

Psychology Of The Future Lessons From Modern Consciousness Research Stanislav Grof

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Chapter Three of Psychology of the Future is concerned with emotional and psychosomatic disorders and their relationship to and origins in the different realms of consciousness. These include anxieties and phobias, conversion hysterias, obsessive-compulsive disorders, depression, mania and suicide.

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Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future.

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Psychology of the Future: Lessons from Modern Consciousness Research (Suny Series in Transpersonal and Humanistic Psychology) 1st by Grof, Stanislav (2000) Paperback at Amazon.com. Read honest and unbiased product reviews from our users.

Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. This accessible and comprehensive overview of the work of Stanislav Grof, one of the founders of transpersonal psychology, was specifically written to acquaint newcomers with his work. Serving as a summation of his career and previous works, this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies "moving toward wholeness." Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future. ¶It's rare to find a textbook that is both extremely informative and enjoyable to read. Psychology of the Future has to be one of the first ones I've ever come across ... Each chapter brought an entirely new concept, theory, or method that was just as engaging as the previous one.¶ Dr. Tami Brady, TCM Reviews "This book is by a pioneering genius in consciousness research. It presents the full spectrum of Grof's ideas, from his earliest mappings of using LSD psychotherapy, to his clinical work with people facing death, to his more recent work with holotropic breathing, to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis. Grof has always been one of the most original thinkers in the transpersonal field, and his creativity has kept pace with the maturity of his overall vision." -- Michael Washburn, author of Transpersonal Psychology in Psychoanalytic Perspective "Grof offers an outstanding contribution to the ever-growing debate about the nature of human consciousness and about the place of humankind in the cosmos. If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain, and instead is but an aspect of what may best be described as 'cosmic consciousness,' we could not only expect treatment modalities to change, but we could also anticipate the possibility of culture-wide rethinking of the basic presuppositions of modern cosmology, the cosmology that grounds Western institutions, ideologies, and beliefs about the nature of personhood." -- Michael E. Zimmerman, author of Contesting Earth's Future: Radical Ecology and Postmodernity

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money[investing, personal finance, and business decisions]is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In The Psychology of Money, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. This accessible and comprehensive overview of the work of Stanislav Grof, one of the founders of transpersonal psychology, was specifically written to acquaint newcomers with his work. Serving as a summation of his career and previous works, this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies "moving toward wholeness." Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future. ¶It's rare to find a textbook that is both extremely informative and enjoyable to read. Psychology of the Future has to be one of the first ones I've ever come across ... Each chapter brought an entirely new concept, theory, or method that was just as engaging as the previous one.¶ Dr. Tami Brady, TCM Reviews "This book is by a pioneering genius in consciousness research. It presents the full spectrum of Grof's ideas, from his earliest mappings of using LSD psychotherapy, to his clinical work with people facing death, to his more recent work with holotropic breathing, to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis. Grof has always been one of the most original thinkers in the transpersonal field, and his creativity has kept pace with the maturity of his overall vision." -- Michael Washburn, author of Transpersonal Psychology in Psychoanalytic Perspective "Grof offers an outstanding contribution to the ever-growing debate about the nature of human consciousness and about the place of humankind in the cosmos. If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain, and instead is but an aspect of what may best be described as 'cosmic consciousness,' we could not only expect treatment modalities to change, but we could also anticipate the possibility of culture-wide rethinking of the basic presuppositions of modern cosmology, the cosmology that grounds Western institutions, ideologies, and beliefs about the nature of personhood." -- Michael E. Zimmerman, author of Contesting Earth's Future: Radical Ecology and Postmodernity Stanislav Grof, MD, is a psychiatrist with more than fifty years of experience in research of non-ordinary states of consciousness. He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague, Czechoslovakia; Chief of Psychiatric Research at the Maryland Psychiatric Research Center; Assistant Professor of Psychiatry at the Johns Hopkins University; and Scholar-in-Residence at the Esalen Institute. He is currently Professor of Psychology at the California Institute of Integral Studies, conducts professional training programs in holotropic breathwork, and gives lectures and seminars worldwide. He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association (ITA). In 2007, he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague. He is the author and editor of many books, including The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration; Ancient Wisdom and Modern Science; Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy; The Cosmic Game: Explorations of the Frontiers of Human Consciousness; and Human Survival and Consciousness Evolution; all published by SUNY Press.

This book offers practitioners working with 11-14 year olds, a highly practical education resource for running well being lessons.

A critical reevaluation of ancient spiritual systems long ignored or rejected because of their assumed incompatibility with science. Here are Swami Muktananda on the mind, Swami Prajnananda on Karma, Swami Kripananda on the Kundalini, Joseph Chilton Pearce on spiritual development, Jack Kornfield on Buddhism for Americans, Claudio Naranjo on meditation, and much more.

As U.S. colleges and universities attract an increasingly diverse student body and incorporate global perspectives across the curriculum, international study has become an important part of higher education. This book offers teachers of psychology what they need most to internationalize the undergraduate curriculum: clear approaches to studying psychology across cultures, practical ideas they can use in the classroom, resources that connect students to the world beyond their home campus, and expert advice on how to develop and administer study abroad programs. Building on the foundation laid by the APA-sponsored book Undergraduate Education in Psychology: A Blueprint for the Future of the Discipline (Halpern, 2009), every chapter includes practical, field-tested ideas for leading study abroad programs or infusing on-campus courses with global perspectives. Contributors share ideas for developing both short- and long-term study abroad programs in psychology, and addressing practical issues such as student safety and technology use. Authors also demonstrate how to help students prepare for study abroad as well as integrate off-campus learning experiences once they return to their home campus. Personal insights from students who have studied and traveled alongside the faculty authors are featured throughout. This book is intended for all teachers of psychology at a wide range of institutions. Department chairs and administrators responsible for internationalization will also find useful information on faculty development, program assessment, and institutional initiatives.

This book provides a thought-provoking examination of the present state and the future of Humanistic Psychology, showcasing a rich international contributor line-up. The book addresses head-on the current state of a world in crisis, not only placing the current conjuncture within a wider evolutionary context, but also demonstrating the specifically humanistic-psychological values and practices that can help us to transform and transcend the world's current challenges. Each chapter looks in depth at a variety of issues: counselling and psychotherapy, creativity and the humanities, post-traumatic stress, and socio-political movements and activism. The book amply confirms that Humanistic Psychology is as alive, and as innovative and exciting, as it ever has been, and has tremendous relevance to the uncertainties that characterize the unprecedented individual and global challenges of the times. It celebrates the diverse and continuing significance of Humanistic Psychology by providing a robust and reliable roadmap for a new generation of counsellors and psychotherapists. In these richly diverse chapters will be found inspiration, pockets of resistance, mature critical reflexivity and much much more - a book accurately reflecting our present situation, and which is an invaluable addition to the psychology literature.

Beyond the Brain seriously challenges the existing neurophysiological models of the brain. After three decades of extensive research on those non-ordinary states of consciousness induced by psychedelic drugs and by other means, Grof concludes that our present scientific world view is as inadequate as many of its historical predecessors. In this pioneering work, he proposes a new model of the human psyche that takes account of his findings. Grof includes in his model the recollective level, or the reliving of emotionally relevant memories, a level at which the Freudian framework can be useful. Beyond that is perinatal level in which the human unconscious may be activated to a reliving of biological birth and confrontation with death. How birth experience influences an individual's later development is a central focus of the book. The most serious challenge to contemporary psycho-analytic theory comes from a delineation of the transpersonal level, or the expansion of consciousness beyond the boundaries of time and space. Grof makes a bold argument that understanding of the perinatal and transpersonal levels changes much of how we view both mental illness and mental health. His reinterpretation of some of the most agonizing aspects of human behavior proves thought provoking for both laypersons and professional therapists.

The Wiley Blackwell Handbook of Transpersonal Psychology presents the most inclusive resource yet published on this topic - which seeks to benefit humanity by integrating ancient wisdom and modern knowledge. Features the work of more than fifty leading voices in the field, creating the most comprehensive survey of transpersonal psychology yet published Includes emerging and established perspectives Charts the breadth and diversity of the transpersonal landscape Covers topics including shamanism, neurobiology, holotropic states, transpersonal experiences, and more

From the ancient world to the present day, anomalous experiences - such as apparitions, premonitions, out-of-body and near- death experiences - provide stories that continue to mystify and intrigue. In this lively introduction, the authors investigate what these stories signify, and why some people turn to the paranormal for explanation. From defining anomalous experiences to examining the psychological models and methods that have been used to explain them, this text will help open up these strange tales to analysis. Whatever your level of study, this introduction will guide you through the key areas of this fascinating subject.

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