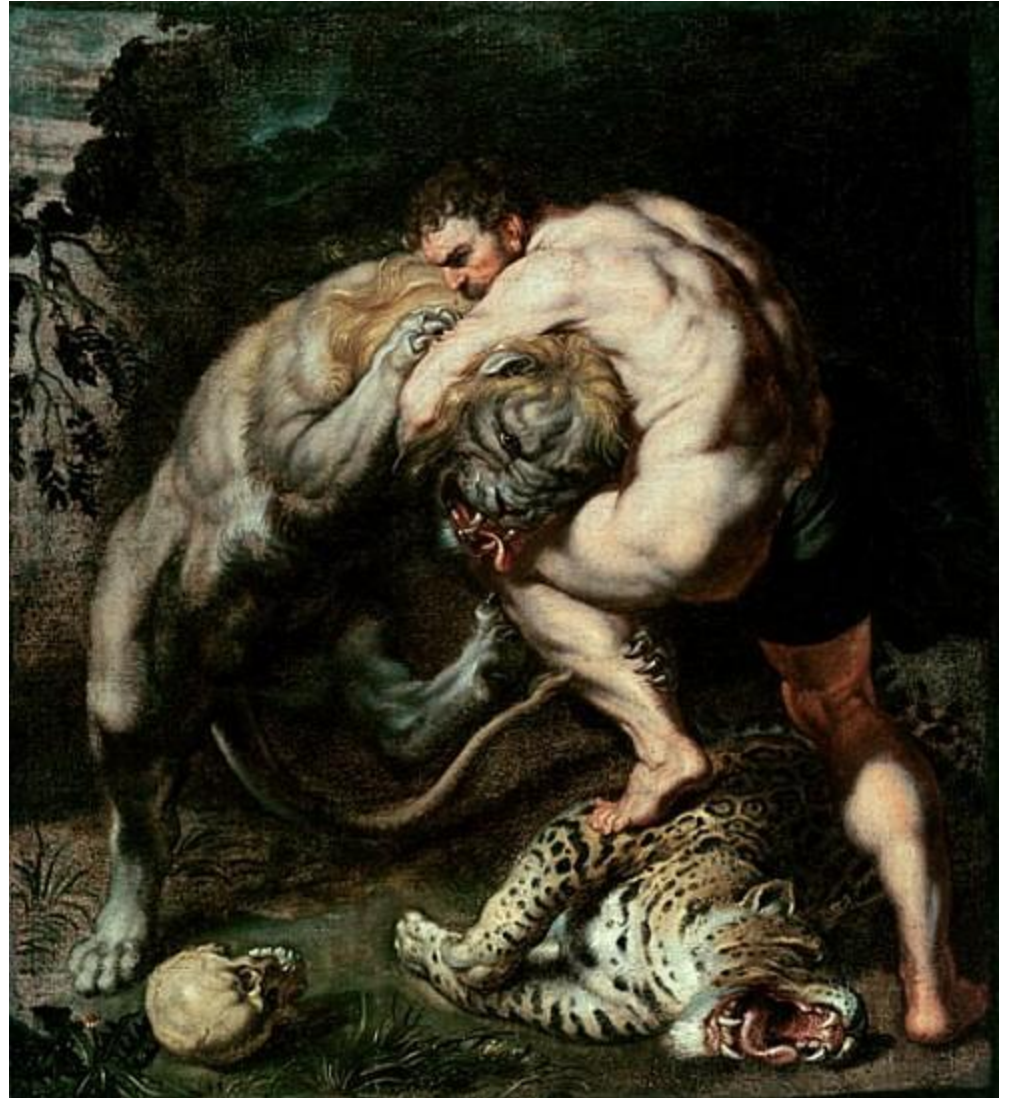




From Autism to Zen

On Full spectrum therapy



Four Awakened Vows

- However innumerable all beings are,
I vow to serve and liberate them all
 - However deep and elusive my
shadow states are,
I vow to experience and enlighten them all
- However vast and difficult true teachings are,
I vow to embody and master them all
- However endless my true path may be,
I vow to awaken and follow forever

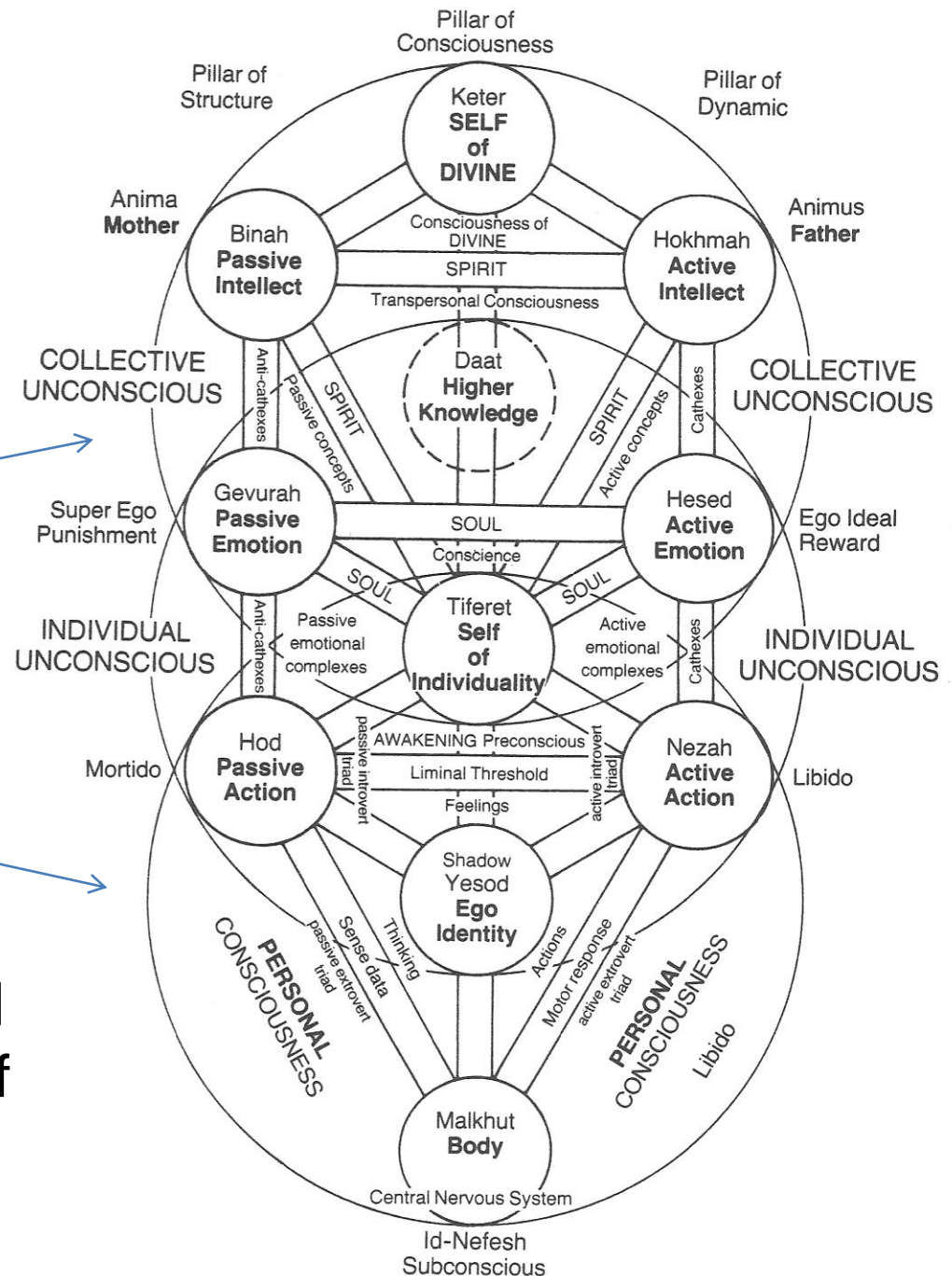
2 important Questions

- Can we make a leap from what is theoretically interesting to 'what is of clinical utility' in a very practical sense?
- What is the difference between a vision for symptom remediation and a vision for healing the soul?

The complexities of being human

Jung's
Focus


Freud's
Focus




Which therapy is required for which state or stage of consciousness?

Complementing Vertical with Horizontal therapies?

O-therapies	M-Therapies
Psychoanalysis	Behaviour therapy
Reichian and neo-Reichian	Cognitive therapy
Primal therapy	Cognitive-behavioural therapy
Many forms of body work	Neuro-linguistic programming
Past-life therapy	Solution-focused therapy
Transactional analysis	Rational-emotive behaviour therapy



More focus on the past/origin of disturbance...longer and more emotionally focused...and requires a building of trust



More focus on the present and modifying a maintained disturbance.

The tricky business of balancing form and emptiness

Agape-Immanence

*Moves toward Form,
Density, Boundaries,
Contraction, and
Individuality*

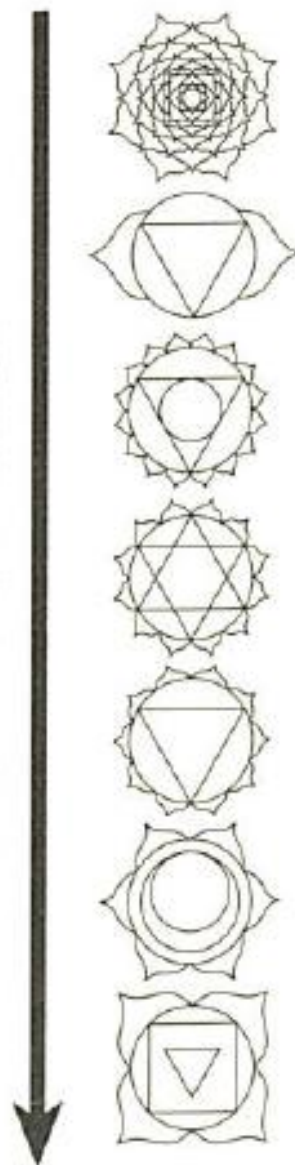
Bio

**Too much descending
& not enough
ascending = ?**

Social

*Pull of Soul
and Body*

CURRENT OF MANIFESTATION



Eros-Transcendence

*Pull of Mind
and Spirit*

Spiritual

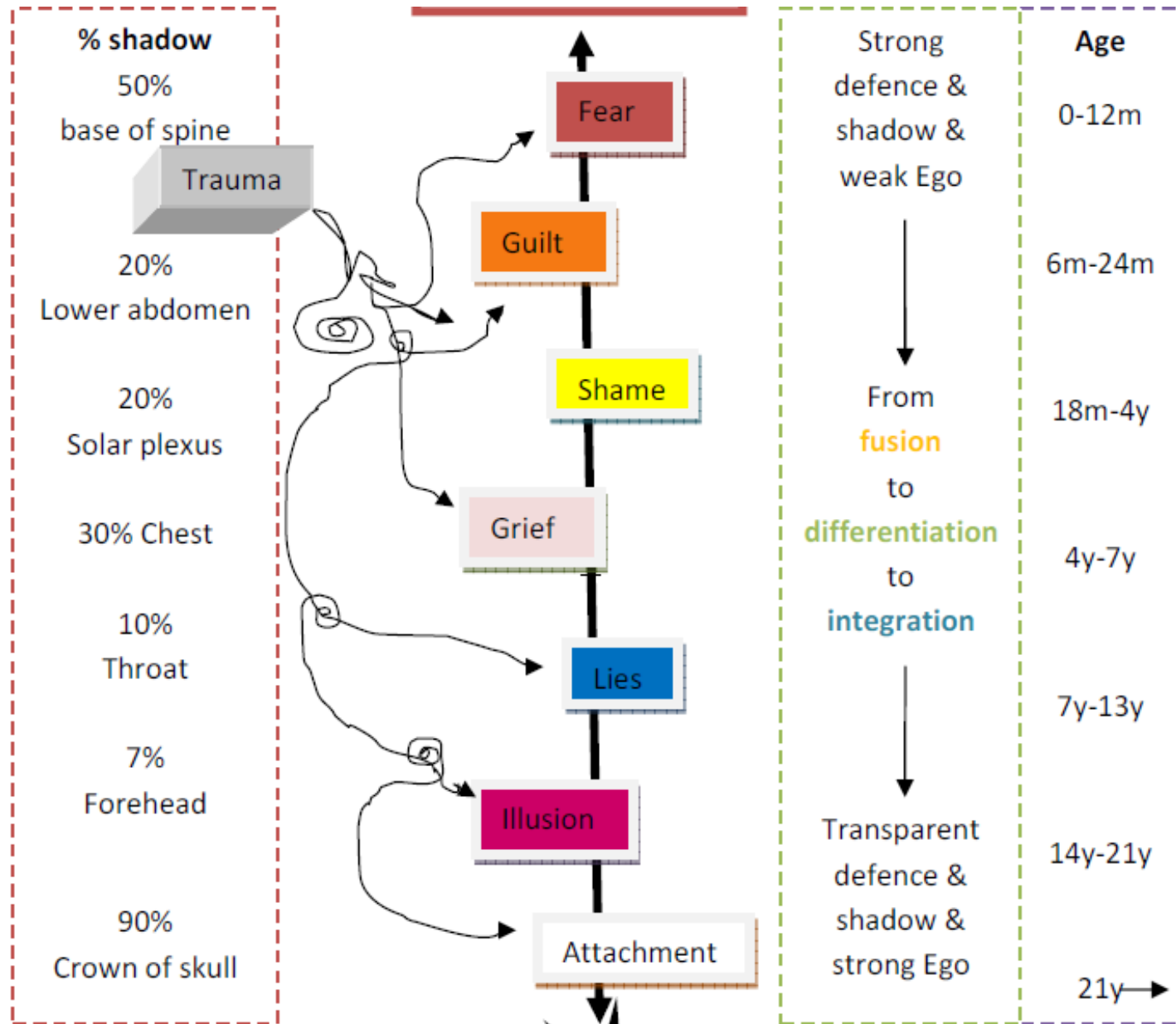
**Too much ascending
& not enough
descending = ?**

Psycho


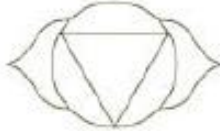





CURRENT OF LIBERATION

*Moves toward
Freedom, Expansion,
Abstraction, and
Universality*

Vertical depth therapy



ADDICTION AND THE RELATED CHAKRA'S

Cognition	7		RELIGION, SPIRITUAL PRACTICES
Intuition	6		HALLUCINOGENS, MARIJUANA
Communication	5		OPIATES, MARIJUANA
Love	4		TOBACCO (SMOKING), SUGAR, LOVE, MARIJUANA
Power	3		AMPHETAMINES, COCAINE, CAFFEINE, WORK, ANGER
Sexuality	2		ALCOHOL, SEX, HEROIN
Survival	1		FOOD, GAMBLING, SHOPPING, WORK

The Integral Life Practice™ Matrix

PRACTICES	CORE				MODULES					AUXILIARY			
	Body (Physical, Subtle, Causal)	Mind (Framework, View)	Spirit (Meditation, Prayer)	Shadow (Therapia)	Ethics	Sex	Work	Emotions	Relationships				
	Weightlifting (Physical)	Reading & Study	Zen	Gestalt Therapy	Codes of Conduct	Tantra	Right Livelihood	Transmuting Emotions ⭐	Integral ⭐ Relationships				
	Aerobics (Physical)	Belief System	Centering Prayer	Cognitive Therapy	Professional Ethics	Integral Sexual Yoga ⭐	Professional Training	Emotional Intelligence Training	Integral ⭐ Parenting				
	F.I.T. ⭐ (Physical, Subtle)	Integral (AQAL) Framework ⭐	Big Mind ⭐ Meditation™	3-2-1 Process ⭐	Social & Ecological Activism	Kama Sutra	Money Management	Bhakti Yoga (Devotional Practices)	Communication Skills				
	Diet: Atkins, Ornish, the Zone (Physical)	Mental Training	Kabbalah	Dream-Work	Self-Discipline	Kundalini Yoga	Work as a Mode of ILP ⭐	Emotional Mindfulness Practice	Couples Therapy				
	ILP Diet (Physical) ⭐	Taking Multiple Perspectives	Compassionate Exchange ⭐	Interpersonal	Integral Ethics ⭐	Sexual Transformative Practice	Karma Yoga	Right Association (Sangha)	Relational Spiritual Practice				
	Tai Chi Chuan (Subtle)	Any Worldview or Meaning System that Works for You	TM	Psychoanalysis	Sportsmanship		Community Service & Volunteering	Tonglen (Compassionate Exchange Meditation)	Conscious Marriage				
	Qi Gong (Subtle)		The 1-2-3 of God ⭐	Art & Music Therapy	Vows & Oaths		Work as Transformation	Creative Expression & Art					
	Yoga (Physical, Subtle)		Vipassana Meditation										
	3-Body Workout (Physical, Subtle, Causal) ⭐												

It's as simple as:

- Pick **one practice** from each of the **Four Core Modules**
- Add practices from the **Auxiliary Modules** as you wish
- Go!

(We particularly recommend the Gold Star Practices ★)

Looking for strengths with the psychograph

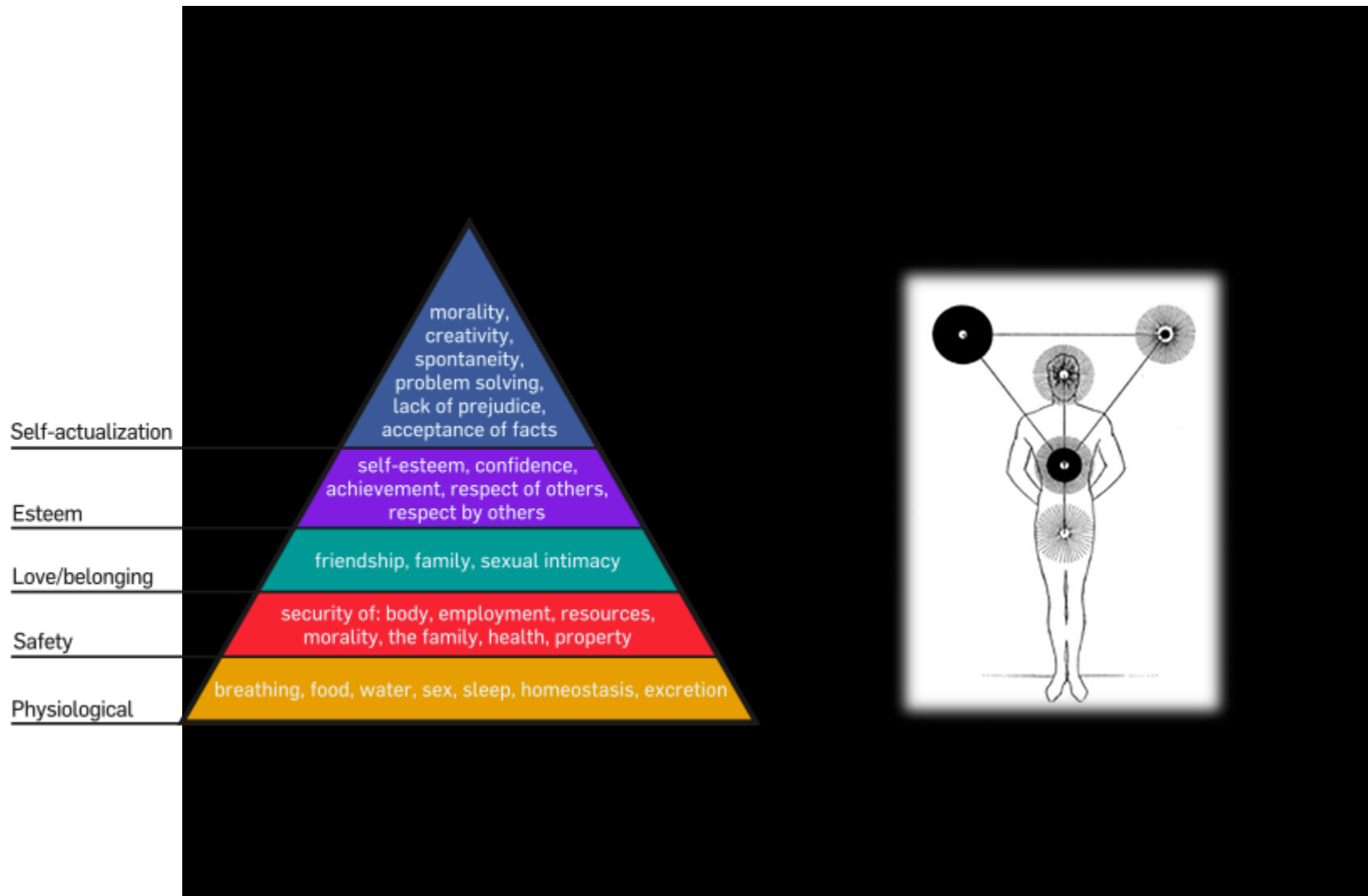
Using 6 intelligence lines of development

COGNITIVE	Awareness of what is	The capacity to see from different perspectives, the value, synergies and implications of those perspectives, and doing so through space and time
EMOTIONAL	The spectrum of emotions	The capacity to access, communicate, discriminate, and skillfully be present to the emotional field of self and others
SOMATIC	Body/mind awareness	The capacity to access, include, and skillfully draw upon the energies of the gross, subtle, and causal realms
INTERPERSONAL	How I socially relate to others	The capacity to relate to and communicate with others in a way that all perspectives (I, We/Thou, It) are attended to at the appropriate level
SPIRITUAL	The ultimate concern	The capacity to explore issues of ultimate concern.... "Who am I?" "Why am I here?" "What am I to do?" "Where to I go from here?" (from "me" to "us" to "all of us" to "all sentient beings")
MORAL	Awareness of what to do	The capacity to reach a moral decision involving both moral judgment and care; attend to the moral depth and span it encompasses (from "me" to "us" to "all of us" to "all sentient beings")

From the theoretical to the therapeutic psychograph

Developmental Line	Key Inquiry Question	Key Researcher	Key Psychometric
Cognitive	What am I aware of?	Piaget	Science reasoning tasks & Arlin Test of Formal reasoning
Interpersonal	How should we interact?	Selman	Sociomoral dilemmas
Self-identity	Who am I?	Loevinger	WU- Sentence Completion Test
Moral	What should I do?	Kohlberg	Standard issue scoring system
Values	What is significant to me?	Graves	None developed
Needs	What do I need?	Maslow	The personal Orientation Inventory & the short Index of self-Actualization
Aesthetic	What is attractive to me?	Housen	Aesthetic Development Interview
Psychosexual	How do I experience Eros?	Freud	The Dynamic Personality Inventory
Emotional	What do I feel?	Fischer	Nice/mean Interaction scale
Somatic	How do I experience my body?	Anderson	Body Intelligence scale

Similarities between Maslow's hierarchy and Kabbalah



A galactocentric approach to therapy



Self-object differentiation



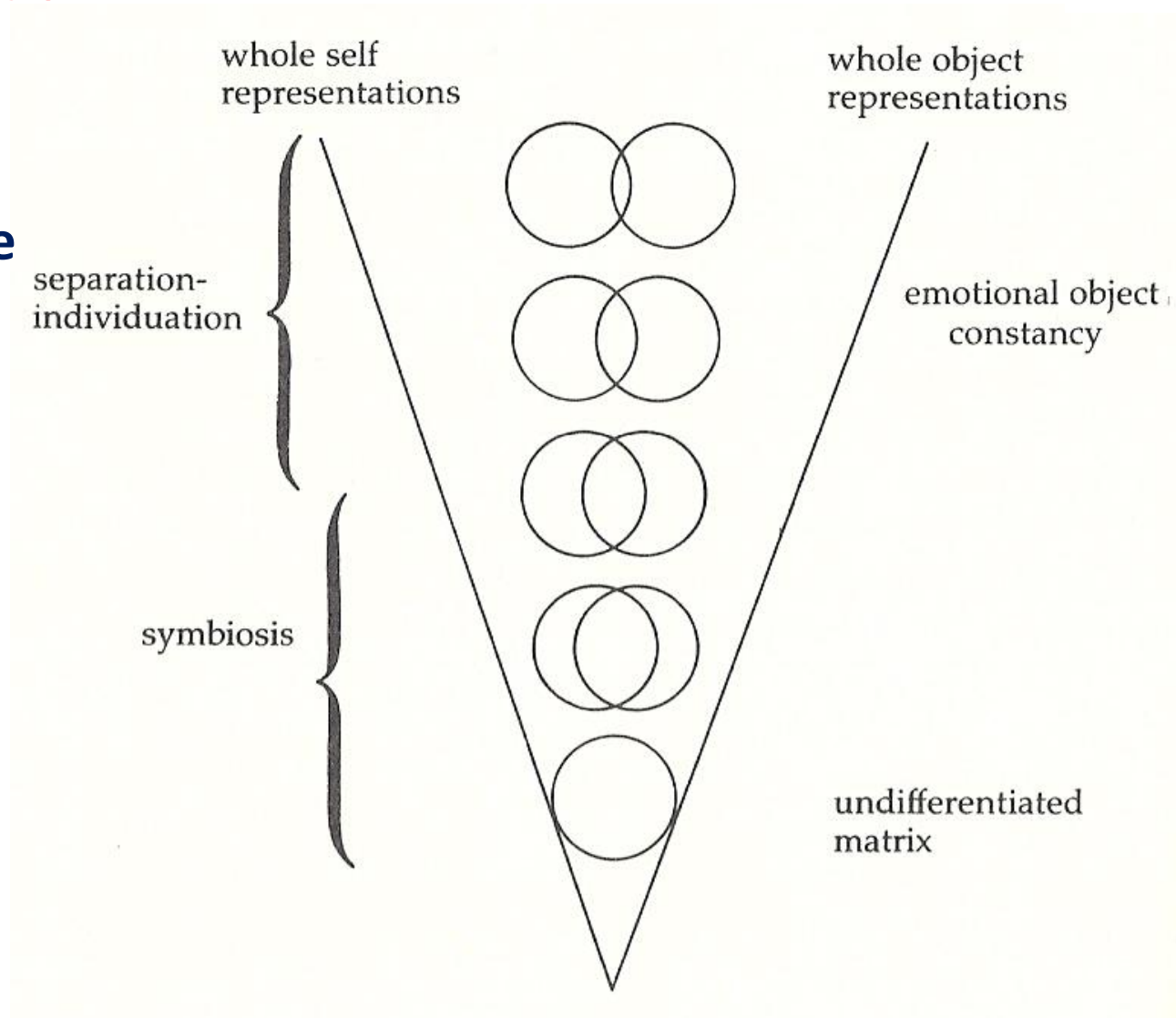
Disassociation

↑
Presence

Presence

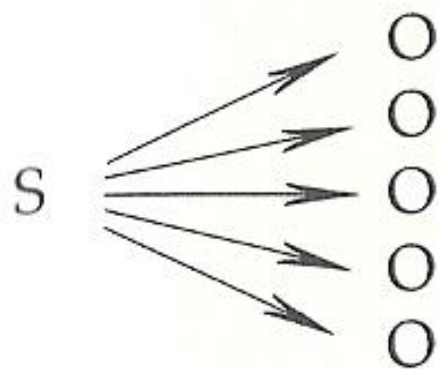


Fusion

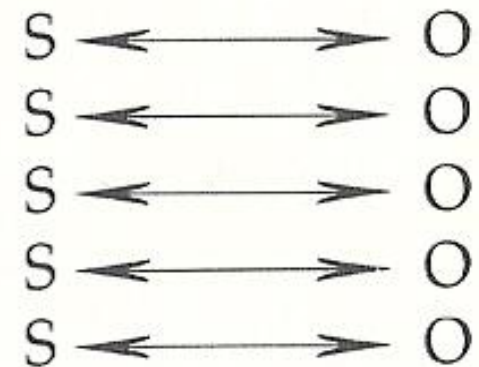


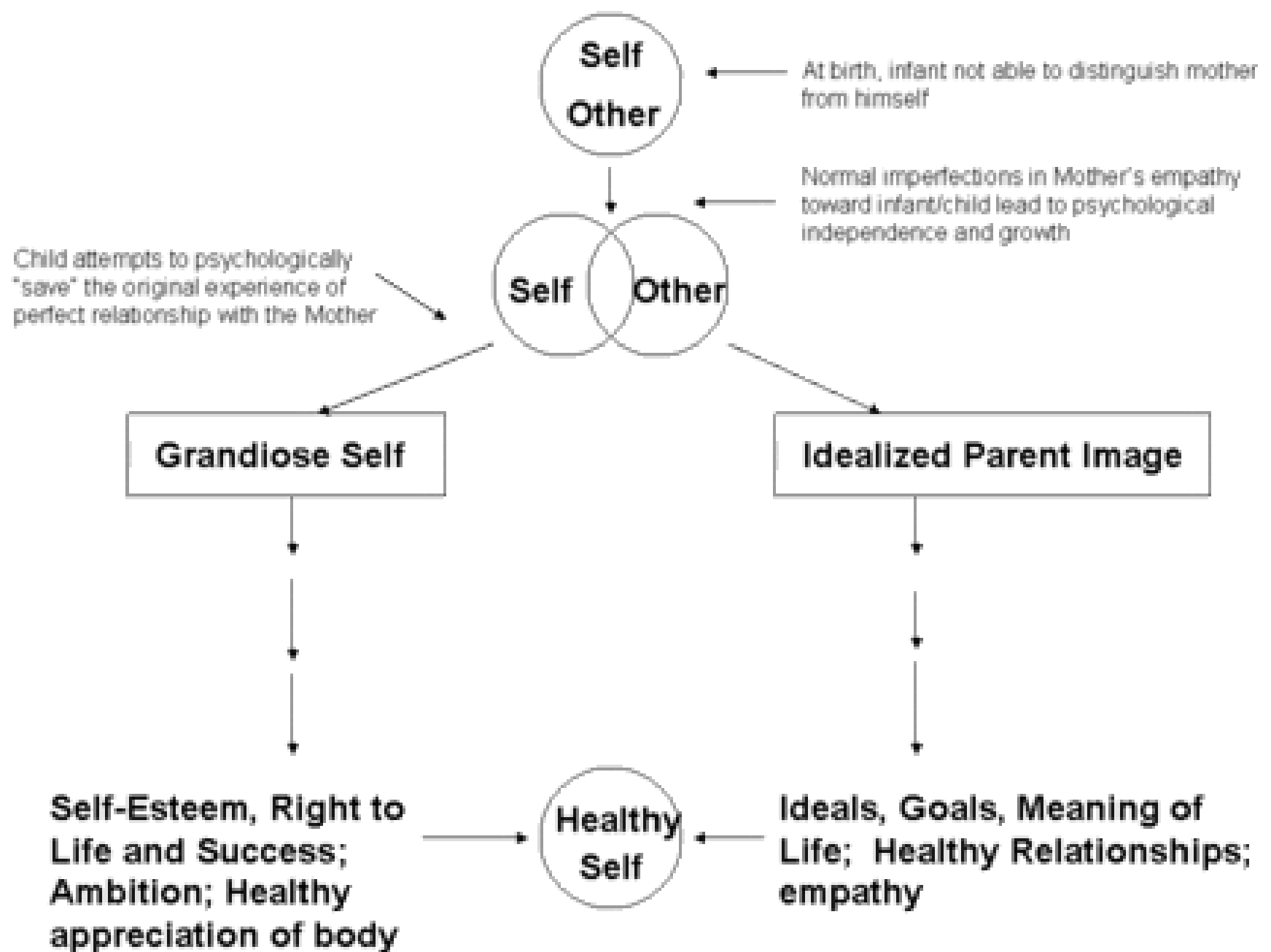
Objectives of Insight meditation

Discovering we have different parts of our self



Where S = self
and O = object
the relationship
assumed (left),
is discovered to
actually be
(right)

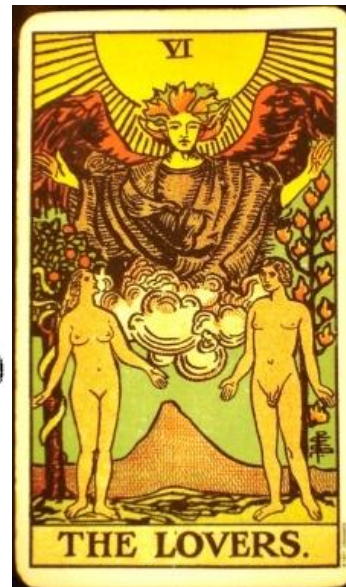
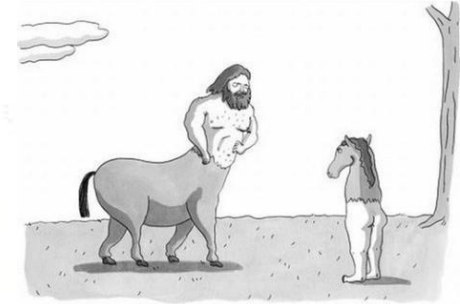




Which defences is this character displaying and which therapy does he need?

Spectrum of human development, pathology, defences and treatment

Realm	Level	Pathology	Defenses	Treatment
Prepersonal (body)	Sensoriphysical	Psychoses	Hallucination, delusional projection, wish fulfillment	Pharmacotherapy with psychotherapy as adjunct (Behavioral and Cognitive-Behavioral approaches)*
	Phantasmic/ emotional	Borderline and narcissistic personality disorders	Splitting, (projective identification), self-object fusion	Structure-building approaches: object relations, self psychology (Dialectical Behavior Therapy)
	Representational mind	Neuroses	Repression, (projection), reaction formation	Uncovering approaches: Psychodynamic: Jungian, ego psychology; Gestalt; Focusing; (experiential/Person-centered)
Personal (mind)	Rule/role mind	Script pathologies	Displacement, duplicitous transaction, covert intention, (repression)	Script analysis (collaborative empiricism, cognitive therapy, REBT, Adlerian, Choice Therapy, etc.)
	Formal-reflexive	Identity neuroses	Sublimation, anticipation, suppression	Introspection, philosophizing, Socratic dialogue (experiential)
	Vision-logic	Existential pathologies	Inauthenticity, deadening, aborted self-actualization, bad faith	Existential psychotherapy (experiential approaches)
Suprapersonal (spirit)	Illumined mind	Psychic disorders	Pranic disorder, yogic illness	Path of yogis (sometimes temporary suspension of contemplative work)
	Intuitive mind	Subtle disorders	Failed integration, archetypal fragmentation	Intensification of contemplative practice, increased contact with spiritual teacher
	Overmind	Causal disorders	Failed differentiation, Arhat's disease	Collaboration between student and spiritual teacher
	Supermind			



OUTWARD ARC

INWARD ARC

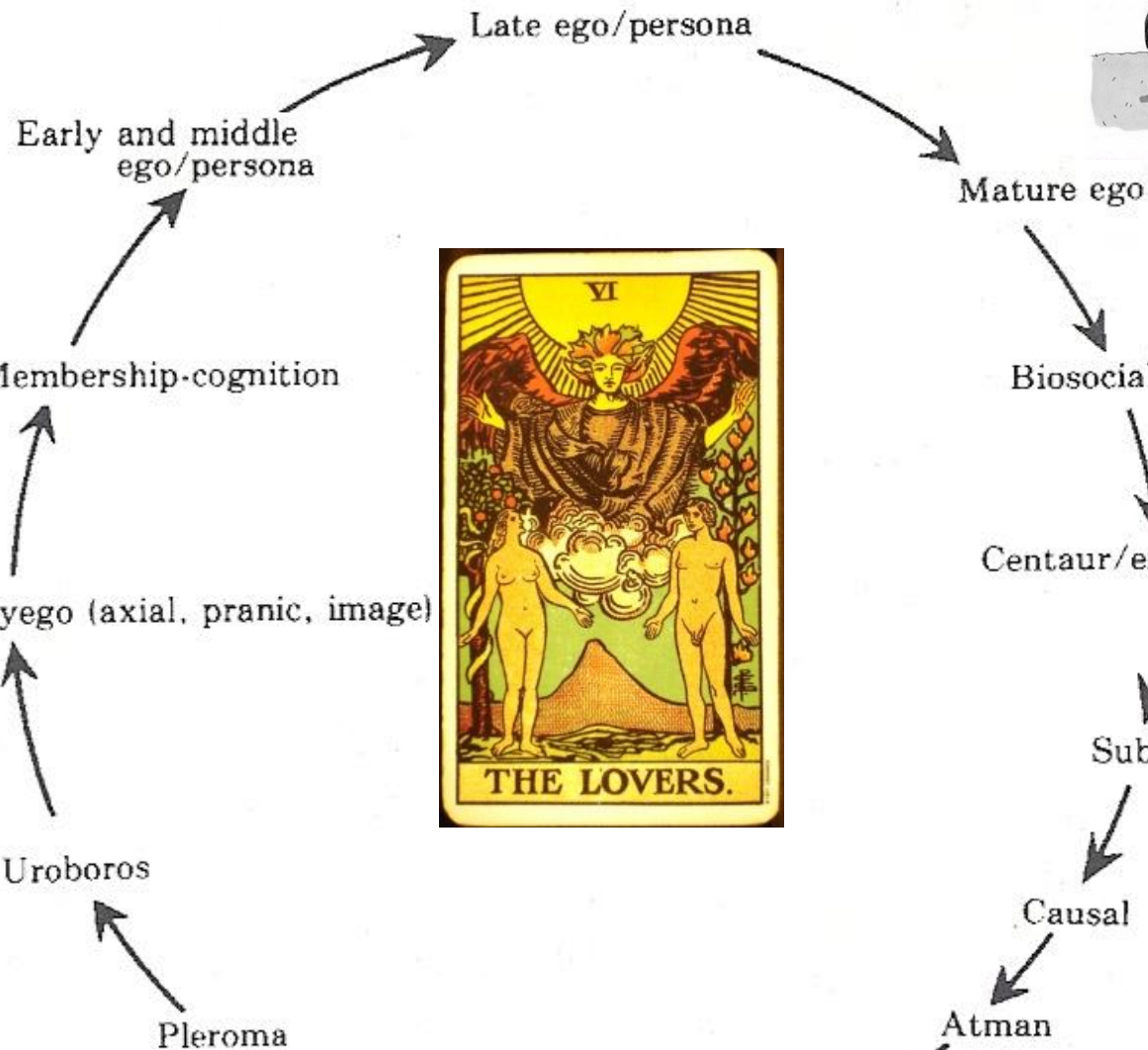


Fig 2. The Complete Life Cycle



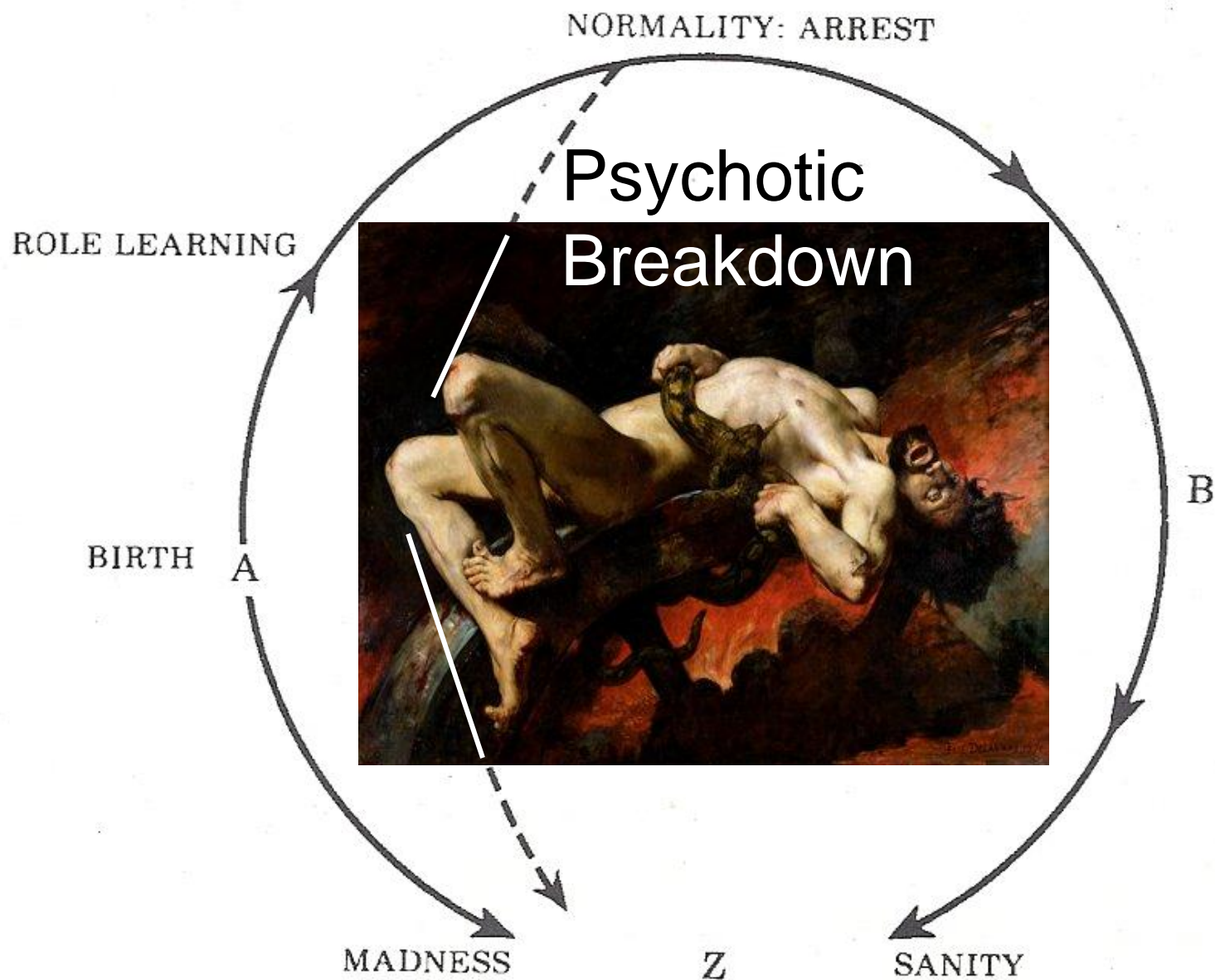


Fig. 4. Cooper's Life Cycle: Sanity, Arrest, and Madness

GREED: Chasing the pleasant life requires therapy for the belly - CHARITY

- 1. Sensorimotor (psychoses, most adult schizophrenia)
- 2. Phantasmic-emotional (narcissistic-borderline disorders)
- 3. Representational mind (borderline neuroses, psychoneuroses)

DELUSION: Chasing the good life/flow requires therapy for the head - WISDOM

- 4. Rule/role mind (script pathology and neuroses)
- 5. Formal-reflexive (identity neuroses)
- 6. Vision-logic (centauric, existential pathology: depression, inauthenticity, isolation, aborted self-actualization, and anxiety)

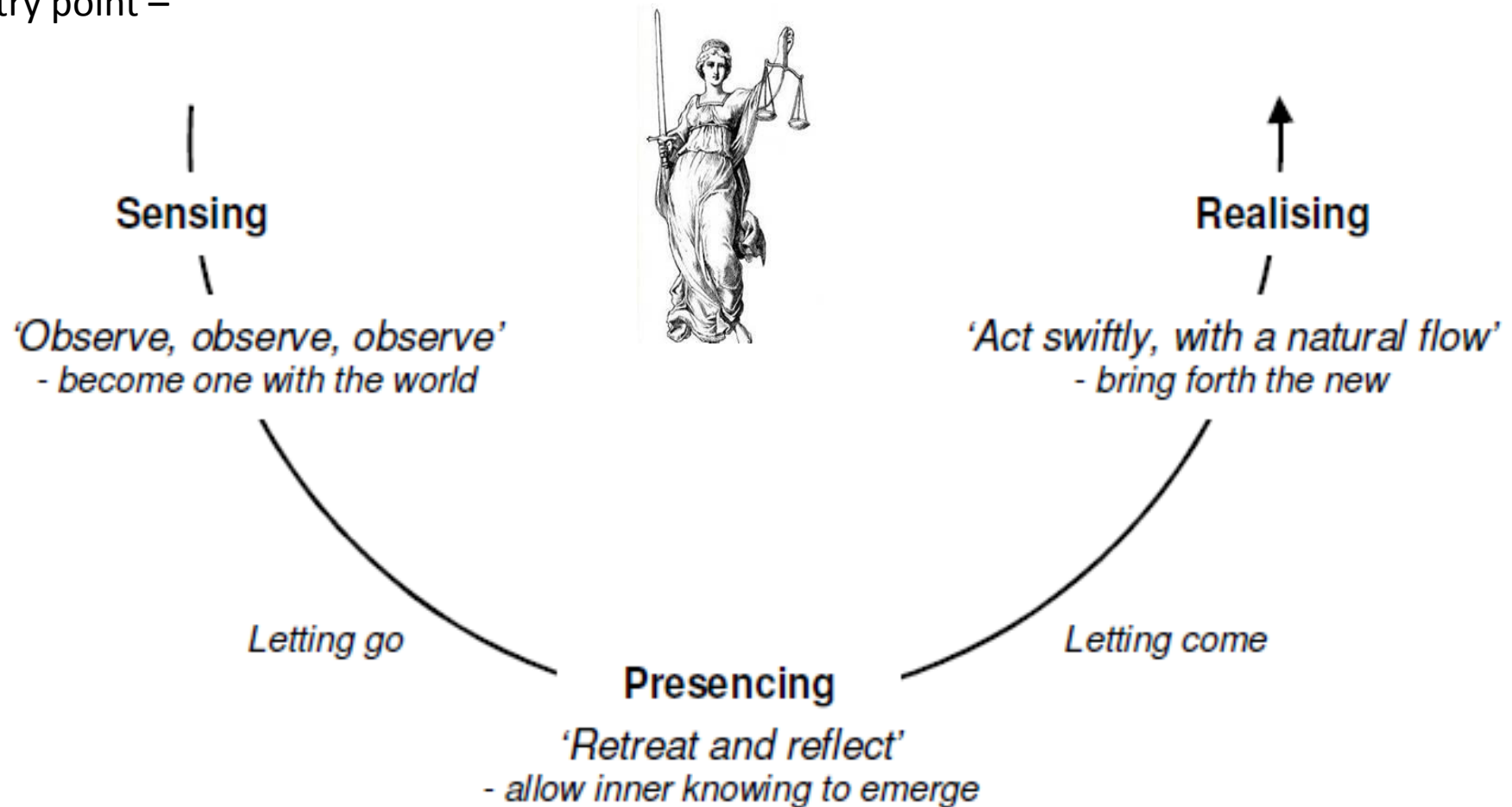
HATRED: Chasing the meaningful life requires therapy for the heart - COMPASSION

- 7. Psychic (psychic disorders: inflation, dark night of the soul, split life goals, pseudo-duhkha, pranic disorders, yogic illness)
- 8. Subtle (subtle pathology: integration-identification failure, pseudo-nirvana, pseudo-realization)
- 9. Causal (causal pathology: failure of complete self-differentiation, failure to fully integrate with physical forms, also known as Arhat's disease)
- 10. Ultimate (not really a level, but the suchness, Ground, radical emptiness of all levels).

The U path from subconscious to conscious awareness

The U Movement

Entry point –



Dimensions of stages	Stages of development: Rowan			
Level - Rowan	Instrumental self	Authentic self	Transpersonal self (1)	Transpersonal self (2)
Level- Wilber equivalent	Mental ego	Centaur	Subtle	Unity
Stage development	I am defined by others-co-dependent	I define who I am-independent	I am defined by others-interdependent	I am not defined-Independently interdependent
Process for ego	Healing Ego Building	Development Ego Extending	Opening Ego reduction	Enlightenment Ego dissolving
Question at each stage	What is the best method-technique?	What is the best relationship?	How far can we go together?	Can we face the loss of all our words?
Challenge of each stage	Dare you face the challenge of the unconscious?	Dare you face the challenge of freedom?	Dare you face the loss of your boundaries?	Dare you face the loss of all your symbols?
Appropriate research methods	Quantitative/qualitative	Collaborative, action research	Mindful, transformative	None- closest research is via biological sciences
Therapy Issues	Adjustment Being accepted Language important Wants love and work Tastes of compassion Symptom removal Goals, problems Need to know Believe in self	Crisis and loss Who is the real me Self-reflection Being authentic Body-mind unity Making the unconscious conscious Death and rebirth I create my world Growing intuition Peak experiences Reliable compassion, self-love	Spiritual experiences Being present Higher self Creativity, imagery Being open Deep compassion, intimacy, love Strongly intuitive Beginners mind Not knowing	Being fully present Wisdom Mysticism Devotion Commitment Steady compassion Silence Knowing/not knowing

Separation

Initiation

Return

then we Advance

The Hero's journey with an extra step.....

Dimensions of stages		Stages of development: Rowan		
Level - Rowan	Instrumental self	Authentic self	Transpersonal self (1)	Transpersonal self (2)
Level- Wilber equivalent	Mental ego	Centaur	Subtle	Unity
Representative names	Freud, Ellis, Meichenbaum, Beck, Eysenck, Skinner, Lazarus, Watzlawick, Erickson, Linehan, Ivey, Egan	Maslow, Rogers, Mahler, Perls, Searles, Laing, Moreno, Winnicott, Lomas, Bugental, Hycner, Boghart, Satir, Bozarth	Jung, Hillman, Campbell, Starhawk, Assagioli, Gordon Brown, Rowan, Watkins, Houston, Bolen, Grof, Boorstein, Whitmore, Field, Fukuyama, Maguire	Eckhart, Shankara, Dante, Epstein, Rosenbaum, Ram Dass, Almaas, Lao Tzu, Fox, Brazier, Sheng-yen, A & A Mindell, al-Ghazali, Maharishi
Body Focus	Physical/mental -minimal emotional	Physical/mental/emotional	Physical/mental/ emotional/spiritual	synthesis
Appropriate modalities	Freudian, Physician, Hospital treatment, Directive, CBT, behaviour mod, Some TA, Brief therapy, solution based, REBT, crisis work, supportive	Freudian, Jungian, Gestalt, Hakomi, bodywork therapies, Psychodrama, Regression, open encounter, some TA, person-centred, primal, integration co-counselling, Rogerian	Psychosynthesis, some Jung, some pagans, transpersonal, voice dialogue, Kabbalah, some astrology, some tantra, shamanism, core process, Hakomi (sometimes)	Christian mysticism, Sufi, Priest(ess), Sage, Mystical, Raja Yoga, Taoism, Advaita, Impersonal, some Judaism, last lessons of Kabbalah



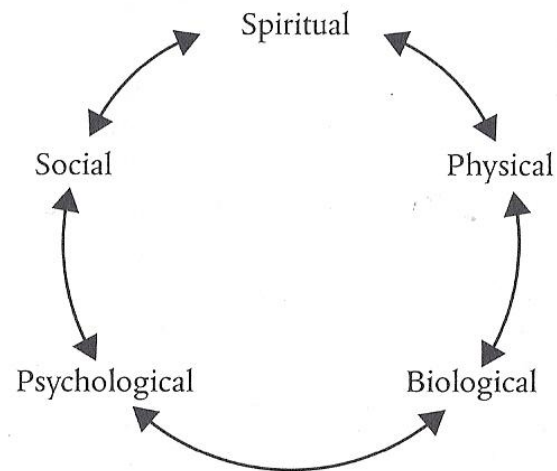
Community health counselling largely focuses on ego strengthening

5 Dimensions of Human Experience

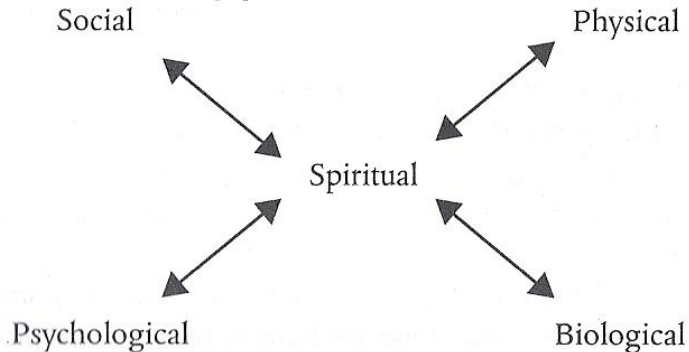
Hierarchical organization

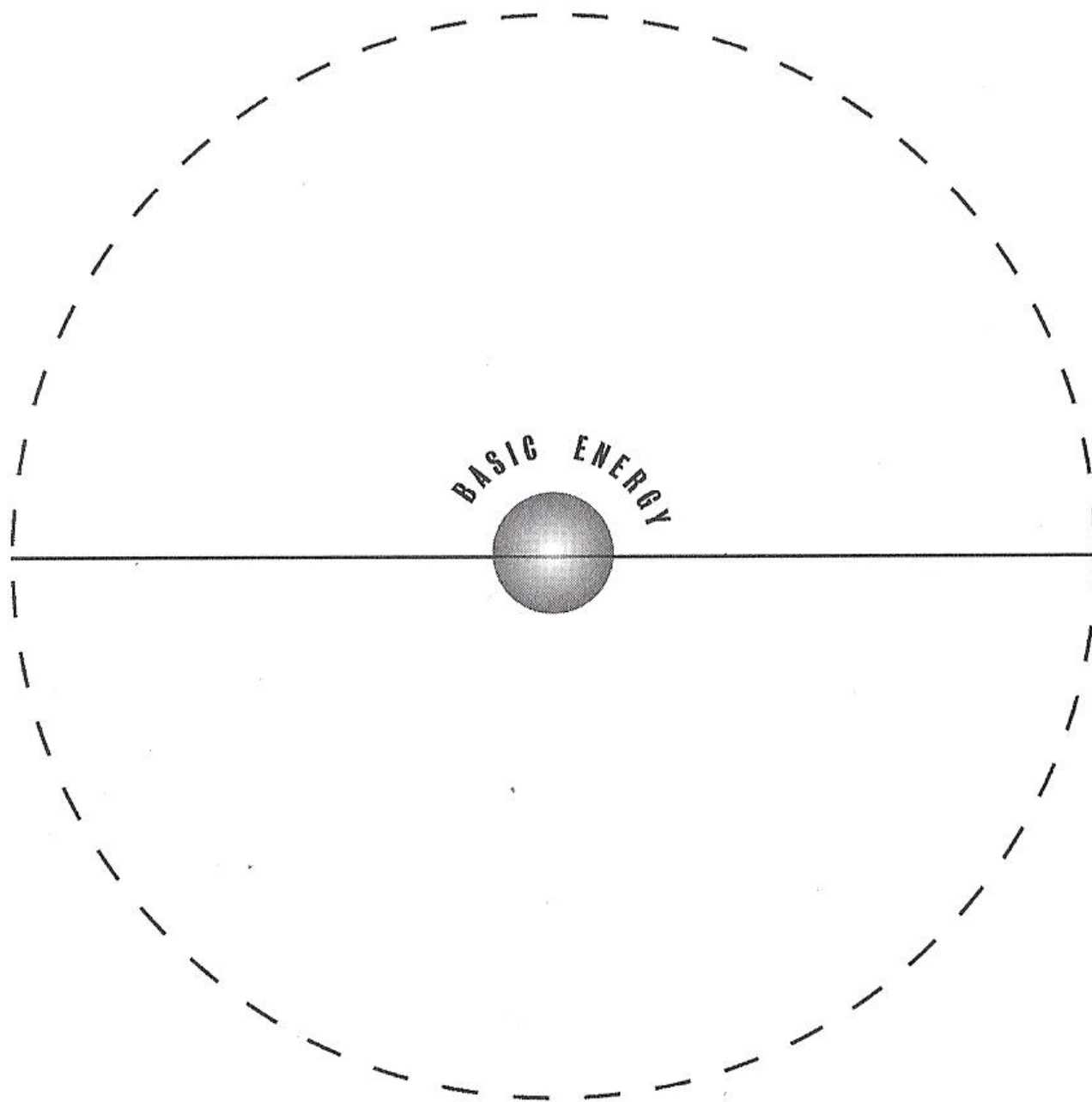
Spiritual
Social
Psychological
Biological
Physical

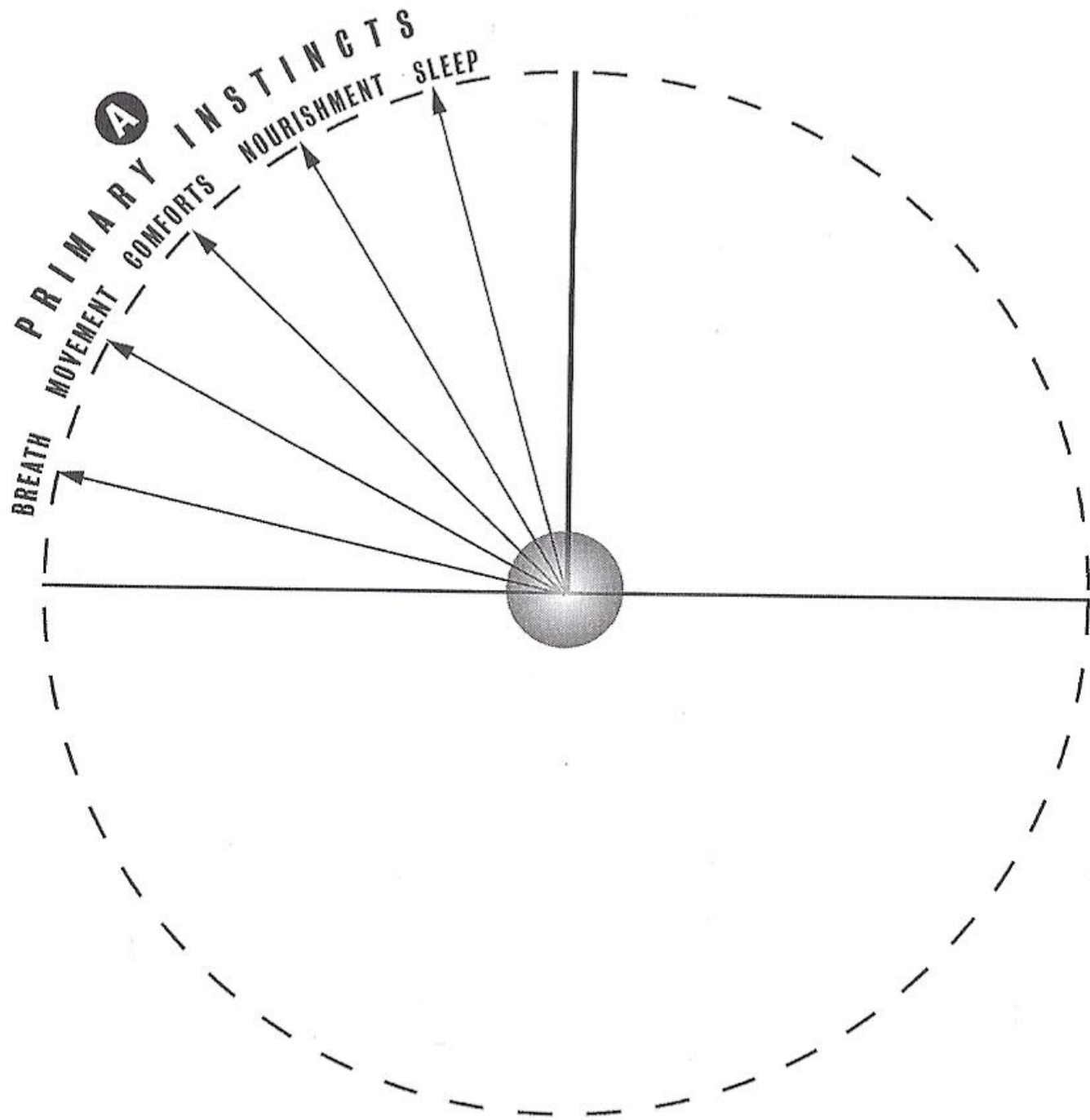
Circular organization

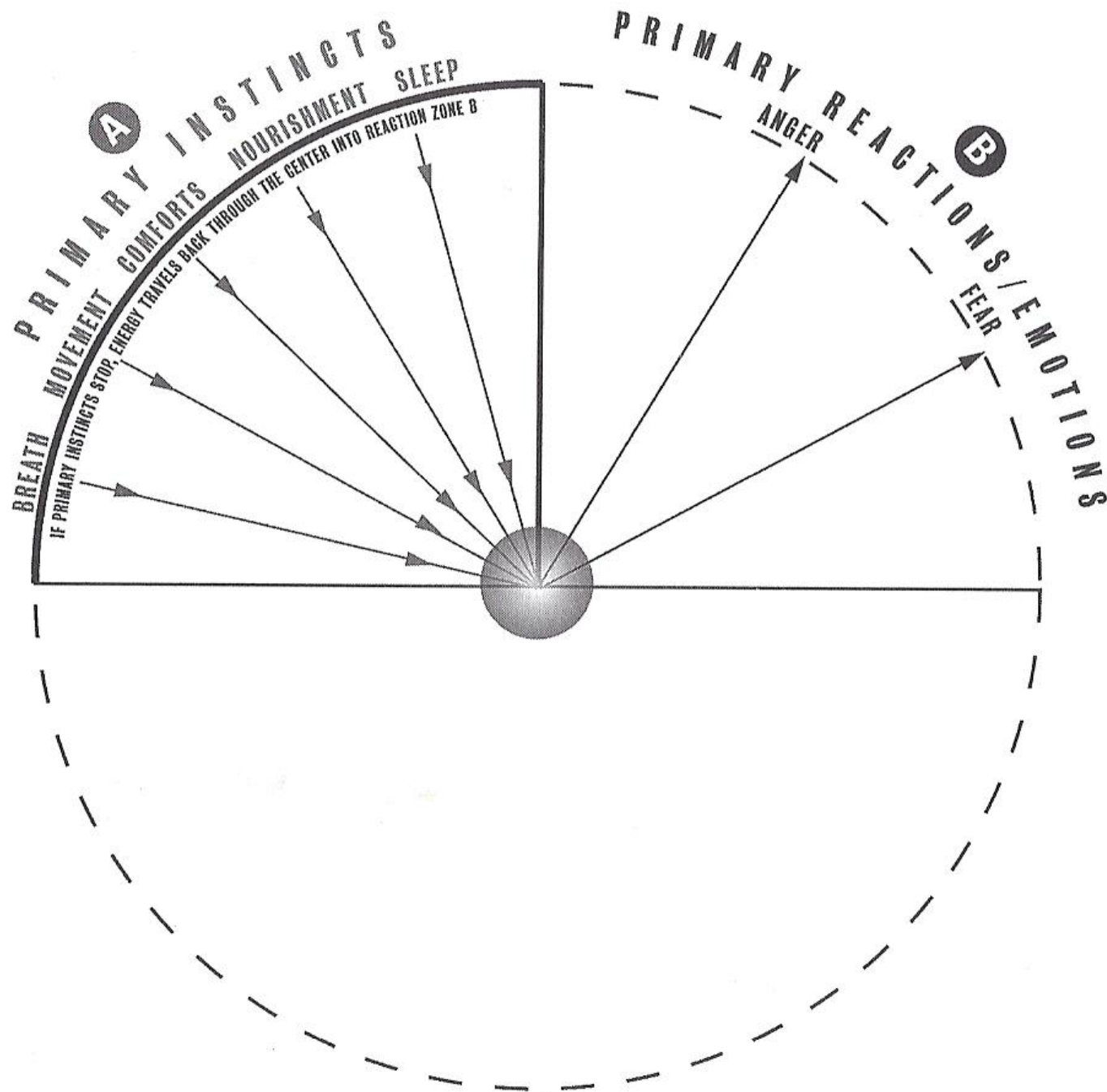


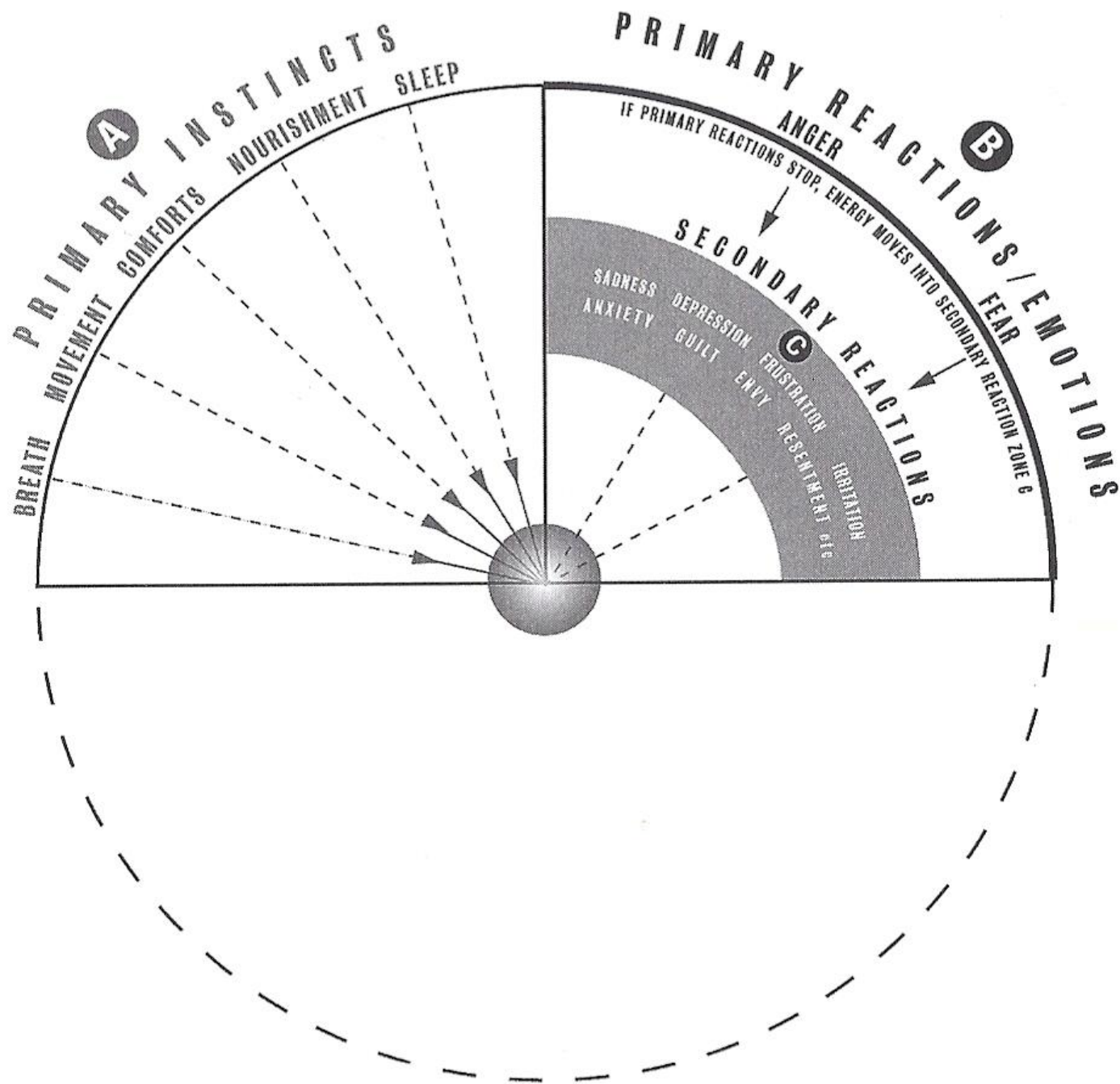
Spirituality centrally placed

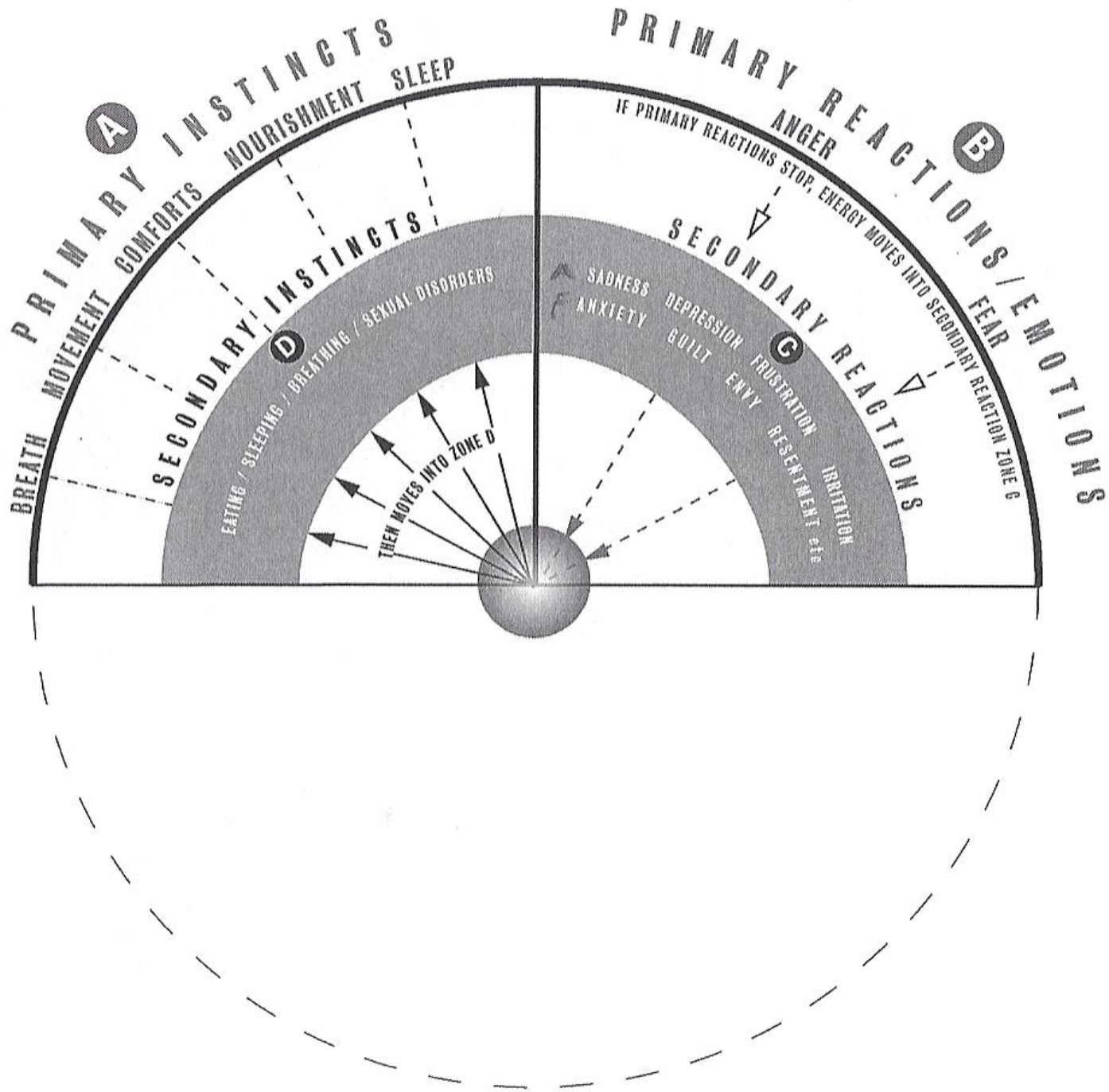


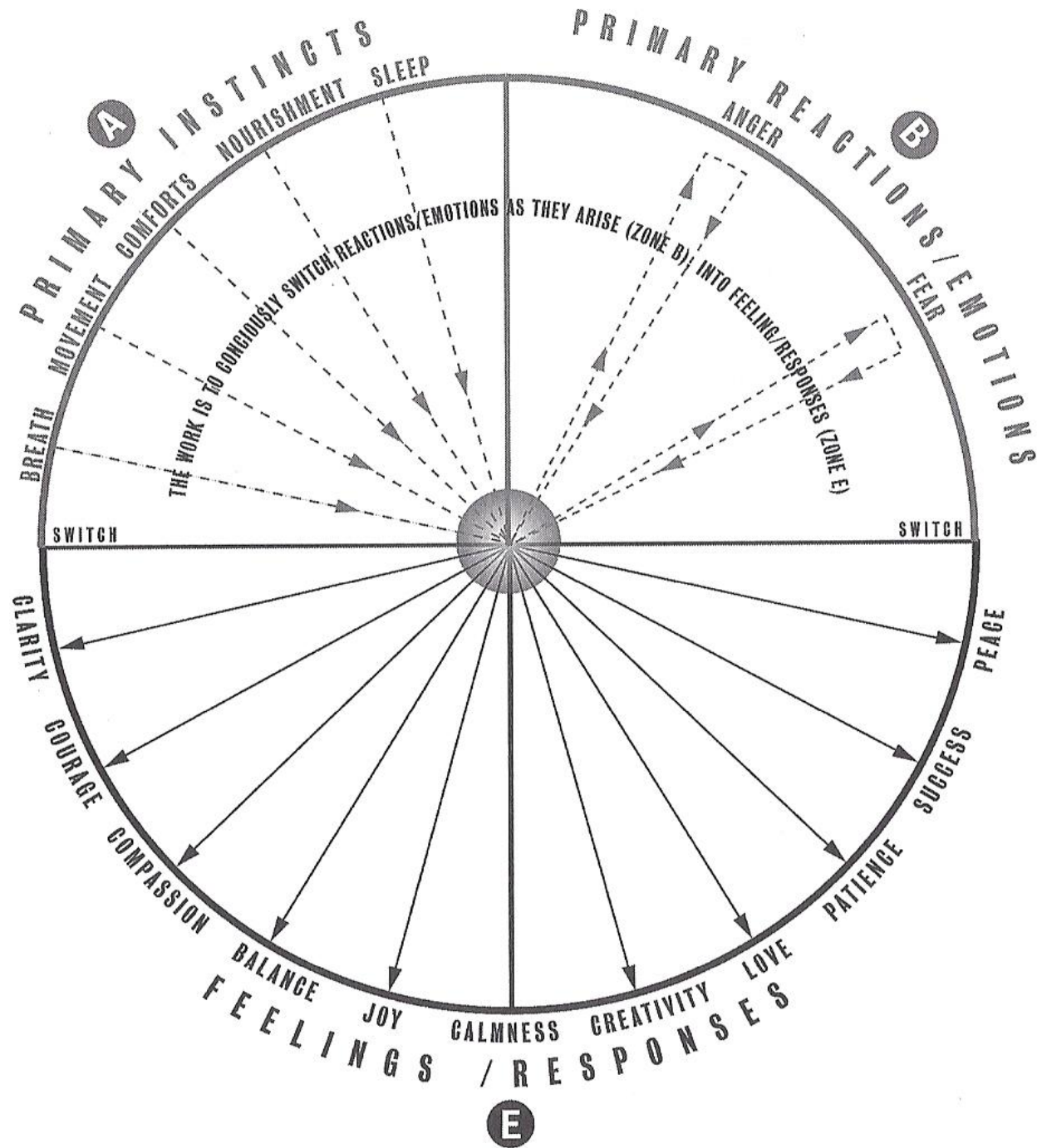












3 subconscious angles to engage within psychotherapy

1. The submerged subconscious (to open anger/repression & fear/regression)

Childhood psychological content which exists consciously for a time, but then becomes mostly unavailable.

2. The embedded subconscious (to open the cynical heart)

Where ones current stage of identity development unconsciously limits ones perception.

3. The emergent subconscious (to open the mind/head, heart and belly/will)

Where ones transpersonal or spiritual capacity is unrealised and exists only in potential form.

Avatar

The submerged unconscious

Childhood psychological content which exists consciously for a time, but then becomes mostly unavailable.

Therapy for the Will/Belly region

Conflict model of development— Life is in the grip of a clash between two opposing forces,
FIGHT (anger-repress) OR FLIGHT (fear-regress)
eg seeking Pleasure V's avoiding Pain - psychoanalysis,

therapeutic voice

'I stop rebelling so as to uncover what is Beautiful'

Star Wars

The embedded unconscious

Where ones current stage of identity development unconsciously limits ones perception.

Therapy for the Head region

Consistency model of development – here our present thoughts, attitudes and opinions need to developmentally match our external environment. Where fantasy does not meets reality. eg CBT, reality therapy,

Therapeutic voice

'I stop avoiding and rationalizing so as to uncover what is True'



Lord of the Rings

The emergent unconscious

Where ones transpersonal or spiritual capacity is unrealised and exists only in potential form.

Therapy for the Heart region

Fulfilment model of development – there is only higher growth toward authenticity, wholeness, potentiality and perfection, eg
Transpersonal,

Therapeutic Voice

'I stop giving in so as to uncover what is Good'