

**Group Title:           The Psychologists**  
**Group Leader:        Janet Garrett**  
**Place                   Lux Mundi, Reference Library**  
**Time:                  Fortnightly on Wednesday from 14.45 to 16.30,**  
**starting January 11<sup>th</sup>**

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In this course we will be studying the life and work of psychologists whose approach goes farther than fixing an immediate psychological problem, and recognises the 'transpersonal' aspects of human consciousness. In most cases, their theories and methods can also be useful for self-development without a therapist.

I will be providing an overview of the lives and theories of the following psychologists, more or less in historical order. The talks will be illustrated with slides and video clips where possible. Handouts will be provided for each session; these will include internet links and bibliographies where you can find further information.

The proposed programme is as follows:

- January 11:   Introduction to the course  
              William James: Psychologist and philosopher
- January 25:   Jung: Analytic Psychology
- February 8:   Roberto Assagioli: Psychosynthesis
- February 22:  Abraham Maslow (and possibly others): Humanistic psychology, self-actualization
- March 7:      Stanislav Grof: Holotropic Breathwork, spiritual emergency
- March 21:     Arnold Mindell: Process oriented psychology  
              (Possibly also Eugene Gendlin)
- April 11:      Jorge Ferrer: Participatory Vision
- April 25:      Peggy Wright and other women psychologists