

FIND ANSWERS WHAT CAN EXISTENTIAL PSYCHOLOGY DO FOR YOU?

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EXISTENTIAL PSYCHOLOGY

Existential psychology focuses on helping people overcoming the burden of anxiety and feelings of isolation. Existential psychology strives to assist people in discovering what gives meaning as an individual, seeking inside themselves and finding inner passion. Growing decision making capacity and choices that allow you to make your life more meaningful. To do this, people must take responsibility for their choices and assume the blame for mistakes without guilt, but with reflection and the acceptance to move forward with confidence.



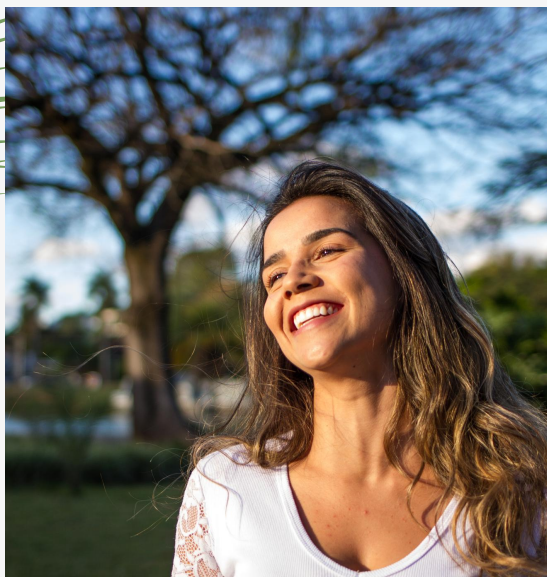
SIGNIFICANCE

One significant trend in recent psychology, psychiatry and therapy is to focus on brain waves, neurotransmitters and the repair of clear-cut diagnostic states. While all this has its place, the essence of being human remains in our anxieties, pain and disturbances as well as with our joy. All of these human qualities are woven into one unified structure: our own lives.



TRANSPERSONAL PSYCHOLOGY

Through study, it seeks to find the highest potential of an individual and help him or her to recognize, understand and unite their spiritual, cultural, social, emotional, personal and interpersonal dimensions.



OUR PATHOLOGY

Our pathology is intimately entwined with our resources, plans, goals, method of finding meaning in our lives and the way we respond to life's big questions: How do we live meaningful lives? How will we know that we are doing the right thing when we make our basic choices and commitments?



Transpersonal psychology creates a framework within which people seek to understand, interpret and make sense of themselves, their lives and daily experiences. In addition, they learn to identify and interpret their view of the world and represent it in narrative, symbols, rituals, sacraments and gatherings. •Transpersonal psychology includes the many different ways people experience belief in the origin of the world. It includes how people explain the meaning of life, suffering, death, re-birth and eternal life and/or awakening in this world or in another after death



WHAT IS MINDFULNESS?

Mindfulness encompasses awareness and attention; for example, mindfulness occurs when we are conscious, aware and attentive to our present state. The mind is open, receptive and aware.



MINDFULNESS-BASED COGNITIVE THERAPY (MBCT)

The core skill of Mindfulness Therapy is to enhance the ability to step out of the negative thinking process by being mindful of the moment and letting go of the constant strive to escape unhappiness. Becoming aware of the moment discourages functioning on automatic pilot. Letting go of the need to judge the current moment and learning to accept the current state without judgment is the heart of mindfulness. Mindfulness focuses on the observation of thoughts and feelings and the recognition that thoughts are not facts; they simply are a result of being in the present moment.



Awareness monitors the inner and outer environment and attention is the process of focusing conscious awareness, providing heightened sensitivity within a limited range of experience. Mindfulness is about paying attention in a particular way: in the present moment, on purpose and non-judgementally (Jon Kabat-Zinn). It is enhanced attention to and awareness of the current experience or the present reality.



PRACTICING

- Developing non-attachment to outcome is crucial.
- Participating in an innovative path to healing which is different from current clinical practice
- Experiencing non-goal directness, staying with whatever there is to be experienced
- Achieving avoidance of experiential avoidance
- Moving towards painful experiences with willingness to experience whatever there may be to be experienced

WHAT IS MINDFULNESS?

In contrast, mindlessness is blunted, restricted consciousness or obsessively thinking about the past. Having fantasies or anxieties about the future that have the effect of removing yourself from what is happening in the present is an example of mindlessness.

Mindfulness is not a belief, an ideology or a philosophy; it is a description of mind, emotion and suffering.

It is an idea that develops over time and is greatly enhanced through regular disciplined practice, both formally and informally, on a daily basis. Mindfulness helps to disengage individuals from automatic thoughts, habits and unhealthy behaviour. (Pearls).

