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Transpersonal psychology adds a new dimension to psychological studies and counseling

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Transpersonal psychology emerged from earlier branches of psychology and incorporates both Eastern and Western philosophies. Applying both quantitative and qualitative research methods, it is a progressive branch of psychology that incorporates spiritual dimensions of existence in the scientific study of human beings. Mind, spirituality and higher states of consciousness are the main focus within transpersonal psychology. Within this context, spirituality refers to a universal dimension that is both transcendent and imminent. When I did my PhD research I found that many people had difficulty conceptualizing spirituality while also finding that those who were open to spirituality usually had better well-being. There are various spiritual questionnaires, inventories and charts that can be used to assess the client's perceived relevance of spirituality in their life. These can help reveal the client's self-identity and understanding of reality and be a tool toward healing. Counselling for transpersonal development has application for the individual psychologically, emotionally, physically; for their relationships and also for society at large. The transpersonal orientation in therapy is particularly suited for clients that present with a spiritual crisis, including fear associated with spiritual experiences, shock associated with coming to a new or different understanding of reality, and the impact it can have on their self-concept and their relationships. It can also be helpful for bereavement and coming to terms with the death of a loved one. Moreover, it may help clients be more at peace regarding their own mortality. Transpersonal approaches to counselling and therapy can be beneficial for many typical psychological issues including anxiety, stress, depression, low self-esteem, lack of confidence, relationship and family conflict, blocked emotions and recurring negative thinking, to name a few. Embracing a holistic approach to wellbeing, this presentation provides support for including Transpersonal Psychology as therapeutically functional and valuable.

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