



AAP eNews

The Online Newsletter of the Association for the Advancement of Psychosynthesis

January

2012

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AAP eNews Morphing into a Quarterly

This newsletter is about to enter another incarnation. The AAP News was published as a printed newsletter for many years, and then became the online monthly *AAP eNews* in 2011. We have had a wonderful group of volunteers who have written and edited the material for our newsletter, and who have brought it forward to this time. And now, it is time for another change: we will no longer send out a monthly newsletter.

Beginning in March the AAP will send out via email attachment a quarterly journal called *Psychosynthesis: The Online Quarterly of the Association for the Advancement of Psychosynthesis*, to be edited by former AAP News editor and AAP Steering Committee member Jan Kuniholm of Cheshire, MA. *Psychosynthesis* will hopefully be more than a newsletter, but less than a peer-reviewed professional journal, and its character will probably evolve over time and depend upon the nature and degree of participation by AAP members and others. We hope to provide a platform for teachers, students and practitioners of psychosynthesis world-wide to get together in print with news, events, poetry, photographs and art, articles, book and event reviews, exercises, reflections, letters. We will have the limitation of being able to work only with material that is in the English language (because that is, unfortunately, the only language in which the editor is fluent) but we hope this will not present an insurmountable obstacle and want to invite people whose first language is not English to provide their material in translation if that is possible.

We would like to invite you, and anyone in the larger worldwide psychosynthesis community, to participate in this new venture. We, in AAP, have a growing awareness that we have focused on activities here on our side of "the ponds" and have not been extensively involved with activities and developments in psychosynthesis elsewhere, although we have had a growing number of international members, and several of our members have been involved in work overseas.

We need contributors, reporters, proofreaders and copy editors to make this venture a success – and by success I mean that we create a forum that interests, informs, stimulates, shares, demonstrates – that makes *you* want to participate in some way or that gives you something of value for yourself or others. We also need feedback as to what works for you and what doesn't work for you, as a reader, a member or a friend of AAP.

So with that said, here is the final monthly issue of the *AAP eNews*, as we lead into old and yet new territory. Feel free to contact AAP using the email address input.aap@gmail.com, or if you would like to contact the editor directly use Jan.Kuniholm@verizon.net. I hope you will overlook any glitches you may see in this issue – I am using new software in creating this issue, and am not adept at it yet, but hope to be soon.

We hope you enjoy this first foray into 2012. Happy New Year!■

AAP eNews

Editor: Jan Kuniholm

Copy Editors:

Joann Anderson, Judi White

Design and Production:

Jan Kuniholm

Send Ideas, Reviews of Books and Events, Articles, Poetry, Exercises, Art, Photos, and Letters:

Tell us what has helped your life and work, what can help others, and examples of psychosynthesis theory in action. We request **Goings On** notes be **500** words or less and **articles** be **1500** words or less. Send to

input.aap@gmail.com

The Association for the Advancement of Psychosynthesis:

Founded in 1995, AAP is a Massachusetts nonprofit corporation with tax exemption in the United States. It is dedicated to advocating on behalf of psychosynthesis and conducting psychosynthesis educational programs. Donations are tax deductible. In the U.S.

AAP membership is \$75 (US) per year, with a sliding-scale fee of \$45 to \$75 for those who need it. Go to <http://www.aap-psychosynthesis.org/renew.htm>

or contact us at (646) 320-3914 or

info@aap-psychosynthesis.org.

Views expressed in *AAP eNews* are not necessarily those of the editors or of AAP. We may edit submissions for grammar, syntax, and length.

This **eNews** goes out to all current AAP members. Our membership list is never sold.

If you are NOT a member we invite you to join us and support psychosynthesis in North America and the world.

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GOINGS ON

RETREAT IN TEXAS

Stephanie Sorrell, AAP member from the UK and author of *The Therapist's Cat*, is leading a 5-day retreat called:

GOD HAS FUR

from the 24th to 29th of February 2012 at Church of the White Eagle Lodge, 2615 St. Beulah Chapel Rd, Montgomery Texas, 77316-4438 www.whiteaglelodge.org

This retreat is about animal evolution and how it compliments our own. *We will also be exploring the 'therapeutic alliance' between animal and human as expressed compellingly in Stephanie's book,*

The Therapist's Cat.

Retreat Cost - \$300
Accommodation & Meal Rate - \$325 (includes overnight stay and 3 meals)

For information phone: 01229 776300 (U.K.)
or email steffiesorrell@gmail.com

SYNTHESIS CENTER

The Synthesis Center in Amherst, MA, will hold its 11th Annual Presenters' Conference on Saturday, April 28, 2012, and we need your help. Your presentations are what make these conferences powerful and popular. The theme, **EVERY-DAY PSYCHOSYNTHESIS**, focuses on the ways psychosynthesis can provide us tools for everyday living - and not only in a therapeutic setting.

Please email Bill Gran at whgran@gmail.com for a proposal form, and for further information.



THE DEEP RIVER WITHIN: LIVING A SOULFUL LIFE IN A 24/7 WORLD

A 3-day retreat will be led by Abby Seixas at the Kripalu Center for Yoga & Health in Lenox, MA January 29 – February 2, 2012.

Join Abby and begin the New Year with tools and inspiration for balance & depth in everyday life. (Open to women *and* men this year!)
13.5 CE credits for social workers & counselors.

For more info on the retreat content and the wonderful resources of Kripalu, go to : <http://www.kripalu.org/program/view/yogamed/SOW-121/>

ABBY SEIXAS, Licensed Mental Health Counselor

<http://www.deepriverwithin.com>

Tel. 781-647-4404

Facebook: <http://tinyurl.com/n3kura>

Linked In: <http://tinyurl.com/lhs78w>

Twitter: <http://twitter.com/deepriverwithin>

More *Goings On* – see Page 6

FROM OUR COCHAIRS

Happy New Year, Colleagues.

In reflecting on this year past, we can safely say that this has indeed been a year of the great turning. The Steering Committee met December 1st-5th in Memphis, TN. We got a lot of work done and had a good time. Ellen Faith hosted us in grand style. Dori Smith presented a proposal for a writer's workshop, which we are hoping to hear that she will introduce at the Synthesis Center Presenter's Conference in Amherst this spring. We celebrated Sharon Mandt's completed tenure on the Steering Committee, with a certificate of outstanding achievements, a gift, a reflective conversation about her great gifts to AAP, and her sharing of her experiences as AAP co-chair and her love for psychosynthesis. Judi White will continue as co-chair for the rest of the year and Dirk Kelder was elected new co-chair.

We created our goals for 2012 as responses to the feedback from the survey that was done in May and June of 2011. We made our major priority the establishment of an intranet and new website, as well as a commitment to hold a 2013 conference.

Shamai Currim has agreed to serve on the Steering Committee to fill the great gap that Dori Smith is leaving, but she will work on the new goals. Jan Kuniholm has agreed to be editor-in-chief of the eNews and is pulling a team together to publish the eNews on a quarterly basis [see article on Page 1]. Stephanie Lindsay, a new AAP member who lives in Spokane, will be publishing the *Goings On* which is our PR piece that goes out to AAP members and friends. There will also be timely updates of news from the Steering Committee, sent to members only.

We worked for a whole day on the new intranet and website, created a framework for it, and we each will complete a section of the home page, also referred to as the "landing page." We have enough licenses for those of you who may wish to volunteer to work on the website's content.

At the Steering Committee retreat, we looked at all the submissions for a new AAP logo, meditated and drew what came to each of us as a synthesis. We held the values of simplicity, a common link with other psychosynthesis organizations, radiance, and fluidity. We experienced a great "aha" with a design which is egg-shaped, a brilliant light in the center (as if a multifaceted diamond radiating) and encircled with all the colors of the rainbow arching toward the edges of the egg. Underneath is simply AAP.

Woven in and through the retreat were reflections on insights in a new booklet, *The Rainbow Key* created by Dirk Kelder.

Audrey's three-year term is coming to an end in 2012. She serves as treasurer so we will be seeking her replacement.

Several members are planning to attend the *Psychosynthesis in the World* conference in Italy June 21-24, 2012. Molly Brown will be a keynote speaker at the conference and there will be a panel discussion on unity in diversity. AAP is invited to be among the panelists. Who AAP's representative will be is yet to be decided. After the conference Paola Marinelli is planning a trek to Roberto Assagioli's archives in Florence on June 25th.

Several have responded to a notice in *Goings On* for those interested in group travel. These will be gathered and sent to Patrick Williams by the end of January. He has agreed to contact his



Dori Smith, Patrick Dufour, Judi Smith, Ellen Faith, Audrey McMorrow, Sharon Mandt, and Dirk Kelder

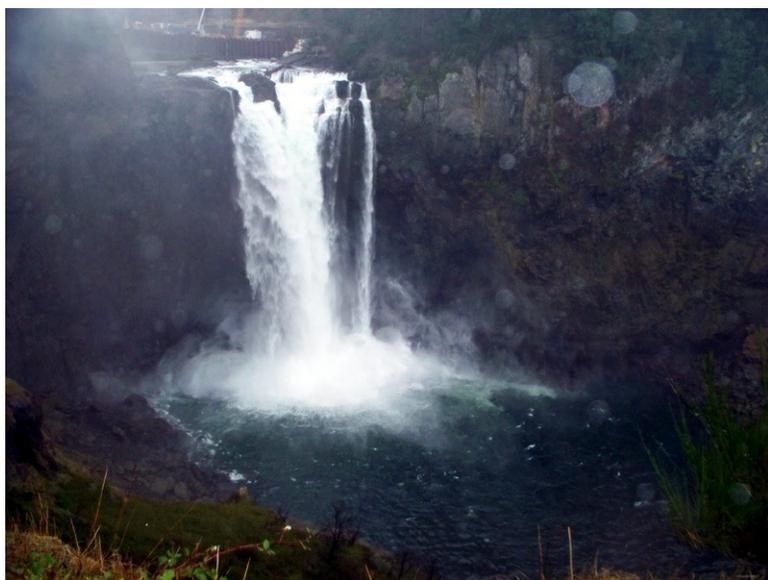
See **CoChairrs Report** Continued on Page 5

LETTERS

APPRECIATION AND COMMENT ABOUT NEW BOOK

Dear creators, editors, and contributors to *Psychosynthesis in North America: Discovering Our History, 1957 to 2010*, and the North American PS community as a whole,

I want to say how amazed I was when I received my copy of *Psychosynthesis in North America*! It is truly a thorough compilation and professional presentation of the history that I have lived for most of my adult life. There were even a few tidbits of history that I knew nothing about! It was also wonderful to have the pictures of several of the “old timers” that were so dear to me -- Frank Hilton, Audrey Beste, Nancy Stuart and Edith Stauffer. These and the other photos throughout added to the picture that you were all painting of the psychosynthesis journey in North America. Kudos to you all!



I want to point out a concern that I have had for many years, one which I have presented to our community before, and which needs emphasis again, as we move into the future of psychosynthesis in North America: the near invisibility to us here in North America of the Institute of Psychosynthesis in London, founded by Roger and Joan Evans. The reason this is important to me is because a) they have the oldest, continuously running psychosynthesis training institute in the world, b) they are the largest psychosynthesis institute in the world in number of trainers and students enrolled at any one time, c) they have graduated more trainees than any other center in the world, d) they were they first institute to offer a full masters degree in psychosynthesis – both a two year degree and a four year specialization degree, and e) they have developed a curriculum and body of knowledge that is the most rigorous that I have seen anywhere –including the Synthesis Graduate School.

As well as establishing the requirements for psychosynthesis training in all of the European Union, the Institute of Psychosynthesis London made significant contributions to our work here in North America. Given their collaborative participation in the development of psychosynthesis training in North America, I am wondering why they were not acknowledged along with Diana Whitmore and Piero Ferruci. For psychosynthesis to continue to grow and develop in North America, we need to learn from the best practices and theories of the rest of the global psychosynthesis community, as well as from other disciplines. One place to start would be to open the doors once again, between the Institute of Psychosynthesis in London and AAP today.

For those who want to investigate their work further, check out their website at www.psychosynthesis.org.

Thanks again for your amazing work on the book.

Sincerely,

Mark Horowitz

REVIEW

A Wiser Politics by Jean Hardy

(John Hunt Publishing Ltd, 2011)

Reviewed by Shamaï Currim

I have yet to read a book that contains more political history than this book. I was mesmerized by the stepping from level to level of understanding that is encompassed in the history presented and, true to Hardy form, the level of ‘soul’ that keeps coming forward.

In her own words:

...the human world is so cruel because people in general are not enough in touch with themselves, their own nature and inner journey: they act out their own darkness in the world as individuals and as societies, externally fighting those people and elements they perceive as their enemies, because they have not come to terms with the darkness and conflicts within themselves. A world at war, within the person, in the family, in the community, in the countries, is in this view, the result of the actions and perceptions of a person or a society out of touch with that which is deepest and most whole within themselves. (P.159)

Who else but Jean Hardy can combine politics and the psychology of the soul? Who else has the ability to see the deeper picture, and present it in a manner that is easily understood by both students of politics and those that admit their ignorance?

In this book, Hardy captures the essence of what is real in this world, and what we are all striving for, both within ourselves as well as our outer world: an authentic understanding of who we truly are. She proposes that, when we find out the ever important question of who we are, we will then have an understanding of the kind of politics we require, the potentiality of politics, and the capacity we each have to create change; perhaps to perceive and respond to that which already is.

If every politician, and aspiring politician, in every country would take the time to read and digest this book and the information contained, I know we would have a more peaceful, harmonious world in which to live. ■

Cochairs Report continued from Page 3

travel group to ask them to search for the best deals. So far it looks like most would like to be in Rome by the 20th of June and leave after the trek to Florence. One of our world travelers suggested we meet in Atlanta, fly to France, and fly or take a train to Rome from there. More scenarios are welcome until January 15th.

When you receive this letter, you will hopefully already have received the *Conversations* journal on Trauma. We congratulate those who wrote the articles and those who saw it through.

We all anticipate a full and promising year ahead as we move onto the path which is opening on the other side of this great turning. We all anticipate dancing down this path together with you, dear colleagues.

In deep gratitude and appreciation for our common vision,

Judi White and Dirk Kelder, Co-Chairs

Psychosynthesis for the People

Molly Brown is offering an online course in teaching psychosynthesis, starting in February 2012. The course will help advanced students of psychosynthesis design and teach workshops or classes in psychosynthesis for personal and spiritual growth for people in their communities. This training will focus on how to facilitate learning in groups, not on individual coaching or counseling. Prerequisite: at least one year of psychosynthesis training or equivalent.

Small cohorts of about 6 will meet with Molly in a teleseminar twice a month, with readings, email consultations, and practicum between sessions. CEs may be available (APA, NBCC, and California BBSE). The first cohort is nearly full, so contact Molly right away if you want to take part. If there is enough interest, Molly may create another group. More information on Molly's website: <http://mollyyoungbrown.com>. To register, email molly@mollyyoungbrown.com.

Writers' and Editors' Community of Practice: An Invitation

By Dori Smith

Writing and developmental editing has been, for thirty years, my primary application of psychosynthesis. Now my vision is to create a safe, creative matrix in which an ongoing group can develop skills in writing and editing *as psychosynthesists* ... in community with others. Participants will gain skill and confidence in writing directed from our deepest selves. We can learn to open to the mystery of revelation through writing. We can also develop high-level editorial skills to help writers through the process of discovery and expression; this role, similar to that of a psychosynthesis guide, can be as joyous and satisfying as producing the writing.

I envision the format as a web-based discussion group, with periodic live chats and teleconference calls. Anticipate these benefits and activities:

See **Invitation** – Continued on Page 8

ROME CONFERENCE NEWS

Dear friends,

We are pleased to inform you that the **Post-Conference** web page is now available on our Conference website.

The *In-Heart Encounter at the Well-Spring of Psychosynthesis* will be held on **June 25, 2012** at Casa Assagioli in **Florence**.

We wish also to remind you that the deadline to send in your **contributions for the co-creative groups** for the Conference is **January 31, 2012**: you may send in questions and issues on psychosynthesis in the world using the three themes mentioned in our **guidelines** for the Conference. Your proposals will be collected and evaluated and could become the working base for the co-creative groups.

Sent in proposals/questions have already been published on the **Co-creative Groups Notice Board** web page: **you are still in time to be part of the Conference with your contributions!**

Remember to fill in the appropriate **form** and email it to program@psicosintesi.it

Please pass this news onto your members, thanks!

Winter Solstice is just past, the time we can symbolically plant our seeds to grow for next year's work. In six months, at the Summer Solstice in June, the Conference will be taking place and we will be able to meet and say hello to each other in person...

Bye for now,
Our best wishes for

A Merry Christmas and A Happy New Year!

The Rome Conference staff

TOOLS FOR THE JOURNEY

Synthesis Coaching *by Peter Stonefield*

According to Forrester Research the personal development coaching industry is growing at a rate of over 40% a year worldwide. It is expanding into a variety of different contexts such as life coaching, mindfulness coaching, relationship coaching, singles coaching, career coaching, executive coaching, presentation coaching, leadership coaching, spiritual or transpersonal coaching, personal interaction coaching, small business coaching, educational coaching, family coaching and entrepreneurship coaching. I suspect that the list will continue to grow.

Up until a few years ago, coaching focused primarily on assisting people in discovering where they want to go in some area of their life (personal and professional) and how to get there. It was primarily future oriented. However, many coaches are now assisting clients in looking at the past and moving beyond old wounds. The innovative, cutting-edge coaches in many of these contexts are now placing emphasis on facilitating the discovery of “one's calling,” “life” or “true purpose” and the discovery of a “trusted source” or “inner wise person” that can guide them in a more meaningful direction. Once the new direction is established they assist their clients in “aligning their parts”, towards this new direction, using voice dialogue techniques.

All the indicators that I see suggest that coaching is evolving in the direction of psychosynthesis. Why don't we open our arms and welcome coaching in? During the 2010 AAP Conference several communities of practice (COP) formed to collaborate, co-create new knowledge and then leverage or share it with the psychosynthesis community. One of the COPs focused on coaching. Group members Diane Banic, Patrick Williams and I collaborated for over 10 months to develop a model for coaching using psychosynthesis models, tools and techniques. We decided to call it *synthesis coaching* to minimize the possibility of subconscious reactions to the term psycho or any cultural stigma associated by some with psychotherapy.



Synthesis coaching, we believe, can be the next generation coaching model. Synthesis coaching assists individuals and groups in almost any context to discover a future path and how to get there in a way that facilitates the shift in consciousness needed to create a more WE oriented world. WE consciousness recognizes individual uniqueness and enables people to situationally suspend ego-based competitiveness and work, live and collaborate with others, not only with respect for differences, but with authentic appreciation, complementarities, mutuality and collective knowing.

Most of the concepts of synthesis coaching come from psychosynthesis and are veiwed through a systems perspective. All human systems are comprised of interactive parts that are organized into a complex whole. In an individual, the system is made up of multiple self-organized sub-personalities or adaptive specializations. In a group they are group members and in a business they are organizational functions such as human resources, product development, manufacturing, finance and marketing. From a systems perspective, the performance or quality of any system, human or not, is determined by the quality of the interaction of its parts.

According to the Harvard Business Review, 80% of all the problems in organizations have to do with human relationships. Wouldn't this also be true in families, communities, schools and most other human systems or interpersonal

*See **Coaching** - Continued on Page 8*

Coaching - Continued from Page 7

contexts? Synthesis coaching, in an individual or group context, facilitates some level of disidentification by assisting clients in stepping back and understanding their system. This involves identifying parts, interactive patterns, discovering higher purposes, aims and next steps and aligning all parts to make it happen. A system that can see itself and act on what it sees is inherently more harmonious, effective, agile and resilient.

How can we in the psychosynthesis community open our arms to coaching, thereby contributing to the growth of psychosynthesis and extending its influence throughout the world? Martha Crampton and I had several conversations about this many years ago. At the time most coaching models viewed parts or sub-personalities as pests or nuisances to be ignored. I was discouraged. Now I am more optimistic given the evolution of coaching towards psychosynthesis. There are several steps we can take. First we could offer basic training in Synthesis coaching as a way for current psychosynthesis practitioners to expand their skill set to include coaching. Second, we could reach out to the coaching community at large by offering basic and advanced training in synthesis coaching and establishing a page on the AAP website for coaching. Finally we can support Patrick William's *Coaching the Global Village* initiative.

At the 2011 AAP retreat in Burlingame, attendees were asked to brainstorm and then prioritize ideas or strategies to assure a bright future for psychosynthesis in North America. One of the central ideas that emerged was to "understand and empathize with suffering of the public – learn how to encounter and respond to the needs" or "touch their pain." In a psychotherapeutic context this is spot on. In most coaching contexts, the touch points we must empathize with are different. Individuals or organizations interested coaching desire to achieve more, improve performance, solve interpersonal/interactive problems, enhance relationships, align group members, develop leadership skills, innovate, become more agile / changeable / adaptive, find deeper meaning, access wisdom, discover life purpose and create a better world. These appear to be the touch points for coaching.

What do you think? ■

[Note: feel free to contact Peter directly or send a response to the editor at Jan.Kuniholm@verizon.net or aap.input@gmail.com – ed.]

Invitation - continued from Page 6

- Overcome writer's block by learning to love the act of writing
- Share resources and techniques on the art and craft of writing and editing
- Get support for regular journal writing as self-discovery and soul building
- Learn skills in important publishing roles, such as interviewing and reporting
- Learn how to get published or self publish
- Find opportunities to publish or edit in new AAP-sponsored publishing venues (the quarterly, the new website, a proposed new journal, and so on)

I hope that this project will result in great benefits for international psychosynthesis – and for AAP. We need a growing community of empowered writers and editors to create an explosion of fine articles and books that illumine, engage, and educate. Each of us holds something important and unique to share – something that our world needs.

The first step is to plan the project, defining guidelines and methods. If you feel called to contribute, or have ideas to share, please contact me at dsmith@newview.org.

Thank you!

Dori Smith

PRE-ORDER FORM
International Journal of Psychotherapy
Volume 18 Number 2 July 2012

Special Issue on
PSYCHOSYNTHESIS AND ROBERTO ASSAGIOLI (1888-1974)

Dear Colleagues and Psychosynthesis Centers,

We are very pleased to inform you that the special issue of the International Journal of Psychotherapy (sponsored by the European Association for Psychotherapy) on PSYCHOSYNTHESIS AND ROBERTO ASSAGIOLI (1888-1974) will be ready for the event in Roma (International Psychosynthesis Conference, June 21-24, 2012). You will find attached the abstracts and biographies of the authors [see pages 10-14 *-ed.*]

What we need now from Psychosynthesis Centers is the number of copies you intend to order. The price range is around:

- 15 € per a single copy (including postage) to Europe, 12 € a copy for any order 10 issues, 10€ for any order over 30 issues.
- 20 € idem to USA/Australia, 15€ a copy for any order 10 copies, 12€ for any order over 30.

Would you be so kind as to inform us **BEFORE FEBRUARY 28th** how many copies you intend to buy. We need to let the printer know how many copies have to be printed.

Kindly yours,
Tan NGUYEN, editor for the special issue

Please fill out the form below and forward to me at tandante@gmail.com
We will then get in touch with you about the modalities of payment and delivery.

Note: We feel that this is a major event in the life of the international psychosynthesis community, and therefore wanted to share the full text of the letter sent to us by Tan Nguyen about this upcoming issue. *-ed.*

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- Name of Center: _____
 - Address (specify zip code and country): _____
 - Email: _____ Phone number: _____
 - Name of the person in charge: _____
 - SPECIFY IF SOMEONE OF YOUR CENTER WILL BE IN ROME: No___ Yes___
 - In case of yes, name and email of the person: _____
 - Number of copies of the IJP special issue on PSYCHOSYNTHESIS: _____

More about the Special IJP - See Pages 10-14

PSYCHOSYNTHESIS AND ROBERTO ASSAGIOLI (1888-1974)

Editorial

Tan NGUYEN

What is psychosynthesis? A practical philosophy, which we could use to guide ourselves in times of personal crises? An integrative psychotherapy methodology, which articulates body, feelings and mind so as to facilitate realizing a joyful and soulful presence? A life-education inspired by platonic and neo-platonic philosophy? It has been one hundred years that Roberto Assagioli met Jung at the Burghölzli psychiatric clinic in Switzerland. From their meeting sprouted the idea of psychosynthesis, first formulated by Jung, and explored up to its limits by Assagioli. The early twentieth century was a time of ferment of ideas in all areas of arts, philosophy and science. This special issue about Dr Roberto Assagioli (1888-1974) and psychosynthesis is a journey back to the roots of psychoanalysis and psychotherapy. It is also about a present state of the art of psychosynthesis psychotherapy and some of its applications. After one hundred years of existence, it is questionable whether psychosynthesis has become a wise old lady well assured in her slippers or if it's still a blooming youth full of vigor and creativity. It will be up to the reader to decide, after having read the nine articles written by a few trainers in psychosynthesis.

Dr. Massimo Rosselli, who studied with the founder, portrays the man and his research – work which cannot be separated from his life's journey and human sufferings. In the next article that was written by me, I show how Assagioli reinstated the philosophical approach in psychotherapy while Freud established the unconscious as radically different from the consciousness of philosophers. Assagioli followed the same line of thought as Jung, but recommended using active techniques to support the maturation of consciousness. In fact, he invented the first integrative psychotherapy in the West.

Chris Robertson, who has a thorough knowledge of Jungian thought, uses the concept of the numinous to compare and contrast the views of Jung and Assagioli in relation to spiritual experience. Assagioli warned against the disruptive effect of spiritual opening on the psyche and recommended therapeutic work in order to restore a new psychic balance. Both Jung and Assagioli considered the spiritual dimension as inherent in man and to be included in a psychotherapeutic approach.

Articles by Dr. Richard Schaub and Bonney Schaub, Dorothy Firman, Dr. Kristina Brode and Joanne Graham-Wilson show how psychosynthesis could be applied in such a diversity of fields as the recovery of addictions, chronic illness, psycho-oncology, corporate stress. These practitioners used the specific approach of psychosynthesis to facilitate among their patients the emergence of meaning and purpose in times of stress or illness.

In the field of psychiatry, Dr Alberto Alberti, out of his wide experience with psychotic patients, describes a way of getting into empathy with the patient so that healing of the soul may eventually take place through the communion and consonance between the Self of the therapist and the Self of the patient.

And last, but not least, Keith Silvester, who is well versed in the matter thanks to his past experience as a director of training, will discuss the process of transmission of psychosynthesis. The crucial subject of the training of psychotherapists and its impact as a force of transformation for the trainee is usually not dealt with in the professional organizations focusing more on regulations and standards.

Well, now, dear reader, we hope that you will have some pleasure in reading these nine articles and make up your mind whether psychosynthesis in this century, has become a wise old lady well assured in her slippers or if it's still a blooming youth full of vigor and creativity.

Tan NGUYEN, Editor for the IJP Special Issue
Special Edition Assisting Editor: **Joanne GRAHAM-WILSON**
Special Edition Editorial Committee:
Dorothy FIRMAN, Chris ROBERTSON,
Massimo ROSSELLI, and Keith SILVESTER

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Roberto Assagioli, A Bright Star

Massimo Rosselli, MD

Abstract. This article portrays the life of Roberto Assagioli, the founder of psychosynthesis, delineating his professional evolution from his early interests in the philosophical and psychoanalytical circles in Florence to his numerous European and overseas contacts (Freud amongst others and particularly Jung) and how this contributed to the development of psychosynthesis. Reference is made to his writings, to several episodes of his private life and his sufferings, and to Assagioli's personal relation with the author, one of his former students.

Key words: disidentification, transpersonal, psychoanalysis, psychosynthesis

Massimo Roselli, MD, is a psychiatrist and psychosynthesis didactic trainer. One of Assagioli's first collaborators, he is a founding member and past President of SIPT, the Italian Society for Psychosynthesis Therapy, and has also been Director of the School of Psychosynthesis Psychotherapy. He has been a consultant in clinical psychology and psychiatry at Florence University hospital and Professor of clinical psychophysiology at Florence University.

Email: maytherebepeace@libero.it

Psychosynthesis, A Way of Openness

Tan Nguyen, MPhil, MBA

Abstract: this article shows that Assagioli, while taking into account Freud's discovery of the unconscious, reintroduced the philosophical perspective from the neo-platonic lineage and contemporary thinking. In the same time, he created a way of psychotherapy based on bio-psychosynthesis, with the assumption of a multi-dimensional being, body / feelings / mind / soul / world.

Key words: bio-psychosynthesis, unconscious, disidentification

Tan NGUYEN, MPhil, MBA, a psychotherapist since 1972, didactic trainer in psychosynthesis, former vice-president of FF2P (*French Federation for Psychotherapy and Psychoanalysis*) and EFPP (*European Federation for Psychosynthesis Psychotherapy*). Author of "Pourquoi la psychothérapie ?"

Email: tandante@gmail.com

The Numinous Psyche: A Spiritual Tension in Jung and Assagioli?

Chris Robertson

Abstract. The idea of the numinous is used to compare and contrast the views of Assagioli and Jung in relation to spiritual experience. Going from the work of Otto, the originator of the term *numinous*, this article initially examines the dilemma of whether the numinous is an extension of the psyche into a spiritual realm or if it is an incursion from that realm into the psyche. This dilemma is further explored in relation to the dangers of loss of ego boundaries that encounters with the spirit expose. The article concludes with a deconstruction of the psyche/spirit dilemma in recognising the dualistic assumptions that lead to this dilemma and an opening to ecopsychology as a new synthesis.

Key words: numinous, spiritual, dualism, Self

Chris Robertson has been a psychotherapist and trainer since 1978. His training background includes psychosynthesis, child psychotherapy and family therapy. He is author of several articles on the development of new approaches to psychosynthesis and the co-author of *Emotions and Needs (OUP)*. He is co-founder of Re•Vision (www.re-vision.org.uk), centre for Integrative Psychosynthesis and a previous president of the European Federation for Psychosynthesis Psychotherapy. He has been the convener of several conferences including, *Sacred Margins* (2009) and the co-creator of the workshop *Borderlands and the Wisdom of Uncertainty*.
Email: chrisrobertson@re-vision.org.uk

Psychosynthesis and Recovery from Addictions

Bonney Schaub, RN, MS, and Richard Schaub, MD

Abstract. Recovery from addictions is ultimately a set of inner skills, which the client utilizes to end identification with the obsessive thoughts and compulsive behaviours that drive to addiction. Psychosynthesis, because of its emphasis on self-observation, self-knowledge, and choice, has many concepts and methods that can strengthen the necessary inner skills of the recovery process.

Key words: recovery, addiction, fight, flight

Richard Schaub, PhD, and Bonney Gulino-Schaub, RN, MS, are co-founders and co-directors of the New York Psychosynthesis Institute (www.newyorkpsychosynthesis.org). They have trained health professionals internationally for thirty-five years in the clinical applications of psychosynthesis, meditation and imagery. They are co-authors of three books: *Healing Addictions: The Vulnerability Model of Recovery*; *Dante's Path: A Practical Approach to Achieving Inner Wisdom*; *The End of Fear: A Spiritual Path for Realists*.
Email: Bonney Schaub, incbonney@gmail.com. Richard Schaub, drrichardschaub@gmail.com.

The Call of Self in Chronic Illness

Dorothy Firman, Ed.D.

Abstract:

Chronic illnesses disrupt lives and lead, beyond their physical manifestations, to psychological and spiritual issues of grief, loss, regret, a need for new meaning making and ultimately, an opportunity to hear the call of Self in a new way. Psychosynthesis is uniquely oriented towards working with this population in both its theory and practice.

Key words: life purpose, illness, identity

Dorothy Firman, Ed.D is a psychology professor and director of psychosynthesis training at the Synthesis Center (www.synthesiscenter.org). She is the author of many books, including the forthcoming: *Engaging Life: Living well with Chronic Illness*.

Email: dfirman@comcast.net

Psychosynthesis and Psychotic Suffering

Alberto Alberti, MD

Abstract. Psychotic suffering is characterized by the predominance of the tendency towards separateness / separation and fragmentation over the tendency towards synthesis and integration. The author describes a way of getting into empathy with the patient so that healing of the soul may eventually take place through the communion and consonance between the Self of the therapist and the Self of the patient.

Key words: dissociation, syntony, feelings

Alberto Alberti, MD, is a psychiatrist, psychotherapist and didactic trainer of Società Italiana di Psicopsintesi Terapeutica and director of Scuola di Psicoterapia Psicopsintetica. He was a student and a collaborator of Roberto Assagioli. He is in charge of the scientific journal, Rivista di Psicopsintesi Terapeutica. Author of « Psicopsintesi, a cura per l'anima ».

Email: info@luomoedizioni.it

From Corporate Stress to Inner Balance: the Manager's Search for Fulfilment

Joanne Graham-Wilson

Abstract. In France, the media have reported an alarming rate of suicides among the employees at the French Telephone Company over the past few years and among the French Police. Stress with its psychosocial risks has become a subject of current events. This paper is based on her experience of over 12 years in coaching executives in attitude change and looking for inner balance.

Key Words: stress, anxiety, anger, identity, meaning, inner balance.

Joanne Graham-Wilson is a former company executive who negotiated international oil contracts for fifteen years who holding literary and law degrees and training in psychosynthesis. She has a diploma in Methodology of Psychotherapy and Socioterapy from the University of Paris where her dissertation was on *A Psychosynthetic Approach in Overcoming Resistance to Change*. She now lives on the French Riviera where she works as a therapist/coach and change facilitator for private individuals and corporations.

E-mail: jograham@free.fr Website: www.new-start.fr

Psychosynthesis in Coping with Cancer and Dying

Kristina Brode-Thies, PhD

Abstract. This article is about the application of psychosynthesis to psycho-oncology, which is a field of interdisciplinary study and practice at the intersection of lifestyle, psychology and oncology. It is concerned with aspects of cancer that go beyond medical treatment and include lifestyle, psychological and social aspects of cancer. The article shows how mental attitudes influence health: well being starts in the mind!

Key words: coping, cancer, chronopsychology, circadian distress axis

Kristina Brode-Thies, PhD, in Clinical Psychology, founder of Circadian Institute, a psychosynthesis training centre near Cologne. In 1986 she developed "The Systemic Cancer Care," a psycho-educational coping

program based on psychosynthesis for which extensive research was done (University of Cologne and University of Jena). She recently finished four years of work with her program as the leading psycho-oncologist at the largest Breast Cancer Center in Berlin. Being a pioneer in the field of psycho-oncology with 26 years of experience, her systemic approach integrates body, mind and soul.

Email: dr.brode@t-online.de

Perspectives on the Training Journey

Keith Silvester

Abstract. This article attempts to articulate some of the themes and issues involved in the training of psychosynthesis psychotherapists. In many ways, psychosynthesis offers more than a therapy and could equally be seen as a life education or as a practical philosophy. The author discusses at length the training as a self-transformation process. Insecurities and doubts may be revealed, which have to be contained by the trainers and the training organization, which on their side have to hold their own projections on the trainee. Training assessments based on academic merit may not translate directly into evidence of sufficient personal development or clinical skill.

Key words: training, self, transference.

Keith Silvester is a UKCP registered psychotherapist, supervisor and trainer. Until 2010 he was the training director of the Psychosynthesis & Education Trust in London.

Email: keith@keithsilvester.com