

# Psychology and Psychiatry: Open access

Extended Abstract

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## Integrating the process of kundalini Awakening in personal life and Psycho-therapeutic practice

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The Kundalini awakening process has a profound influence on the world's yogis and meditators. Different reports circulate between disturbing and happy experiences. This keynote addresses my own experience of spontaneous awakening during an intensive Vipassana retreat. It took years to digest the truth of this experience. And while doing so, a natural integrating in my Psycho-therapeutic practice evolved. For me and for my patients the impact is tremendous beneficial and comforting. The central insight is to cultivate the internal observer and apply him or her on dysfunctional emotional patterns. In this keynote, I will reveal some highlights of my personal journey that illustrate the beneficial influence of kundalini awakening on my family life. We will explore what is known from the literature and I will present case stories from my own psychotherapeutic practice that illustrate how cultivating the neutral observer stance in patients help them to solve dysfunctional emotional issues. We will conclude this keynote by discussing the implications for training professionals in the mental health field.

### Introduction:

According to the American Psychological Association, psychology is the scientific study of mind and conduct. Psychology includes a variety of fields such as human development, sports, health, clinical, social behaviors and cognitive processes and includes many different areas of study.

### The Perspectives of Psychology:

Since then structuralism and functionalism have been replaced by a number of dominant and important psychological approaches, each of which is based on a shared set of assumptions of what people are, what is important to study and how to study.

The prevailing paradigm of psychology during the early 20th century was psychoanalysis, founded by Sigmund Freud (1856-1939). Freud believed that people could be cured if they made their unconscious thoughts and motivations aware and gained insight.

The psychodynamic approach, however, as a whole includes all theories based on its thoughts such as Jung (1964), Adler (1927), and Erikson (1950). Freud's psychoanalyse was the original psychodynamic theory.

Conductors were known for their dependency on controlled laboratory experiments and rejection of all unseen or unconscious forces as cause. The classical modern perspectives in psychology for adopting scientific

strategies were the comportees. Subsequently, the humanistic approach became the psychologically 'third force' and suggested that subjectives and personal development are important.

Psychology started a cognitive revolution in the 1960's and 1970's, taking a rigorous, scientific, laboratory-based scientific approach to memory, perception, cognitive development, mental disease and much more.

### Psycho-therapeutic practice:

Psychotherapy (psychologic counseling or speech therapy) is the use of psychological methods to enable someone to change behavior and overcome problems in the desired manner, in particular if they are focused on daily personal interaction with adults. Psychotherapy aims at improving a person's mental wellbeing, solving or mitigating distressive behaviours, convictions, compulsions, thinking or emotions, and improving relationships and social skills. There is also a number of psychotherapies tailored for children and adolescents, which typically involve play, such as sandplay. In order to treat some diagnosed mental disorders certain psychotherapies are considered evidence-based. The pseudoscience has been claimed by others.

Many strategies are minor and based on a very specific psychological, ethical (professional working) or scientific concepts. They have thousands of various technologies for psychotherapy. The most important thing is to conduct one-to-one sessions between the therapist and the client. Psychotherapists may be mental health professionals such as psychiatrists, psychologists, mental health nurses, clinical social workers, marriage and family therapists, or professional counselors. Psychotherapists also may have different backgrounds and can be legally regulated, regulated or unregulated according to jurisdiction (and the term itself may or may not be protected).

### Mental Health:

Our emotional, psychological and social health includes our mental health. The way we think, sound and act determines this. It also aids in determining how we deal with stress, how we connect with others and make decisions. In every stage of life, from early childhood, through adulthood, mental health is important. Throughout your life, your thinking, mood, and behavior could be affected if you experience mental health problems. Many factors contribute to problems with mental health, including:

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Biological influences like dna or structure of the brain

Experience of life like trauma or abuse

Mental health problems family history

### Mental Illness:

Mental illnesses are conditions of the brain that affect the way we think , feel and act. Since we all have brains-it 's very normal to have some form of mental health problem in your life.

For people with mental health problems, their minds have adapted to keep them from thinking, experiencing, or behaving in the way they want. For some, this implies extreme, unforeseen mood changes – like being sadder or more troubled than usual. It means for others, that they can't think clearly, that they can't talk to someone who talks or that they have odd thoughts, so they can't explain weird sensations.

### Mental and well-being:

Problems of mental health are common but there is help. Mentally healthy individuals can improve and many recover totally.

People's positive mental health enables:

Make your full potential realizable

Tackling life's stresses

Productive work

Involve your groups substantially

Effective mental health approaches include:

Get professional assistance if you need it

Links to other people

Keep positive

Getting active physically

Helping others