

Unit 1**Introduction to Transpersonal Psychology**

Defining Transpersonal Psychology, Traditional Roots, History and Evolution of the Transpersonal Perspective, Western Analytical Philosophy and Transpersonal Epistemology, Criticisms of Transpersonal Psychology

Unit 2**Transpersonal Theories**

Altered States of Consciousness and Transpersonal Psychology, Jung's Analytical Psychology, Integral Psychology, Ken Wilber's Contribution, Transpersonal Philosophy, Transpersonal Self-Expansiveness as a Scientific Construct

Unit 3**Transpersonal Methodologies**

Transpersonal Research and Future Directions, Quantitative Assessment of Transpersonal and Spiritual Constructs, Philosophical Underpinnings of Transpersonal Psychology as a Science

Unit 4**Transpersonal Approaches to Transformation, Healing and Wellness**

Transpersonal Perspectives on Mental Health and Mental Illness, Transpersonal Crisis, Psychospiritual and Integrative Practices, Transpersonal Psychotherapies, Transpersonal Education

Unit 5

Contemporary Spiritual Teachers- Eckhart Tolle, Rupert Spira

Text Books/ References:

1. Scotton, B. W., Chinen, A. B., & Battista, J. R. (Eds.). (1996). Textbook of Transpersonal Psychiatry and Psychology. New York, NY, US: Basic Books.
2. Friedman, Harris L. & Hartelius, Glenn (Eds.). (2013). The Wiley-Blackwell Handbook of Transpersonal Psychology, Wiley-Blackwell
3. Maslow, A.H. (1993). The Farther Reaches of Human Nature. Viking Press
4. Wilber, K. (1993). The Spectrum of Consciousness. Theosophical Publishing House
5. Wilber, K. (2001). No Boundary- Eastern and Western Approaches to Personal Growth. Shambhala
6. Grof, S. & Bennet, H.Z. (1993). The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives. HarperOne
7. Kasparow, M.C. & Scotton, B.W. (1999). A Review of Transpersonal Theory and Its Application to the Practice of Psychotherapy. Journal of Psychotherapy Practice and Research. 8 (1). 12-23.