

**California Institute of Integral Studies
Philosophy, Cosmology, and Consciousness Program**

**Implications of Modern Consciousness Research
For Psychiatry and Psychology**

Instructor: Stanislav Grof, M.D.

PARP 6282	2 Units	Summer 2010
Monday June 7 to Friday June 11 Hall	9:30 AM to 4:30 PM	Namaste

Description of Course Content:

This slide-illustrated course will explore the implications of modern consciousness research for the understanding of consciousness, of the human psyche, and the nature of reality. It will focus on such issues as the heuristic and therapeutic potential of non-ordinary (“holotropic”) states of consciousness; a vastly extended new cartography of the psyche; nature and architecture of emotional and psychosomatic disorders; mysticism and religion, depth psychology and art, the dynamics of spiritual opening and deep personal transformation; transpersonal perspective on death and dying, therapeutic use of inner healing intelligence; and the strategy of psychotherapy and self-exploration. Special attention will be paid to experiences and observations that represent a serious challenge to the monistic materialistic paradigm of Western science and indicate an urgent need for a radically new worldview.

This course is a five-day intensive, with 30 teaching hours

Stanislav Grof, M.D., is a clinical psychiatrist with over fifty years experience in research of non-ordinary states of consciousness induced by psychedelic substances and by experiential psychotherapy, one of the founders and chief theoreticians of transpersonal psychology, and the founding president of the International Transpersonal Association (ITA). He was formerly Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague, Chief of Psychiatric Research at the Maryland Psychiatric Research Center, Assistant Professor of Psychiatry at Johns Hopkins University School of Medicine, and Scholar-In-Residence at the Esalen Institute. Stan currently teaches at the Department of Philosophy, Cosmology, and Consciousness at CIIS, at Wisdom University, and in the Grof Transpersonal Training (GTT), writes, and gives lectures, seminars, and workshops worldwide.

He is the author of *Psychology of the Future*, *LSD Psychotherapy*, *The Cosmic Game*, *When the Impossible Happens*, and *The Ultimate Journey*, the forthcoming *Holotropic Breathwork: A New Approach to Self-Exploration and Therapy*, and many other books and scholarly articles.

Summary of Educational Purpose:

1. To explore the observations and experiences from the research of non-ordinary states of consciousness (“anomalous phenomena”) that seriously challenge current understanding of the human psyche, consciousness, and nature of reality
2. To discuss the implications of this research for psychiatry, psychology, and psychotherapy
3. To outline the revisions that would have to be made in the theory and practice of psychiatry and psychology to accommodate these revolutionary findings

Learning Objectives:

1. To define and describe a distinct category of non-ordinary states of consciousness (“holotropic experiences”), and bring to the attention of participants their heuristic importance and therapeutic potential
2. To show that these experiences have played a critical role in the ritual and spiritual life of ancient and pre-industrial cultures and in the history of religion
3. To offer theoretical and empirical justification for transpersonal psychology, a discipline attempting a synthesis of science and spirituality

Learning Activities

Percent of Class Time

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| 1. Lecture, Discussion | 70% |
| 2. Experiential (slides, video, music) | 30% |

Criteria for Evaluation:

1. A brief but well thought-out and carefully written essay applying the new understanding of the psyche presented in the course to the analysis of a specific experience or episode in one's life (particularly one involving a holotropic state of consciousness), or a connected series of such experiences, either one's own or another's.

or:

2. Applying the material presented and discussed in the class to works of art (such as films, paintings and sculptures, novels, poetry, plays, operas and other musical compositions), to sociopolitical phenomena, religious systems, native rituals and others. (6-8 pages; due July 15).

Required Texts:

Stanislav Grof, *Psychology of the Future: Lessons from Modern Consciousness Research*. Albany, NY: State University of New York (SUNY) Press, 2000.

Handouts or Online:

Thomas Riedlinger: "Sartre's Rite of Passage," *Journal of Transpersonal Psychology* (1982) 14:105 (handout)

S. Grof: **Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy**. Chapter 3. "The World of Psychotherapy: Toward An Integration of Approaches" (handout)

S. Freud: **Leonardo da Vinci and the Memory of His Childhood**, volume 11 of the Standard edition of his work (handout)

S. Grof: "Holotropic Research and Astrology." **Archai: The Journal of Archetypal Cosmology**. Volume 1, Number 1 (Summer 2009) (pdf version)

S. Grof: **The Ultimate Journey: Consciousness and the Mystery of Death**. Chapters 2,3, and 4 (pdf versions)

Stanislav Grof : following personal interests and preferences students can download various articles and interviews available on Stanislav Grof's website: stanislavgrof.com, particularly *New Perspectives in Psychiatry, Psychology, and Psychotherapy*, a collection of papers

on various subjects published so far in book form only in Czech:
(<http://www.stanislavgrof.com/pdf/New%20Perspectives.pdf>)

Optional readings:

Ervin Laszlo: *Science and the Akashic Field: An Integral Theory of Everything*. Rochester, VT: Inner Traditions, 2004.

Patrick Mullahy: *Oedipus Myth and Complex*. New York: Hermitage Press, 1950.

Stanislav Grof: *When the Impossible Happens: Adventures in Non-Ordinary Realities*. Louisville, CO: Sounds True, 2006.

Recommended Readings:

Richard Tarnas: *Cosmos and Psyche: Intimations of a New World View*. New York: Viking Press, 2006.

Amit Goswami, Richard E. Reed, and Maggie Goswami: *The Self-Aware Universe: How Consciousness Creates the Material World*. New York: Tarcher/Putnam, 1995.

Stanislav Grof and Christina Grof (eds): *Spiritual Emergency: When Personal Transformation Becomes a Crisis*. J. P. Tarcher, Los Angeles, CA, 1989.

Christina Grof and Stanislav Grof: *The Stormy Search for the Self: A Guide to Personal Growth Through Transformational Crises*. Los Angeles: J. P. Tarcher, 1991.

Ajit Mookerjee and Madhu Khanna: *The Tantric Way: Art, Science, and Ritual*. London: Thames and Hudson, 1989.

Johannes Fabricius: *Alchemy: Medieval Alchemists and Their Royal Art*. Dallas, TX: The Texas Bookman, 1996.

Bonaparte, M.: *The Life and Works of Edgar Allan Poe: A Psychoanalytic Study*. Amherst, NY: Prometheus Books, 1980.

Course Schedule: Lecture Topics and Reading Assignments:

(Because of the condensed and intense program of the course, the texts assigned as reading for various days of the course should be read before the material is explored and discussed in the class, ideally at least some of them before the course begins)

Monday June 7. Heuristic and healing potential of non-ordinary states of consciousness (“holotropic states”). Implications of consciousness research for psychiatry, psychology, and psychotherapy. New cartography of the human unconscious. Psychospiritual death/rebirth process (slide show).

Reading: S. Grof: *Psychology of the Future*, Preface and Chapters 1 and 2.

Tuesday June 8. Architecture of emotional and psychosomatic disorders. Insights from the study of holotropic states of consciousness into the origin and dynamics of depression, mania, suicidal ideation and behavior, phobias, obsessive-compulsive psychoneurosis, sexual dysfunctions and deviations, psychogenic asthma, migraine headaches, and others. Observations from consciousness research throwing new light on the schools of depth psychology (Freudian, Adlerian Rankian, Reichian, Kleinian, Jungian, ego psychology). Implications of this new understanding for therapy.

Reading: S. Grof: *Psychology of the Future*, Chapters 3 and 4.

S. Grof: *Beyond the Brain*, Chapter 3. *The World of Psychotherapy: Toward An Integration of Approaches* (hand-out)

P. Mullahy: *Oedipus Myth and Complex*, sections on Freud, Adler, Rank, and Jung (optional)

Wednesday June 9. Depth psychology and the understanding of art. Maps of consciousness (Tantra, Kundalini yoga, alchemy, astrology).

T. Riedlinger: "Sartre's Rite of Passage" (handout)

S. Freud: “Leonardo da Vinci and the Memory of his Childhood”

S. Grof: “Holotropic Research and Astrology.” *Archai: The Journal of Archetypal Cosmology* (pdf version)

Thursday June 10. Transpersonal perspective on death and dying. Psychospiritual death and rebirth in shamanism, rites of passage, ancient mysteries of death and rebirth, in the great religions of the world, and in the books of the dead, Insights from modern thanatological and parapsychological research, studies related to karma and reincarnation, and psychedelic therapy with terminal cancer patients.

S. Grof: [Psychology of the Future](#), Chapter 7.

S. Grof: [The Ultimate Journey](#), Chapters 1, 2, 3, 4 and 6 (pdf version)

Friday June 11. Roots of human violence and greed, transpersonal perspective on the current global crisis. The cosmic game (ontological and cosmological insight from the study of holotropic states).

S. Grof: [Psychology of the Future](#), Chapters 8 and 9