

Association for Spirituality and Psychotherapy

Fifth Annual Conference on

# Spirituality, Psychotherapy and Healing:

*Is Spirituality Necessary for Psychological Healing?*



## **“Dualism, Psychosynthesis and Yoga Psychotherapy”**

Neal M. Goldsmith, Ph.D.

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Tribeca Research

# Agenda

**Introduction**

**Personality Theory and World Views: Definitions and Levels**

**Personal Development: Clarity, Alignment, Unfolding**

**In Practice: Commonalities and Relationship**

**Implications: A Post-Modern Personality Theory and an Integral Psychotherapy**

**Open Discussion**

# Introduction

## **Who am I?**

My history

My current practice

## **Personal and Professional Development**

Developing a personal professional approach

Personal history I, in two parts (with fingers)

## **Why This Talk at This Time**

My personal and professional development

The post-modern world view of healing

# Personality Theory and World View: Levels and Definitions

## Four Perspectives

Reductionist

Humanist

Dualist

Monist

## Post-Modern Physics and Eastern Philosophy

Paradigm shifts

The Ether, Cosmological Constant, Zero-Point Field

Similarity to Yogic field

The post-modern world view of healing: Spirituality with a small “s”

## Two Ends: Transpersonal Ground and Personal Precipitate

Self as precipitate; Gowan, Aiken, mycelia

Personality characteristics as acquired, surface, defense, strategy

# Personal Development: Clarity, Alignment, Unfolding

## Psychosynthesis

Assagioli and his influences

The Egg Diagram and sub-personalities

Roadmap: Lower to upper unconscious in practice

## The Lower Third: Imago Relationship Therapy

Couples as uniquely positioned

Mirroring process

Disengaging

## The Upper Third: Stages of Spiritual Development

Reading: Merkur on Emergence

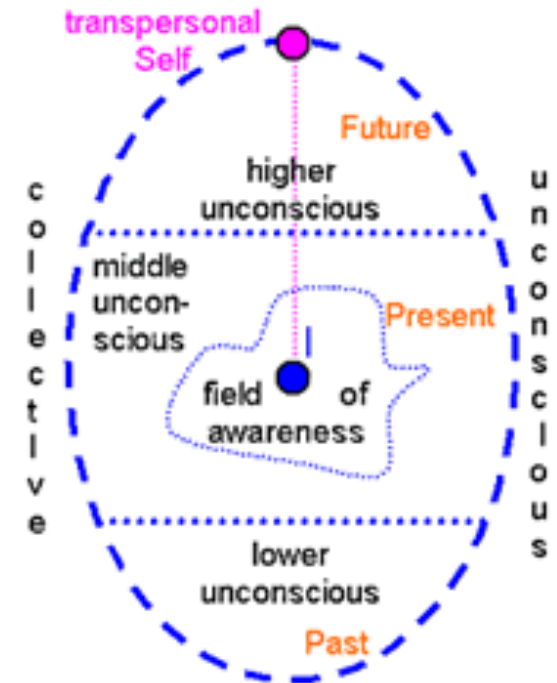
Gowan, Erikson and Maslow

## Yoga Psychotherapy: Spirituality in the Material World

Body levels as metaphor

Chakras and psychological models

Chakras overlapping the Egg Diagram



# Personal Development: Chakras as Developmental Psychology

| Chakra                               | Mode of Experience   | Ideal Representation            | Polarities Experienced   | Psychological Theory                 | Examples   |
|--------------------------------------|--|---------------------------------|--|--------------------------------------|--|
| <b>7) Sahasrara (Crown of head)</b>  | Unitary consciousness  | No representations; beyond form | None   | Advaita Vedanta                      | Shankara, Meister Eckhart, Shiva in meditation   |
| <b>6) Ajna (Between eyebrows)</b>    | Insight, Witnessing  | The sage                        | Sage/fool<br>Objective observer/<br>deluded participant                        | Yoga, Buddhist psychology            | Socrates, Lao-tsu, Kant, the Wizard of Oz, the Delphic Oracle, Merlin  |
| <b>5) Vishuddha (Base of throat)</b> | Devotion, receiving nurturance and unconditional love, surrender, trust, creativity, grace, majesty, romance | The child                       | Object of devotion/<br>devotee<br>Mother/child<br>Found/lost<br>Trust/distrust | Jung                                 | Christ Child with Madonna, St. Teresa of Avila, Hanuman, Sri Ramakrishna, Don Quixote                                    |
| <b>4) Anahata (Heart)</b>            | Compassion, generosity, selfless loving, service   | The mother<br>The savior        | Rescuer/rescued<br>Liberator/liberated   | Rogers, Fromm                        | The Blessed Virgin Mary, Jesus, Mother Teresa, Albert Schweitzer, Gandhi, St. Francis                                    |
| <b>3) Manipura (Stomach)</b>         | Mastery, domination, conquest, competition, inadequacy, inferiority, pride                                   | The hero                        | Gain/loss<br>Success/failure<br>Dominance/submission<br>Blame/praise           | Adler, Ego psychology                | Alexander, Napoleon, Hamlet, Prometheus, Superman, sports and military heroes, corporate presidents, political leaders   |
| <b>2) Svadhishtana (Genitals)</b>    | Sensory pleasure   | The hedonist                    | Pleasure/pain<br>Male/female   | Psychoanalysis, Reich, Bioenergetics | Bacchus, Eros, King Henry VIII, Ravana, Salome   |
| <b>1) Muladhara (Perineum)</b>       | Struggle for survival  | The victim                      | Predator/prey<br>Life/death  | Primal scream therapy                | Movie monsters and their victims, Hitler and the Jews of the Holocaust, The Inquisition, Hansel and Gretel and the Witch |

from Allan Ajaya, Ph.D., *Psychotherapy East and West: A Unifying Paradigm*

# In Practice: Commonalities and Relationship

## **Commonalities in Clients**

Sadness and the lack of nurturing love

Inordinate standards, followed by the withholding of love

Village Voice-y

## **Imago Theory**

Couples from individuals

Simultaneous, assisted individual psychotherapy

## **Relationship**

Timing

Multimedia

Discussion of psychedelics

Myself on the line

Transference

## **Different Levels in the Same Process**

# Implications: A Post-Modern Personality Theory and an Integral Psychotherapy

## A Post-Modern Theory of Personality

From quantum mechanics to relativity, with eastern philosophy in-between

Relativistic, but not amoral

A rich, dualistic interplay, but not oppositional

Transcendent, but not apathetic

Animistic, but not supernatural

The Universe as fundamentally alive; mind as an emergent property of complexity

Spirituality as the advanced end of normal adult developmental psychology

## Wanted:

A curious, open, accepting intentionality toward the future of humanity's psychospiritual development



# Selected References

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McTaggart, L. *The Field: The Quest for the Secret Force of the Universe*. (NY: HarperCollins, 2002.)

## World Views/Levels

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## Psychosynthesis

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## Imago Relationship Therapy

Hendrix, H. *Getting the Love You Want*. (NY: Harper & Row, 1988.)

## Beyond Psychedelic: Stages of Spiritual Development

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Merkur, D. *The Ecstatic Imagination: Psychedelic Experiences and the Psychoanalysis of Self-Actualization*. (Albany, NY: State University of New York Press, 1998.)

## In Practice

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Ram Das and Gorman, Paul. *How Can I Help?: Stories and Reflections on Service*. (NY: Knopf, 1987.)

# Biography

**Neal M. Goldsmith, Ph.D.** is a psychologist specializing in psychospiritual development – seeing “neurosis” as a natural part of the unfolding of human maturation. He provides psychotherapy and counseling, both with emphasis on lifespan development. Dr. Goldsmith applies innovative techniques drawn from Psychosynthesis, Imago Relationship Therapy, Takomi Psychotherapy, yoga psychology and other humanistic, transpersonal and eastern traditions, offering deep life review, awakening to personal history and clear, calm life planning. A special focus is his work with existential and midlife crisis and with young adults suffering from lack of direction or substance abuse. He has been particularly helpful with couples - many experiencing progress after years of vicious cycles.

Also an applied research psychologist, Dr. Goldsmith has worked with companies such as AT&T, American Express and Gartner to study – and facilitate – innovation and change.

Dr. Goldsmith holds an M.A. in Counseling from New York University and a Ph.D. in Psychology (specializing in evaluation research methods) from Claremont Graduate School. He conducted his dissertation research, on the utilization of mental health policy research, as a federally-funded doctoral research assistant at Princeton University.

Author of dozens of popular and scholarly articles, Dr. Goldsmith is a frequent speaker on spiritual emergence, resistance to change, transpersonal psychology, drug policy reform and our post-modern future. He may be reached by email at [neal@inch.com](mailto:neal@inch.com) or by telephone at 718-369-9100.