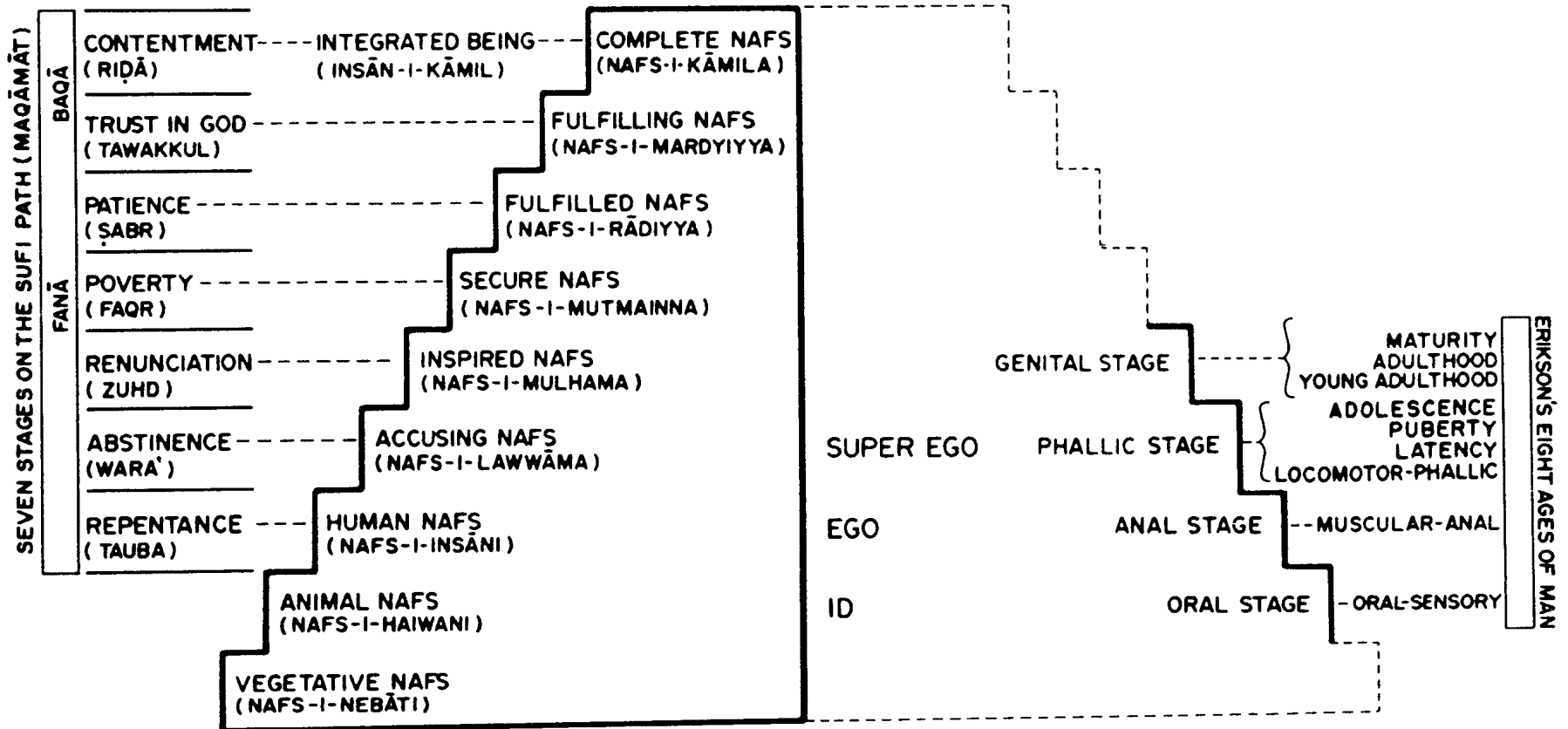




# STAGES OF HUMAN DEVELOPMENT

## SUFISM

## EGO PSYCHOLOGY



(chart from Shafii, p. 22-23)

# Group Frame

- leadership
- intentional model
- selection of members
- evaluation
- exclusions
- meetings
- evaluating progress



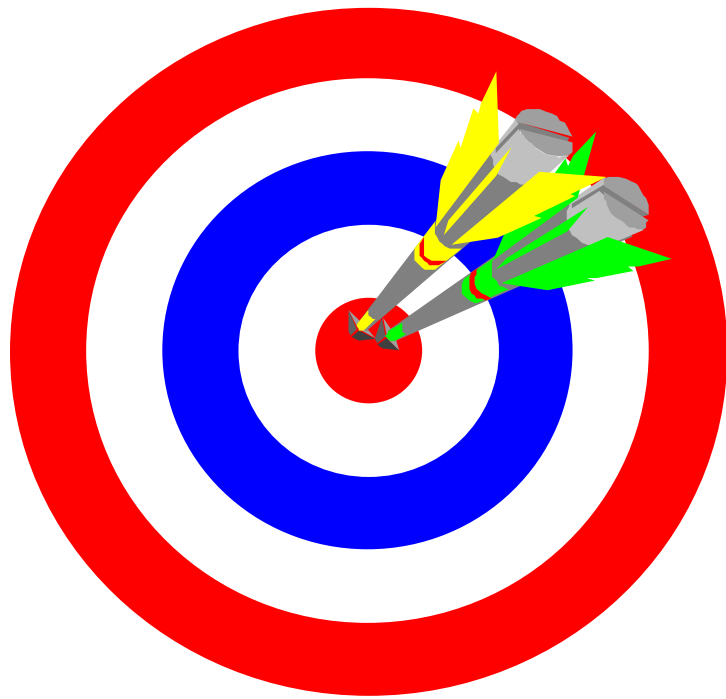
# Core Areas of Exploration

- cloudy mind
- training mind
- catalyzing  
transpersonal  
consciousness



# Training an Untrained Mind

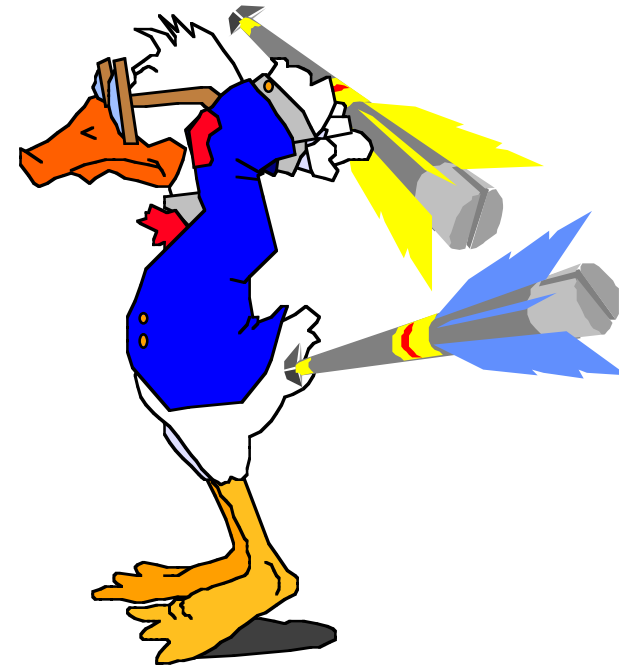
- ethical
- attention
- emotions
- motivation
- refining awareness
- wisdom
- intrapersonal
- interpersonal



# Ethical Training

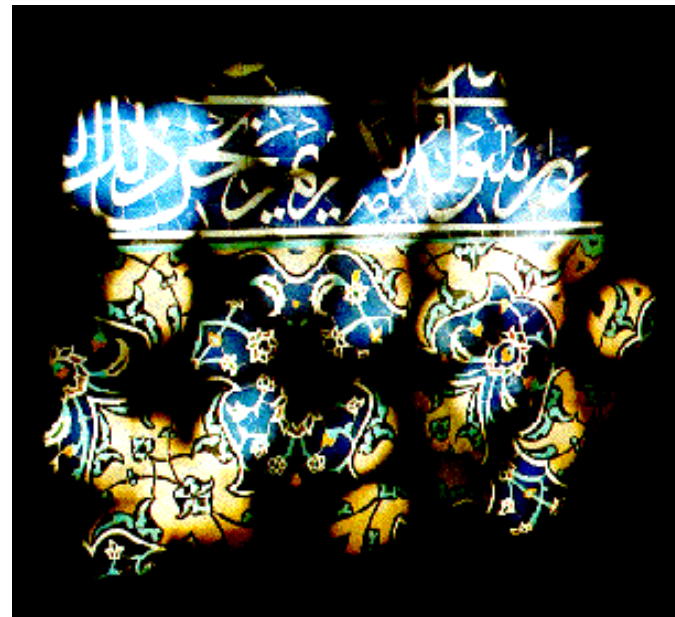
sin: 'to miss the mark'

- orthodox
- traditional
- unethical behavior



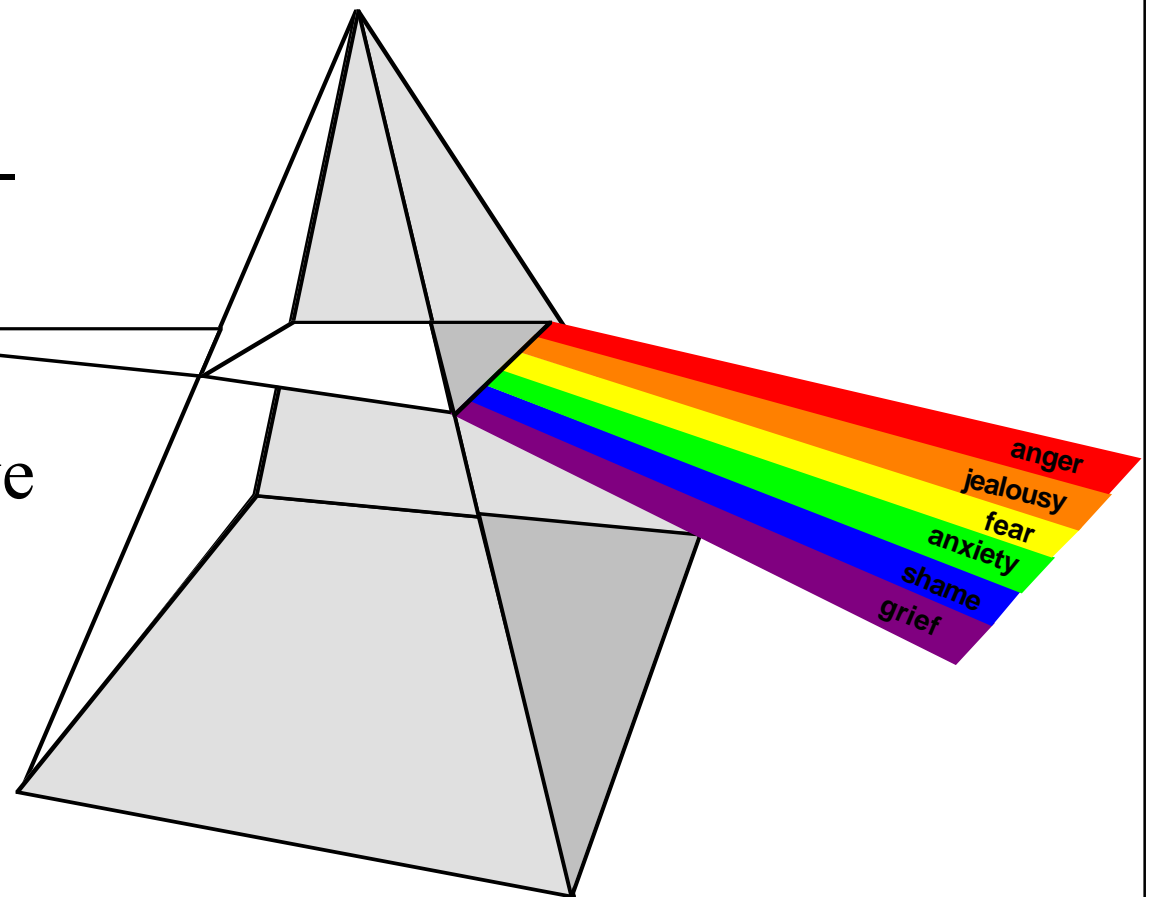
# Attentional Training

- observing ego
- asleep vs. awake
- mindfulness
- remembering one's self
- meditation



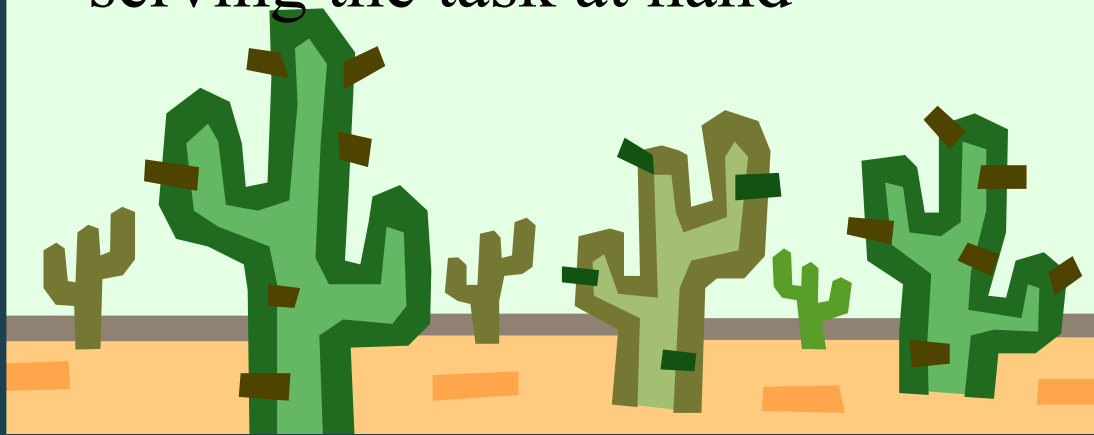
# Emotional Transformation

- contact - validate - experience
- express
- cultivating positive emotions
- dis-identification practice



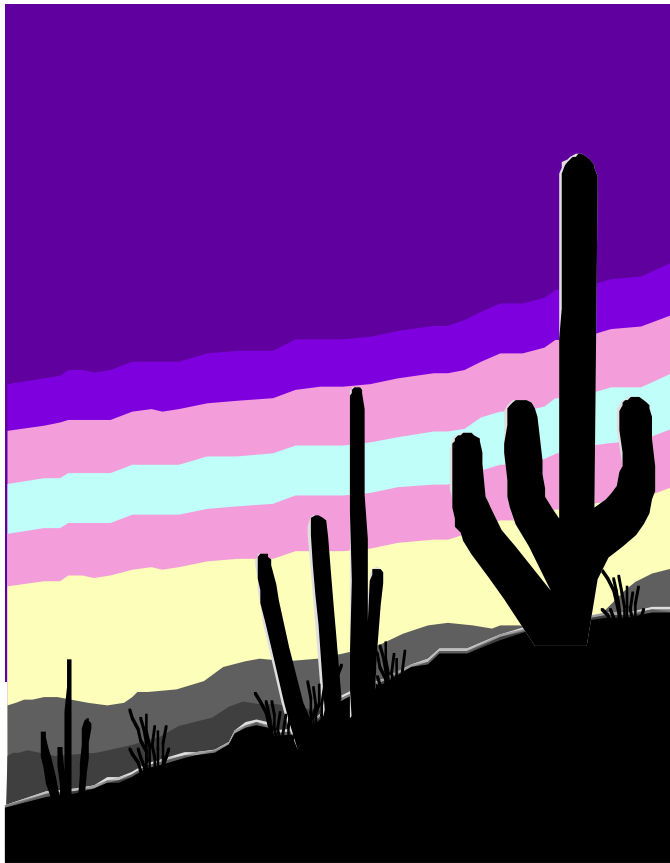
# Training Motivation

- unaware of our motivations
- object mode - receptive mode
- motive determines consciousness
- serving the task at hand





# Refining Awareness



- cultivating intuition
- refining perception
- awareness shifts to Being itself

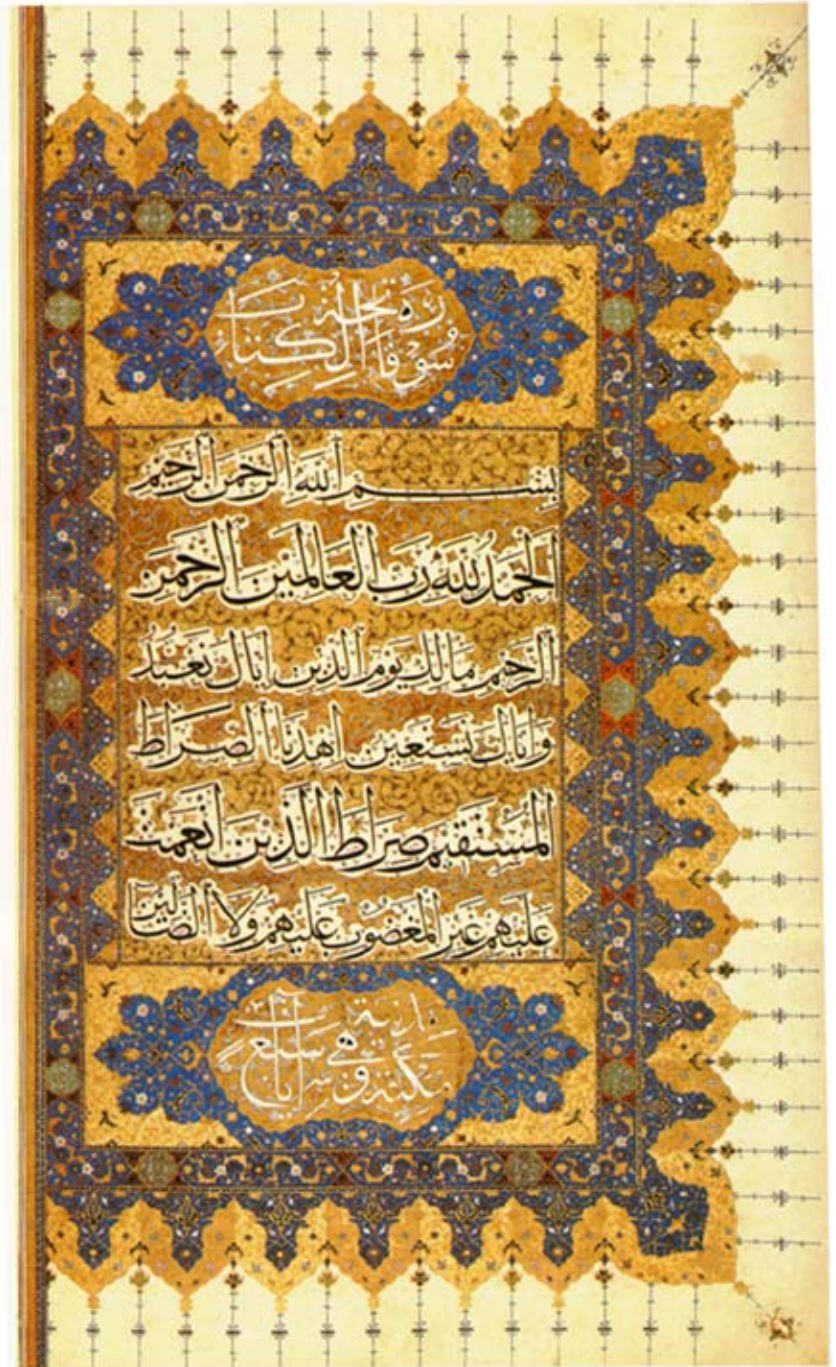
# Training Wisdom

- perennial philosophy
- lives and writings
- teaching stories
- non-dual thinking
- ‘that little smile that hits your face when things fall apart’



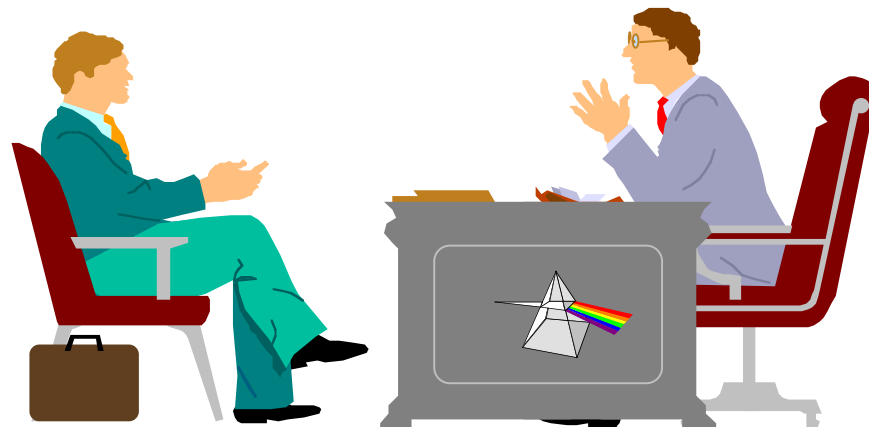
# Intrapersonal Training

- individual dialogues
- attention to feelings, thoughts, sensations, motivation
- unconscious material
- allowing
- personality vs. essence



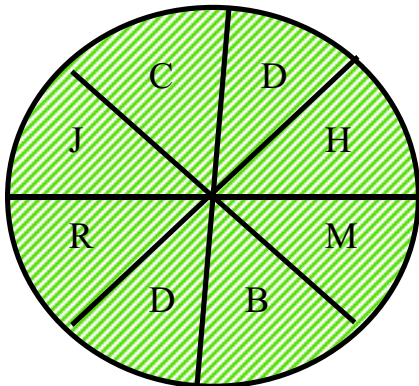
# Interpersonal Psychiatry

- Sullivan, Leary, Shostrom
- phenomenological method
- eight types displayed
  - four aggressive
  - four passive
- testing tool
- circular display



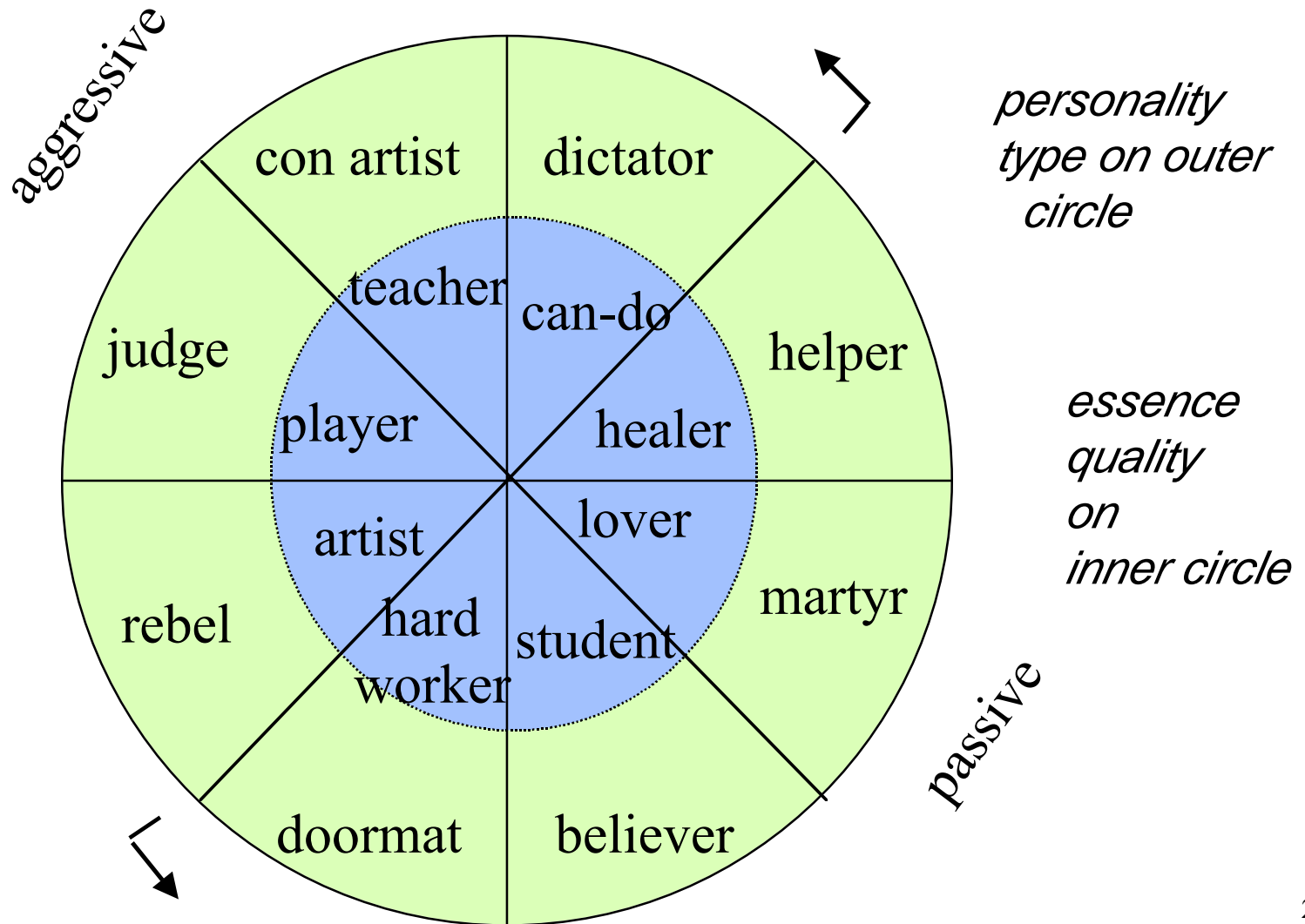
# Interpersonal Training

- interpersonal group psychotherapy
- ego strengthening
- mutual support re: awareness
- interpersonal personality types
  - dictator
  - con-artist
  - judge
  - rebel
  - doormat
  - believer
  - martyr
  - helper



# Personality Types & Essence

## Aspects



# Aggressive Interpersonal Type

<b>PERSONALITY</b>	<b>ESSENCE</b>
<i>dictator</i>	<i>can-do</i>
controls	yields
demands	states openly
pushes	harmonizes
brutal	compassionate
stone-walling	authentic
bravado	brave
demand respect	humble

# Passive Interpersonal Types

<b>PERSONALITY</b>		<b>ESSENCE</b>
<i>doormat</i>		<i>hard worker</i>
depressed		rest
unworthy		worthy
helpless		helper
passive		assertive
obeys		harmonizes
shame		humble
passive-aggress		standing fast



# What to do with your type?



- ‘travel in your home land’
- summarize observations
- note the type arising
- disrupt/contain
- seek the essential expression

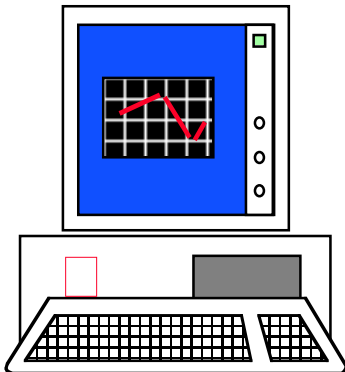
# Training Leaders



- ethics
- conventional group methods
- transpersonal methods
- personal therapy
- clinical supervision
- meditation practice

# Research Methods/Tools

- interpersonal prototypes
- mystical experience
- spiritual assessment
- dimensions of meditative experience
- consciousness I, II, III
- ways to live
- general index of reality
- religious experience
- fear of personal death scale



(c.f. MacDonald, et. al. 1995)

# Building Community



- acceptance
- attention
- informed action locally
- seamless whole
- contacting the pre-existing communion
- waking one another up repeatedly
- linking with the Tradition in history

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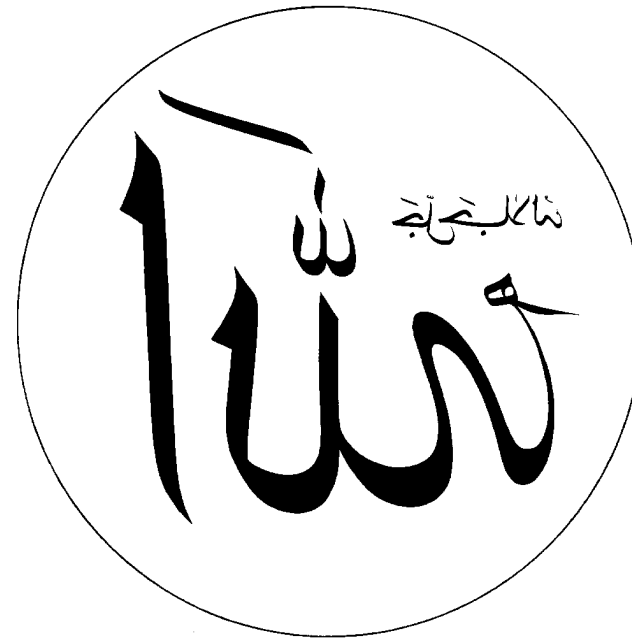
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