

Transpersonal Psychotherapy – Working with Soul

Week 3

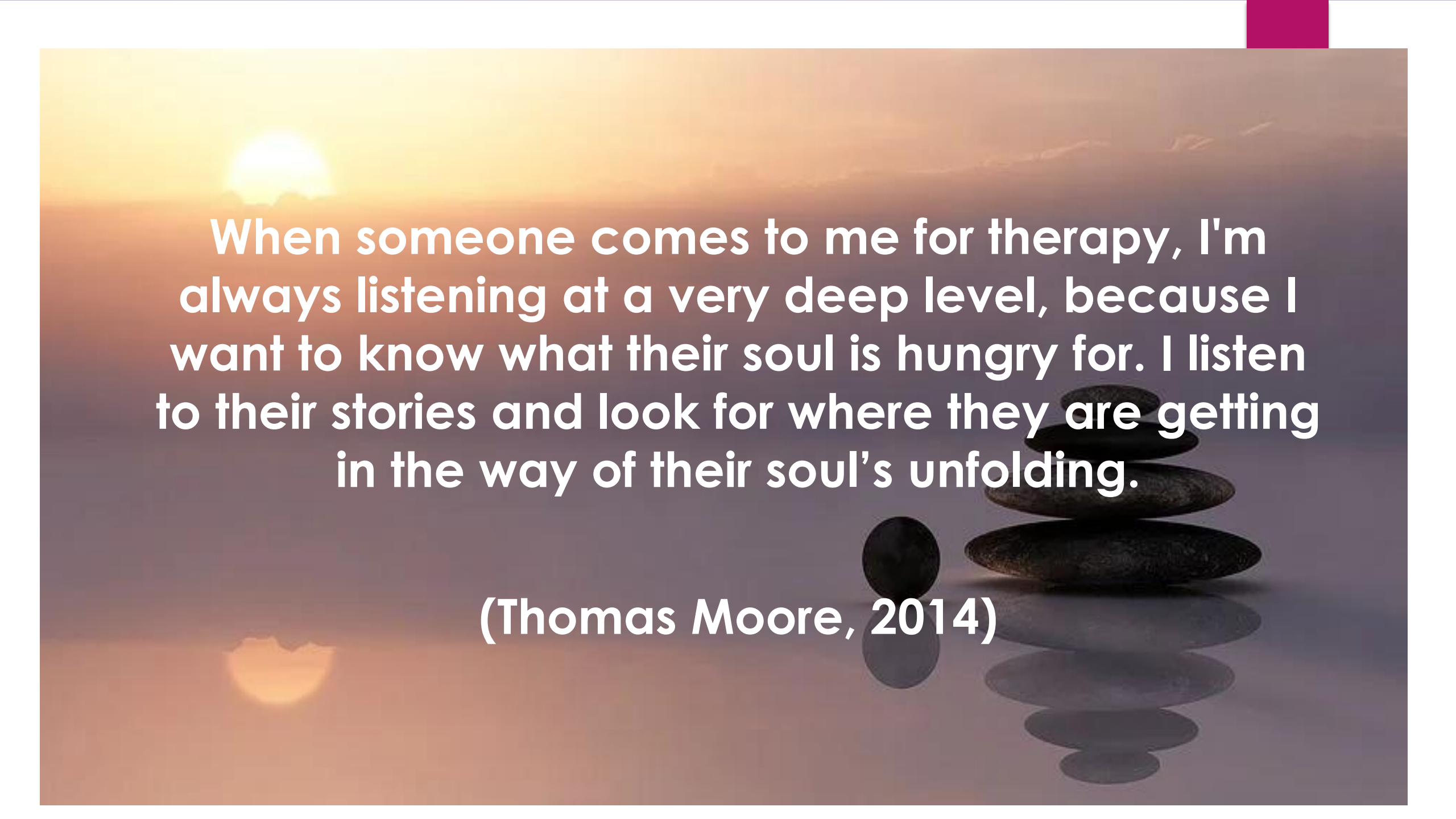


The soul always knows what to do
to heal itself. The challenge is to



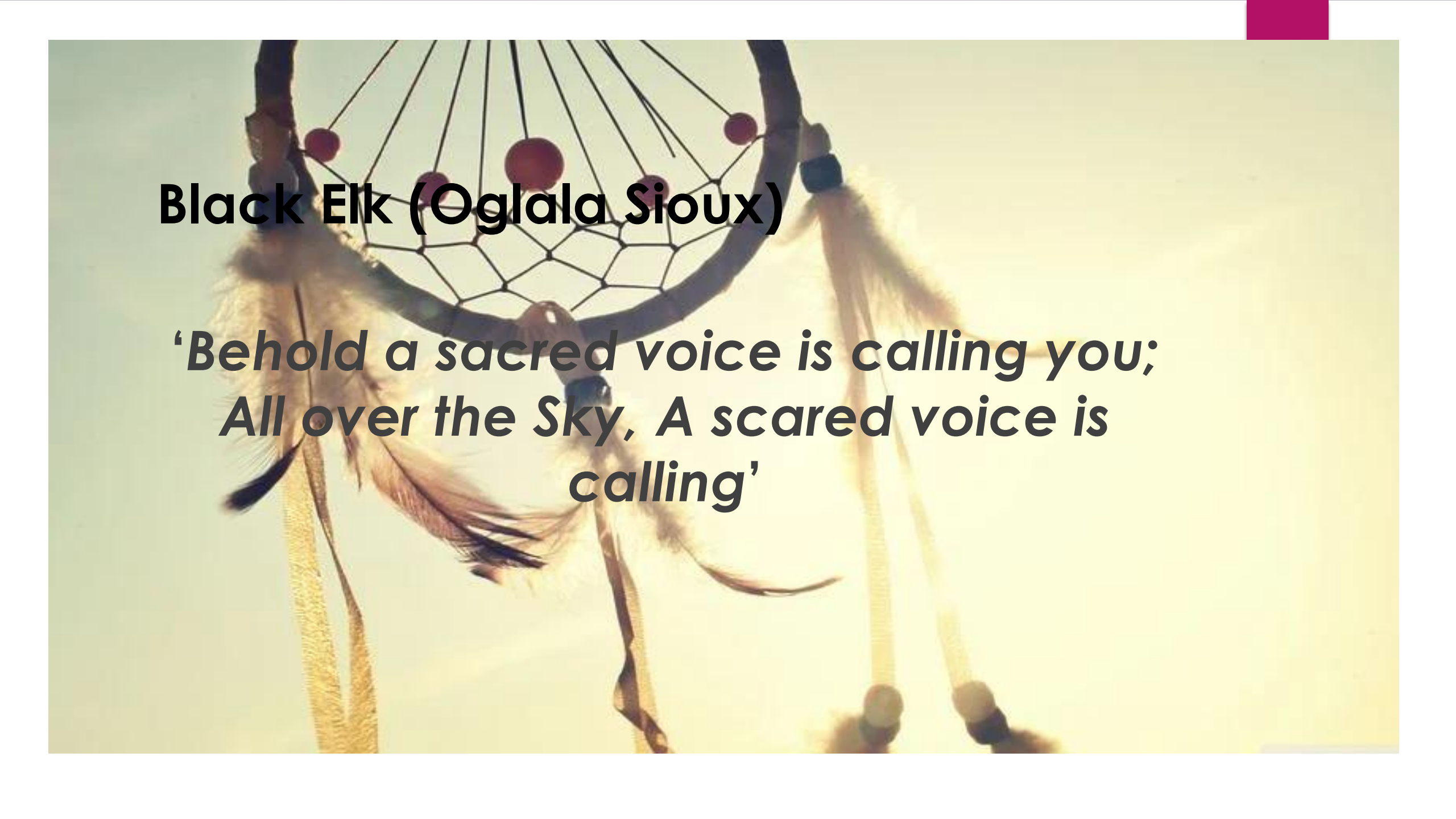
silence the mind

Caroline Myss



When someone comes to me for therapy, I'm always listening at a very deep level, because I want to know what their soul is hungry for. I listen to their stories and look for where they are getting in the way of their soul's unfolding.

(Thomas Moore, 2014)

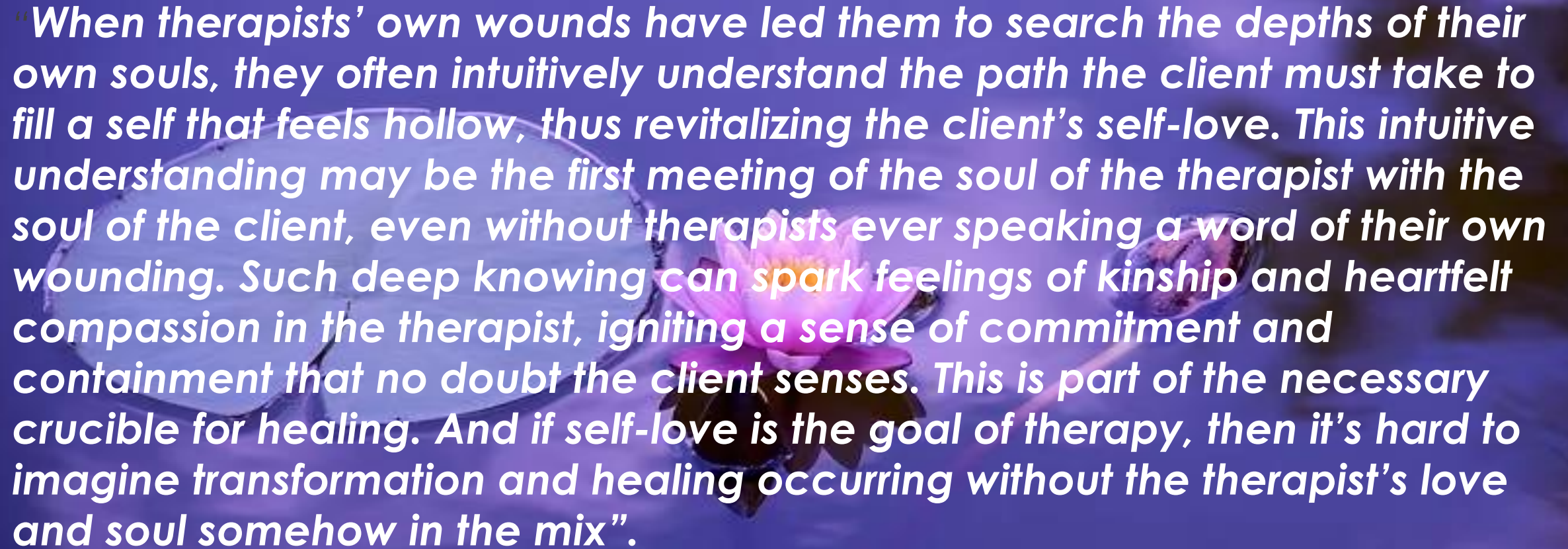


Black Elk (Oglala Sioux)

***‘Behold a sacred voice is calling you;
All over the Sky, A scared voice is
calling’***

(Laura Kerr 2015)

“When therapists’ own wounds have led them to search the depths of their own souls, they often intuitively understand the path the client must take to fill a self that feels hollow, thus revitalizing the client’s self-love. This intuitive understanding may be the first meeting of the soul of the therapist with the soul of the client, even without therapists ever speaking a word of their own wounding. Such deep knowing can spark feelings of kinship and heartfelt compassion in the therapist, igniting a sense of commitment and containment that no doubt the client senses. This is part of the necessary crucible for healing. And if self-love is the goal of therapy, then it’s hard to imagine transformation and healing occurring without the therapist’s love and soul somehow in the mix”.

A pink lotus flower is in full bloom, its petals layered and vibrant. It sits on a dark green lily pad. To its left, another lily pad is partially visible. The water is a deep, calm blue, reflecting the light. In the background, more lily pads and the dark silhouettes of trees are visible, creating a serene, natural setting. The overall mood is peaceful and contemplative, fitting the theme of the text.

Spirituality and Religion

“I think it is especially important that we as counsellor or psychotherapist hold open a space where our clients can explore these issues if they so wish (West, 2012)”





So what does spirituality
mean?

Should it be valued in the
Therapeutic Context?

Are we afraid to talk about it?





Have
a
Break



Traditional Healing Practices & Spirituality

- ▶ Roy Moodley,
- ▶ William West
- ▶ Brian Thorne

- ▶ What do we mean?

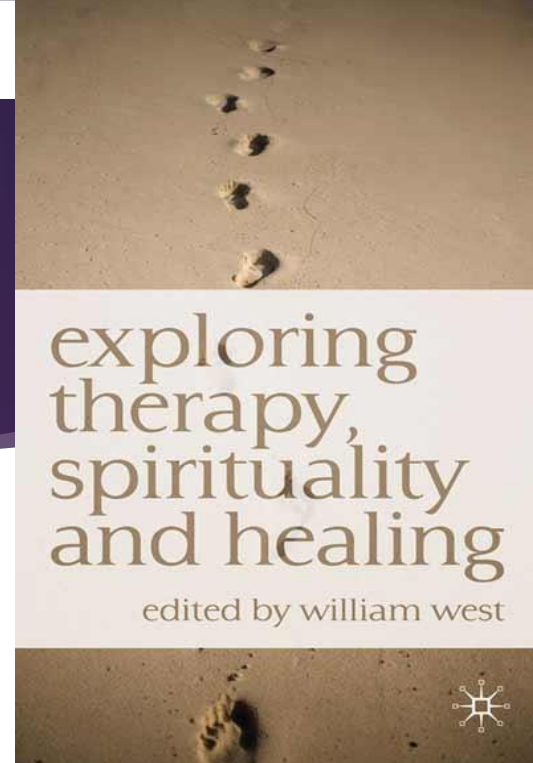


Defining Spirituality – William West (2012)

The following features are appropriate I believe in defining spirituality in a therapeutic context:

- it is rooted in human experiencing rather than abstract theology
- it is embodied
- it involves linking with other people and the universe at large
- it involves non ordinary consciousness
- that active engagement with spirituality tends to make people more altruistic, less materialistic and more environmentally aware
- it deals with the meaning that people make of their lives

- it faces suffering and its causes
- it relates to God/Goddesses/ultimate reality
- it often uses the word 'soul' or 'higher self'
- techniques such as prayer, meditation, contemplation, mindfulness, yoga and Tai Chi are often used as spiritual practices
- Any clients actively exploring their spirituality are likely to resonate with much of the above, and may have issues arising from the above, and from residual childhood and adult interactions with organised religion.



Religion and spirituality in Britain today

- ▶ 'Believing not belonging' most of the Christian churches are in decline
- ▶ For many ethnic minority people religion is an important part of coping with white society
- ▶ According to David Hay most people (76%) in Britain have spiritual experiences

West, W. (2012) *Addressing Spiritual Issues in Counselling and Psychotherapy*. Thresholds.



- ▶ *“I find that when I am somehow in touch with the unknown in me, when perhaps I am in a slightly altered state of consciousness in the relationship, then whatever I do seems to be full of healing. Then simply my **presence** is releasing and helpful. There is nothing I can do to force this experience, but when I can relax and be close to the transcendental core of me, then I may behave in strange and impulsive ways in the relationship, ways which I cannot justify rationally, which have nothing to do with my thought processes.”*
- ▶ Carl Rogers, (1980) – Way of Being

Carl Rogers (Cont)



- ▶ “But these strange behaviors turn out to be *right in* some odd way. At those moments it seems that my inner spirit has reached out and touched the inner spirit of the other. Our relationship transcends itself and becomes a part of something larger. Profound growth and healing and energy are present.”

Brian Thorne - Tenderness



- ▶ It is a quality which irradiates the total person-it is evident in the voice, the eyes, in the hands the thoughts, the feelings, the beliefs, the moral stance, the attitude to things animated the inanimate, seen and unseen.
- ▶ It communicates through its responsive vulnerability that suffering and healing are interwoven.
- ▶ It demonstrates a preparedness and an ability to move between the worlds of the physical, and the emotional, the cognitive and the mystical without strain.
- ▶ It is without shame because it experienced as the joyful embracing of the desire to love and is therefor a law unto itself.

Tenderness (cont)

- ▶ It is a quality that transcends the male and female, but is nevertheless nourished by the attraction of the one for the other in the quest for wholeness.
- ▶ (Thorne, 1985/2004)

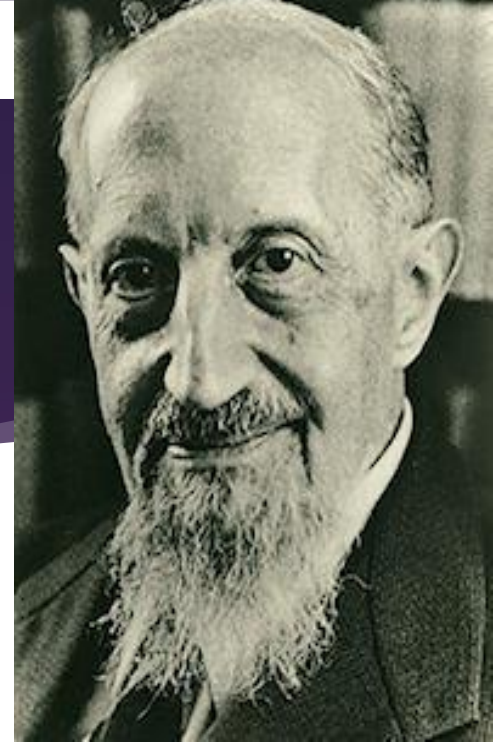


Transpersonal Psychology

- ▶ Emerged through a group of men and women interested in inner states of consciousness and their empirical, scientific study.
- ▶ Its pioneers include Richard Bucke, William James, Carl Jung, Roberto Assagioli, Abraham Maslow and Viktor Frankl and others.
- ▶ Journal of Transpersonal Psychology (1969) and the establishment of the American Association for Transpersonal Psychology (1971).

Transpersonal Psychotherapy

<https://www.youtube.com/watch?v=CVwX-x1NhbQ>



Transpersonal Psychotherapy – John Rowan



Psychotherapy as a bridge between psychology and spirituality this is a good starting point (Rowan, 2005)

Rowan, J. (2005) *The Transpersonal: Spirituality in Psychotherapy and Counselling*. London: Routledge

Transpersonal Psychotherapy

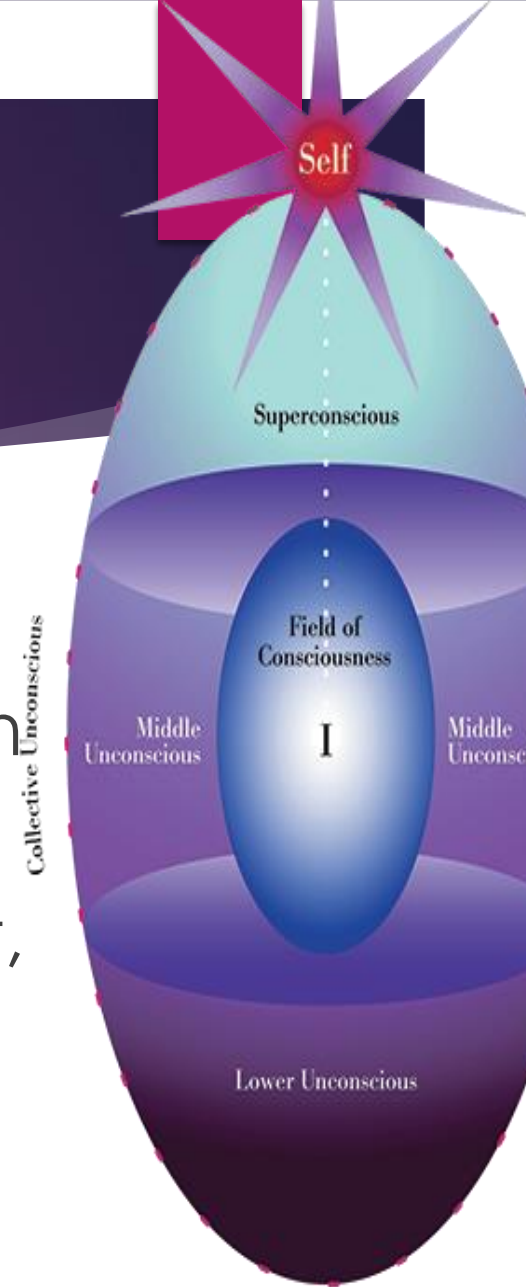
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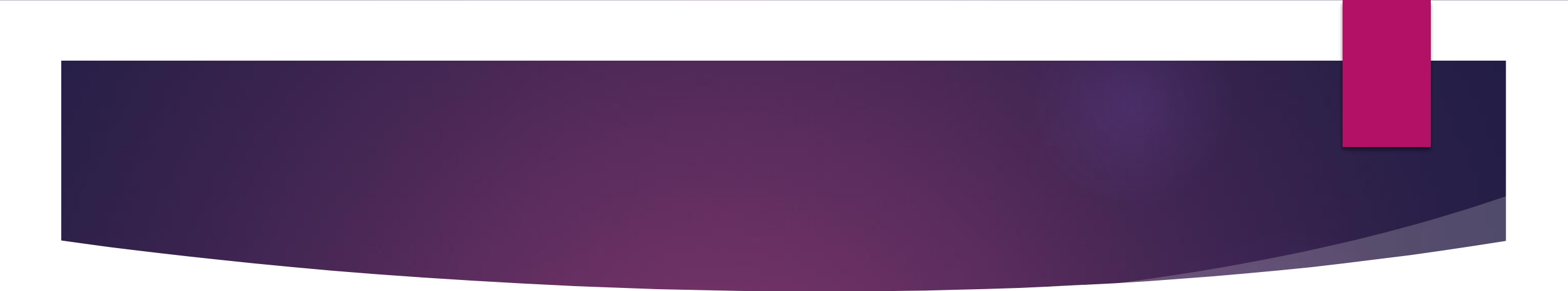
Psychosynthesis – Psychology of *hope*

- ▶ Psychosynthesis is a *psychology of hope*, with its eye not only on history, but also on a purposeful future giving individuals the capacity to reorient their lives in the direction of meaning and values.
- ▶ Psychosynthesis is a psychospiritual self-development, psychotherapy

Roberto Assagioli's Egg Diagram
Map of the Wholeness of the Human Psyche

Psychosynthesis.org <https://www.psychosynthesis.org/>



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- ▶ Psychosynthesis has also been described as a psychology of the Self, in that the realms of human experience also include matters of soul and spirit, alongside physical and emotional experiences and thoughts and mental processes.

Royal College of Psychiatry



- ▶ Royal College of Psychiatry (RCPSYCH) Spirituality Special Interest Group
- ▶ <http://www.rcpsych.ac.uk/college/specialinterestgroups/spirituality.aspx>
- ▶
- ▶ Spirituality and Psychiatry for Today's World
- ▶ <https://www.youtube.com/watch?v=72RkcfzwFpU>

Shadow Side of Spirituality

Spiritual Abuse Resources

- ▶ <https://www.spiritualabuseresources.com/home>

International Cultic Association

<https://www.icsahome.com/>

- ▶ Gillie Jenkinson BACP -

Rebuilding the Jigsaw

- ▶ <https://www.bacp.co.uk/bacp-journals/thresholds/winter-2011/rebuilding-the-jigsaw/>

Age, Rage, Pseudo Personality Cults – Gillie Jenkinson MA

- ▶ <https://www.youtube.com/watch?v=fwuziFmYdYM>

Questions

A conceptual image featuring a dark silhouette of a person's head in profile, facing right. Inside the head, a bright, glowing sun or light source is visible, creating a strong backlight effect. The background is a blurred, warm-toned landscape, possibly a sunset or sunrise over water, with soft, golden light and a hint of blue in the distance.

Next Week

► Catherine Slade