

Transpersonal Psychology Victoria

Newsletter of the APS Transpersonal Psychology Interest Group (Victoria)

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Special points of interest:

- Carl Jung first coined the term "transpersonal" in a psychological context
- Upcoming Transpersonal Psychology Conference
- TPIG meets second Tuesday of each month

Welcome from the Editor and Committee

Welcome to the Autumn edition of the Newsletter of the transpersonal interest group of the APS.

To make the newsletter effective we welcome feedback on what you would like to see or what you would like the newsletter to provide. Please feel free to send suggestions, comments or articles to the editor at ndenning@tpg.com.au.

Any requests for publication should be formatted in Microsoft Word 1995 or later, or in text only format.

We will provide some articles of general interest to the reader from time to time. In addition we will provide details of upcoming events or things of interest that relate to the very broad realm of Transpersonal Psychology.

What is transpersonal psychology? We all have our own definitions of the term. Those of us who are working with people on a daily basis have a view of what the transpersonal dimension may be in the therapeutic environment. Others may take a more philosophical approach and view the concept intellectually, perhaps indicative of the growing inadequacy of the Newtonian-Cartesian scientific paradigm to adequately describe the reality we find ourselves occupying in the twenty first century.

Carl Jung may have initially coined the term transpersonal (*uberpersönlich*) when he used the term "transpersonal unconscious" as a synonym for the more widely

known "collective unconscious".

Abraham Maslow a key figure, along with Carl Rogers, in establishing Humanistic Psychology, found through his work with "peak experiences" that then notions of psyche were inadequate. Along with Anthony Sutich, he established Transpersonal Psychology and went on to publish the *Journal of Transpersonal Psychology*. Many others have since been attracted to the area including, Stanislav Grof, Frances Vaughn, Rupert Sheldrake, Roger Walsh, Charles T. Tart, Arthur J. Deikman and Ken Wilbur.

Certainly Transpersonal Psychology has an etiological relationship with Aldous Huxley's perennial philosophy. Some descriptions of the range of Transpersonal Psychology include: a psychology of health and human potential, a psychology that does not see personality as an end in itself, a psychology of human development, a holistic psychology, a psychology that recognises and studies the states and stages of human consciousness.

These are only a few points on the topic. The recent position of the philosopher Ken Wilbur to posit a further development that he calls Integral Psychology further opens the questions on this new science of the mind. The editors would be interested in reader opinion on this topic.

The editor thanks the Institute of Transpersonal Psychology for part of the above content .

This is the first and only National newsletter mailout of the Victorian branch of TPIG. Future editions will only be sent to mailing list participants. Please see the back page of this newsletter for details

TPIG Victorian meetings are held on the second Tuesday of the month from 7:30 – 9:00 p.m. at the St. Kilda Community House - the rear of 18 Mitford St, St Kilda

Fees: Members - \$2.00, Non-members \$5.00.
Annual Joining Fees: APS Members join with APS membership application, Non-APS Members - \$15.00.

David Lukoff on the Transpersonal Category of the DSM IV

The following is a brief excerpt from an article by David Lukoff describing the work done in entering a new, transpersonally oriented, category to the DSM IV. A full copy of the article may be found in *Journal of Humanistic Psychology*, 38 (2), 21-50, 1998. Reprinted with permission.

"Religious or Spiritual Problem" is a new diagnostic category (Code V62.89) in the Diagnostic and Statistical Manual-Fourth Edition (APA, 1994). The Thesaurus of Psychological Index Terms (Walker, 1991) states that religiosity "is associated with religious organizations and religious personnel" (p. 184) whereas spirituality refers to the "degree of involvement or state of awareness or devotion to a higher being or life philosophy. Not always related to conventional religious beliefs" (p. 208). Thus religious problems involve a person's conflicts over the beliefs, practices, rituals and experiences related to a religious institution. Some forms of spirituality presume no external divine or transcendent forces (e.g., humanistic-

phenomenological spirituality) (Elkins, Hedstrom, Hughes, Leaf, and Saunders, 1988), and spiritual problems involve distress associated with a person's relationship to a higher power or transcendent force that is not related to a religious organization.

While the acceptance of this new category was based on a proposal documenting the extensive literature on the frequent occurrence of religious and spiritual issues in clinical practice, the impetus for the proposal came from transpersonal clinicians whose initial focus was on spiritual.

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David Lukoff, PhD, Co-President of the Association for Transpersonal Psychology

Transpersonal Psychology Conference

"The Diversity of Transpersonal Approaches and Psychology for Healing, Health and Wholeness."

BACKGROUND:

Transpersonal psychology emerged from mainstream psychology and incorporates Eastern and Western philosophies. It works not only with cognition, emotions and behaviors, but also includes the spiritual dimensions of existence. It was developed by Maslow and others who were particularly interested in the relationship between mind, spirituality, and altered states of consciousness with well-being and self-development. Within transpersonal psychology the term *spirituality* does not refer to an organized religion, rather it refers to a universal dimension that is both transcendent and immanent. Transpersonal or spiritual experiences include the notions of Grof's "holotropic" experience, Wilber's transpersonal psychic, subtle and causal states of being and Maslow's peak and plateau experiences to name a few. Many perceive Jung's "collective unconscious" as transpersonal. There are many techniques and therapies available for transpersonal development, understanding and healing.

May 2004. A venue will be chosen in Melbourne.

Call for Expressions of Interest

One purpose of the Conference is to enhance people's awareness and understanding of "***The Diversity of Transpersonal Approaches and Psychology for Healing, Health and Wholeness.***" Another purpose is to provide the opportunity to professionals and students applying or learning aspects related to transpersonal psychology to share their expertise with other members of the community. If you would like to present a paper, facilitate a workshop, display a research poster (a great opportunity for students), or work with the transpersonal psychology committee to help organize the conference, please email Donna Golding on **donnaTPIG@drdonnagolding.com**

Check the APS website to view all the latest conference information, www.aps.psychsociety.com.au Go to Unit Home Pages * Interest Groups * Transpersonal Psychology * Events Calendar.

Transpersonal perspectives have tentatively entered the DSM IV

Article from David Lukoff continued from page 2

emergencies--forms of distress associated with spiritual practices and experiences. The proposal grew out of the work of the Spiritual Emergence Network (Prevatt and Park, 1989) to increase the competence of mental health professionals in sensitivity to such spiritual issues. This article describes the rationale for this new category, the history of the proposal that was presented to the Task Force on DSM-IV, transpersonal perspectives on spiritual emergency, types of spiritual problems (with case illustrations), differential diagnostic issues, therapeutic approaches for spiritual problems, and the likely increase in number of persons seeking therapy for spiritual problems.

TPIG WEBSITE

VISIT THE TPIG WEBSITE AT:

www.apspsychsociety.com.au

Click [APS Unit Home Pages](#) from the list of options on the left, then click [Interest Groups](#) and scroll down to and click [Transpersonal Psychology](#). If you would like to contribute to our webpages please contact Donna Golding on donnaTPIG@drdonnagolding.com.

Advertisement

Transpersonal Psychology Workshop

**A Workshop for Personal Development,
Exploring Higher States of Consciousness &
Integrating Spiritual & Material Dimensions of Existence**

Venue: Hawthorn Medical Centre,
Level 1 - The Boroondara Consulting Group Seminar Room
140 Barkers Road, Hawthorn 3122
Parking at rear of building

When: Saturday 10 May, 2003

Time: 9:00 – 4:00 p.m.

Cost: \$120.00

Enquiries: Terry Suckling Phone: 0417 562 411 Email: terry@thehypnotherapycentre.com

Donna Golding Phone: 0413 802 678 Email: donnaTPIG@drdonnagolding.com

Registration: Return the completed form below and a cheque payable to D.Golding

for \$120.00 to PO Box 497, Balwyn, 3103 by 1 May 2003.

Professional Development Points applicable

Presenters: Donna Golding, Terry Suckling, Geoffrey Waite



Registration Form: Transpersonal Psychology Workshop

Sat 10 May, 2003 at Hawthorn Medical Centre / Boroondara Consulting Group

Name _____ Phone _____
Address _____ Postcode _____
Email _____

Applying for PD points? Please circle YES or NO

Please return registration form with cheque (payable to D. Golding) to:

Dr Golding, PO Box 497, Balwyn, 3103

Advertising is free to members of the interest group. Non members may enquire about charges through the editor.

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INTEREST GROUP

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"interest groups"
then "transpersonal"*

An interest group of the
Australian Psychological Society

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Do you want to receive ongoing editions of Transpersonal Psychology Victoria?

This edition is the first and only Nationally released version of the newsletter. If you wish to be added to the mailing list please complete the details below. Your responses will help establish a data base of members skills and interests.

All responses will be treated confidentially and will be used solely for the Victorian APS branch of the Transpersonal Psychology Interest Group data file.

Name _____

Email address (for electronic
copies): _____

Postal Address
(optional): _____

Profession: _____

Interest in Transpersonal Psychology:

Educator/teacher _____ area: _____

Practitioner _____ area: _____

Student:

Level/Faculty _____

Other interest (please
specify): _____

APS member (student/associate/full)

Member of a College (specify) _____

Are you involved in a Transpersonal Psychology Interest
Group?

Role _____

State _____

What information would you like to see in this
newsletter?

*Please return to the Editor at 4/30A McLean St,
Brunswick West, Victoria, 3055 or email to
ndenning@tpg.com.au*