

A TRANSPERSONAL VIEW
OF TRAUMA, ADDICTION,
AND GROWTH

The Primal Wound



John Firman and Ann Gila

The Primal Wound A Transpersonal View Of Trauma Addiction And Growth

John Firman, Ann Gila



The Primal Wound A Transpersonal View Of Trauma Addiction And Growth:

The Primal Wound John Firman, Ann Gila, 1997-01-01 Argues that a primal wounding of the human spirit occurs in earliest human life that disrupts fundamental relationships and leads to anxiety loneliness and alienation and shows how this wounding can be redeemed through therapy and through living one's life differently

The Primal Wound John Firman, Ann Gila, 1997-04-25 Argues that a primal wounding of the human spirit occurs in earliest human life that disrupts fundamental relationships and leads to anxiety loneliness and alienation and shows how this wounding can be redeemed through therapy and through living one's life differently To many of us modern life is a headlong rush to avoid dark feelings that threaten to disrupt our lives at every turn In order to block the surging tide of this hidden level of experience we become enthralled with violence sex and mass media and addicted to alcohol drugs and power and we compulsively strive for romance success and control All of this according to the authors can be traced to the primal wound a dark specter of isolation abandonment and alienation haunting human life The primal wound is the result of a violation we all suffer in various ways beginning in early childhood and continuing throughout life Because we are treated not as individual unique human beings but as objects our intrinsic authentic sense of self is annihilated This primal wounding breaks the fundamental relationships that form the fabric of human existence the relationship to oneself to other people to the natural world and to a sense of transpersonal meaning symbolized in concepts such as the Divine the Ground of Being and Ultimate Reality In this book Firman and Gila apply object relations theory self psychology transpersonal psychology and psychosynthesis to the issues of psychological wounding healing and growth and show how this wounding can be redeemed through therapy and through changing one's way of living Firman and Gila integrate important material from diverse schools of psychology and then expand it with their personal touch The Primal Wound presents a scholarly yet understandable to the educated lay person description of some of the important dynamics of psychological wounding from a broad perspective while also going deep into the soul and even exploring our relationship to God There is little available on this topic and in the area of trauma psychology Charles Whitfield M D author of *Memory and Abuse Remembering and Healing the Wounds of Trauma* I believe this book's central thesis to be highly provocative and important Its strength is that it uses the idea of the primal wound as a focus for a diverse collection of ideas from various sectors of the psychological and transpersonal literature This kind of integrative scholarly work is very valuable John Suler author of *Contemporary Psychoanalysis and Eastern Thought* John Firman and Ann Gila are teachers authors and psychotherapists in private practice in Palo Alto California Both were trained in psychosynthesis in the early 1970s and Firman trained with its founder Roberto Assagioli They are adjunct faculty members at the Institute of Transpersonal Psychology and lead public and professional programs both in the United States and abroad

Integrative Addiction and Recovery Shahla Modir, George Munoz, 2018-11-13 *Integrative Addiction and Recovery* offers an authentic model of comprehensive integrative modalities germane and specific to the field of addiction

and recovery treatment Although many treatment services for addiction include holistic alternative or integrative in their descriptions they contain no substantive programs or services consistent with the mind body spirit paradigm contained within the integrative approach to health and healing Consequently many patients do not have the opportunity to benefit from the true spirit of an integrative approach within the discipline of addiction and recovery medicine This book sets the standard for a bona fide integrative approach for others to follow providing information that is immediately useful in clinical practice and rigorously evidence based Authored by world class experts in the field of addiction medicine Integrative Addiction and Recovery presents both scientific and holistic data regarding a wide variety of holistic and conventional approaches to the treatment of substance abuse and behavioral addictions Its chapters cover both conventional and holistic treatment and provide background for each of the major classes of drugs of abuse including opiates alcohol tobacco stimulants sedative hypnotics hallucinogens and marijuana It also includes chapters on the topics of food addiction and behavioral addictions such as gambling and shopping The authors explore the major holistic modalities providing background and theory in areas like acupuncture Traditional Chinese Medicine Homeopathy Aromatherapy and Ayurvedic Medicine while at the same time providing spiritual approach chapters on Shamanism and Ibogaine as well as more conventional issues with a holistic view including Co Occurring Disorders and Psychosocial Treatment and Group Support The very complex issue of chronic pain and addiction is also addressed along with relapse prevention strategies

The Wiley-Blackwell Handbook of Transpersonal Psychology Harris L. Friedman, Glenn Hartelius, 2015-06-22

THE WILEY BLACKWELL HANDBOOK OF Transpersonal Psychology The new Handbook of Transpersonal Psychology is a necessity today Many transpersonal psychologists and psychotherapists have been waiting for such a comprehensive work Congratulations to Harris Friedman and Glenn Hartelius May this book contribute to an increasingly adventurous creative and vibrant universe Ingo B Jahrsetz President The European Transpersonal Association The Handbook of Transpersonal Psychology is an outstanding comprehensive overview of the field It is a valuable resource for professional transpersonal practitioners and an excellent introduction for those who are new to this wide ranging discipline Frances Vaughan PhD Psychologist author of *Shadows of the Sacred Seeing Through Spiritual Illusions* Finally the vast literature on transpersonal psychology has been collected in what is clearly the essential handbook for psychologists and others who have either too apologetically endorsed or too critically rejected what undoubtedly will define psychology in the future If you are not a transpersonal psychologist now you will be after exploring this handbook No longer can one dismiss the range of topics confronted by transpersonal psychologists nor demand methodological restraints that refuse to confront the realities transpersonal psychologists explore This is a marvelous handbook critical expansive and like much of what transpersonal psychologists study sublime Ralph W Hood Jr University of Tennessee Chattanooga With contributions from more than fifty scholars this is the most inclusive resource yet published on transpersonal psychology which advocates a rounded approach to human well being integrating

ancient beliefs and modern knowledge Proponents view the field as encompassing Jungian principles psychotherapeutic techniques such as Holotropic Breathwork and the meditative practices found in Hinduism and Buddhism Alongside the core commentary on transpersonal theories including holotropic states science with chapters on neurobiology and psychometrics and relevance to feminism or concepts of social justice the volume includes sections describing transpersonal experiences accounts of differing approaches to healing wellness and personal development and material addressing the emerging field of transpersonal studies Chapters on shamanism and psychedelic therapies evoke the multifarious interests of the transpersonal psychology community The result is a richly flavored distillation of the underlying principles and active ingredients in the field

Shadow, Self, Spirit - Revised Edition Michael Daniels, 2021-09-28 New and enlarged edition Transpersonal Psychology concerns the study of those states and processes in which people experience a deeper sense of who they are or a greater sense of connectedness with others with nature or the spiritual dimension Pioneered by respected researchers such as Jung Maslow and Tart it has nonetheless struggled to find recognition among mainstream scientists Now that is starting to change Dr Michael Daniels teaches the subject as part of a broadly based psychology curriculum and this new and enlarged edition of his book brings together the fruits of his studies over recent years It will be of special value to students and its accessible style will appeal also to all who are interested in the spiritual dimension of human experience The book includes a detailed 38 page glossary of terms and detailed indexes

Psychosynthesis John Firman, Ann Gila, 2010-03-10 Conceived by Italian psychiatrist Roberto Assagioli psychosynthesis is one of the first Western psychologies that addresses both spiritual development and psychological healing and growth by recognizing and supporting the particular life journey of the person the individual's own unique path of Self realization Firman and Gila present a comprehensive account of psychosynthesis providing a transpersonal integration of developmental personality and clinical theory They reveal some of the relationships between psychosynthesis and contemporary developmental research object relations theory intersubjective psychology trauma theory the recovery movement Jungian psychology humanistic and transpersonal psychology and common psychological diagnoses Case examples and practical theory designed to support both the layperson and the professional seeking to understand and facilitate psychospiritual growth are included

The Routledge International Handbook of Spirituality in Society and the Professions Laszlo Zsolnai, Bernadette Flanagan, 2019-03-15 Increasingly it is being recognized that spirituality defined here as a multiform search for a transcendent meaning of life that connects them to all living beings and brings them in touch with God or Ultimate Reality is an aspect of almost every sphere and aspect of social life It appears in humanity's dealings with nature home and community healing economics and business knowledge and education The Routledge International Handbook of Spirituality in Society and the Professions is a stimulating collection that summarizes the most important issues frameworks discussions and problems relating to spiritually inspired activities in different fields of social life The contributors explore how spirituality is a part of existence and present approaches and

models for professionals working in diverse areas Presented in seven parts the book provides a full overview of current research and practice Part II Facets of spirituality explores topics including philosophy psychology theology and culture Part III Nature looks at ecology agriculture cities and tourism Part IV Home and community presents chapters on various life stages disability gender and culture Part V Healing examines medicine mental and physical health and ill health In Part VI Economy politics and law contributors discuss business leadership and the workplace peace and policing Part VII Knowledge and education includes chapters on science design fashion literature and the arts In the final part Way forward the editors look to the future with a chapter on inter spirituality and the renewal of social practices Driven by contemporary research and new developments this Handbook is an innovative and interdisciplinary collection that provides an essential overview of contemporary spirituality and society from an international selection of contributors The Routledge International Handbook of Spirituality in Society and the Professions offers accessible diverse and engaging international research and its scope will appeal to academics and students of a wide range of subjects including aging and addiction psychology theology religious studies sociology business studies and philosophy It will also be an important work for professionals in medical and social services the clergy education business the arts religious communities and politics and members of organizations looking at the links between spirituality religion and society

Soulfulness David England, 2018-05-08 This book brings the wisdom of the ancient healing practice of shamanism together with the insights of contemporary psychology to provide an integrated approach to the treatment of traumatic symptoms Soulfulness has two historic shamanic roots Mayan and Native American psychology a psychology of Self as expressed in the many aspects of the Medicine Wheel the wheel of health and wholeness and the Shamanic Journey and Soul Retrieval as practiced in traditional societies throughout the world notably the Tungus tribes of Siberia This book presents the ancient wisdom of shamanic theory and practice in a form which is fit for use within the mainstream of twenty first century psychotherapeutic endeavour including an extensive explanation of Shamanic Psychology and a practical description of the ceremonies of the Shamanic Journey and Soul Retrieval

Beyond Addiction to Awakening: , This book is an invitation to you to find completion and wholeness to work through second stage recovery fully including a necessary descent to let go of the separate self and embrace third stage recovery and abide in non dual being

The Transpersonal John Rowan, 2013-12-19 In this new edition of The Transpersonal John Rowan takes account of the growing interest in spirituality assessing the many new developments in the field and providing an essential overview of the multitude of guides now available on the subject By providing a clear and highly readable introduction to the realm of the transpersonal this book eliminates many of the misunderstandings that plague this area It relates the transpersonal to everyday life as well as to professional concerns and the various schools of therapy Divided into three parts Being Doing and Knowing it encourages the reader to explore the levels of consciousness the techniques involved in transpersonal work and the underlying theory The unique relationship between the therapist and client is examined in detail as are the imagined and

imaginal world personal mythology and transcultural work An entirely new section is included on the ways in which the transpersonal therapist can use the concept of subpersonalities This fully updated and revised version of John Rowan s original pioneering text provides a highly practical guide which will be useful to anyone working with the growing number of people with spiritual concerns

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Table of Contents The Primal Wound A Transpersonal View Of Trauma Addiction And Growth

1. Understanding the eBook The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - The Rise of Digital Reading The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Advantages of eBooks Over Traditional Books
2. Identifying The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Personalized Recommendations
 - The Primal Wound A Transpersonal View Of Trauma Addiction And Growth User Reviews and Ratings
 - The Primal Wound A Transpersonal View Of Trauma Addiction And Growth and Bestseller Lists
5. Accessing The Primal Wound A Transpersonal View Of Trauma Addiction And Growth Free and Paid eBooks

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 - The Primal Wound A Transpersonal View Of Trauma Addiction And Growth eBook Subscription Services
 - The Primal Wound A Transpersonal View Of Trauma Addiction And Growth Budget-Friendly Options
6. Navigating The Primal Wound A Transpersonal View Of Trauma Addiction And Growth eBook Formats
 - ePub, PDF, MOBI, and More
 - The Primal Wound A Transpersonal View Of Trauma Addiction And Growth Compatibility with Devices
 - The Primal Wound A Transpersonal View Of Trauma Addiction And Growth Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Highlighting and Note-Taking The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Interactive Elements The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 8. Staying Engaged with The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 9. Balancing eBooks and Physical Books The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Setting Reading Goals The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Fact-Checking eBook Content of The Primal Wound A Transpersonal View Of Trauma Addiction And Growth
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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