

Transpersonal psychotherapy

Trans-personal psychotherapy moves in the direction of the overcoming of the conservative structures of the ego, towards the realization of the spiritual potential of each individual. Thus, the therapeutic path goes beyond itself in a road to evolution that finds accomplishment in a recovered balance between spontaneity and control, to encourage contact with the Self and the expression of its creative potential. We want therefore to establish clearly what we mean by the terms "contact", "self" and "creative potential".

Contact - To realize the contact with yourself means to learn to stand and to look at yourself instead of identifying yourself with the content of your psyche. It means to develop qualities such as listening, observation, surrendering, consciousness, determination, meditation and so on. The clinical methodology uses psycho-physical exercises, respiration, body and energetic work, expression movement, visualizations. The aim is to favour the recognition of the contents of the psyche, by living the whole of their "olistic field" and by going through it so that the "understanding of a new order" as Bohm calls it, takes place. An insight that allows from one side, the acquiring of a new consciousness and, from the other, the acceptance and the disidentification permitted by the acquired capability of looking at yourself from the outside,

Creative potential - The acceptance and the relative release from the contents of the psyche that otherwise would be only removed, repressed or denied, allow the individual to recognize them as allied in his process of realization as depositaires of needs that tend to gratification and consequently that push the individual towards self-realization. The language of needs and symptoms, as frustrated needs, thus becomes a language that, if it can be decodified allows to have access to the intimate nature and to the vital and creative impetus of transformation that it contains.

Self - The contents of our psyche are in fact request of the Self. When we say Self we mean the ensemble of our bio-psycho-spiritual unity. A unity of which we can take conscience by its manifestation on the different levels of existence:

- the physical level, whose information arrive to the conscience through personal and external sensations.
- the emotional level whose information are carried by emotions, feelings, needs, desires, etc.
- the mental level recognizable by thoughts, fantasies, meditation mystical experience, sensitivity, non ordinary state of conscience and so on.

This multidimensional reading of Self allows transpersonal psychotherapy to work on the different levels of the individual and to recognize in each Gestation a significant content on which operate for the transformation of the conscience.

The gratification of fundamental needs - Self is therefore conceived in his orgasmic dimension and has the specific proper-ties of each living system: self-organisation, self-renewal, self-transcendence. Thus the process of Self-realization coincides with the process of fundamental needs' gratification (besides the biological ones): the need for protection, security, tranquillity, belongings, friendship, affirmation, love, respect, esteem, approval, dignity. In this process of satisfaction of needs, transpersonal psychotherapy is aware that the organism can proceed autonomously towards its realization, if the right condition are realized.

The point is therefore to create these conditions, respecting the laws of the natural rhythms of the organism. In so doing, the path of Self-realization should accomplish itself, following the lines traced by the capacity of Self-renewal and Self-transcendence intrinsic to the organism. In psychodynamic terms, the requests of Self-renewal start with Self-gratification of the lacking needs to go towards an integrated and authentic personality capable of maintaining its balance in the continuous dynamic between the conservative structures of the Self and the push to Self-realization. Self-transcendence will take place only in a second time, when the individual is released from his lacking needs and cease, to "Fight with the world".

Transpersonal experience - At this point the Self begins to look at transpersonal or spiritual dimension: a new strength gives voice to the superior Self and conflicts of the dual mind are overcome. It's now that takes place the process called by Assagioli "the development of transpersonal Self", a process Grof studied for more than 20 years. Thanks to the enormous amount of studies left, transpersonal psychotherapy has now a sure guide and an articulated map to work with to develop a clinical methodology to transform the conscience.

Dynamic structure of inner experience - Grof studies are confirmed by careful observation of the path of evolution of conscience. The inner experience takes place along a road where it's possible to evidence four distinctive groups of experience: Abstract and aesthetic experience: These are related to the physiological anatomy of the senses organs and don't seem to have symbolic meanings. They are mainly perceptions and thoughts of external reality, of colours and geometrical patterns. Basically it's the ensemble of experiences you have when you see yourself as an energetical process. They can be the first step of new ways of perception.

Psychodynamic and biographic experiences - A more careful consciousness is awakened as you proceed in the inner travel: you have then experiences strictly related with personal history and emotional world: childhood's traumas, needs of affection, desires, fears, blocks, all the removed contents of Self. Through careful observation all of these can be recognized, re-lived and then transformed. This level seems to be connected with the freedom from the personal past

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