



## Unfolding Self: The Practice of Psychosynthesis (Paperback)

By Molly Young Brown

Allworth Press, U.S., United States, 2004. Paperback. Condition: New. Revised ed.. Language: English . Brand New Book. This revered classic provides a clear guide to the principles and techniques of psycho synthesis, the dynamic transpersonal psychology that facilitates the natural process of growth within each person. First articulated by the Italian psychiatrist Roberto Assagioli in the beginning of the 20th century, psycho synthesis represents a holistic approach to personal growth that combines various methods and principles of Eastern and Western psychology into one versatile approach. Written by an internationally renowned teacher and writer, this book gives counsellors in training and those practicing a comprehensive introduction to practicing in this growing field, from theoretical concepts to conducting psycho synthesis sessions with clients. The nine chapters explain such concepts as essential being and motivation of the individual; Assagioli's psychological laws; the psycho synthesis model of human growth; the basic principles that form this model and how to apply those principles; and specific problems that psycho synthesis addresses in the various stages of the human development. Each chapter features exercises that can be done with clients or in self-test. An appendix provides transcripts from two psycho synthesis sessions, a glossary, a bibliography, and...



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