

标题:合一疗法的理论与操作

摘要:超个人心理学心理治疗所持有的整体观,补充了西方传统心理流派只在人性小我层面工作且把人性分割开来的不足之处;不仅应用灵性传统的治疗方法,同时整合各心理流派纷繁复杂的心理技术。本文介绍一种基于超个人全人理念,整合身、心、灵的心理治疗方法——合一疗法,以及心理治疗工具——心灵罗盘,是超个人治疗综合统整性方法的一种尝试。该方法以《圣经》神学的天人观与《易经》哲学的阴阳观为理论依据,在东西方文化源头找出两者共性元素——天人合一,并以此阐释人的心理活动规律及心理问题,并通过实证和案例研究说明此疗法与工具的运用和效果。

关键词:合一疗法 心理罗盘 圣经 易经 天人合一

主题范围:超个人心理治疗与疗愈

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Abstract:The holistic view held by Transpersonal Psychology psychotherapy complements the traditional Western psychological schools that work only on the ego level of human personality and divide human personality; it not only applies the therapeutic methods of the spiritual tradition, but also integrates the diverse and complex psychological techniques of various psychological schools. This paper introduces a psychotherapeutic method based on the concept of transpersonal whole-person that integrates body, mind, and spirit - Unity Therapy - and a psychotherapeutic tool - the spiritual compass - as an attempt to integrate a holistic approach to transpersonal therapy. The method is based on the theoretical basis of the celestial view of Biblical theology and the yin & yang view of I Ching philosophy, and identifies the common element of both - celestial unity - in the source of Eastern and Western cultures, and uses it to explain the laws of human mental activities and psychological problems, and illustrates the application and effectiveness of this therapy and tool through empirical evidence and case studies.

Keywords: unity therapy, psychological compass, Bible, I Ching, celestial unity

Range of topics:Transpersonal psychotherapy and healing

Literature.

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