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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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Transpersonal psychology is like Einstein's model of physics being much larger and more encompassing than the F=MA physics of Newton and Descartes. Read more 67 people found this helpful

Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness.

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 Futurehas 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.

A critical revaluation 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.

Here Grof presents a useful model of the psyche□a model extended by his thirty years of studying non-ordinary states of consciousness. It is useful for understanding such phenomena as shamanism, mysticism, psychedelic states, spontaneous visionary experiences, and psychotic episodes. The model is also useful in explaining the dynamics of experiential psychotherapies and a variety of sociopolitical manifestations such as war and revolution. This book might have been entitled Beyond Drugs. The second part describes the principles and process of the non-pharmacological technique developed by the author and his wife, Christina, for self-exploration and for psychotherapy. Grof explores in detail the components of this technique. He describes its method, its effective mechanisms, as well as its goals and potential. Its practice is simple, since it utilizes the natural healing capacity of the psyche.

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.

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.

This unique textbook explores the complex topic of social class, explaining the many psychological nuances of class and classism in people’s lives as subjective and phenomenological experiences. Social class can be a deeply personal, complicated topic that is often frustrating and uncomfortable to discuss, and as such has often been a blind spot in teaching and academic literature. For the first time, Noonan and Liu look to address this in one comprehensive text, using a combination of first-person narratives, academic approaches to class, and psychology’s contributions to the subject. Across seven chapters, the book introduces a highly accessible theoretical model of the psychology of social class, Liu’s own Social Class Worldview Model. Using vivid autobiographical texts to bring the theoretical model to life, the authors show how our worldviews develop through interactions with our social class and economic environment and provide a unique array of methods and skill sets to help incorporate the model into teaching. Each section of the book guides the reader through core concepts in the area, from socioeconomic factors, social structures, poverty, race, racism, White privilege, and White supremacy. Featuring activity suggestions, discussion questions, and writing prompts to help apply theory to real-life narratives, this is the ideal resource for students and instructors across psychology, sociology, health economics, and social work, as well as anyone taking courses on examining social class.

Awareness Is Freedom: The Adventure of Psychology and Spirituality proposes a unique combination of spiritual and psychological concepts that together lead to greater self-awareness and wellbeing. It is structured as eight lessons, each focusing on different aspects of psychology and spirituality, to support readers in their personal journey of self-growth. The psychological and spiritual theories described in the book are backed up by scientific findings that enhance the legitimacy and power of its message. The book also includes practical exercises which allow the reader to apply the ideas in an enjoyable way that will lead to self-improvement and greater satisfaction in life.

"This book provides relevant theoretical frameworks and the latest empirical research findings on how to leverage technologies and infrastructure of telehealth, telemedicine, and e-health to advance health professions education"--

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