



Transpersonal Theory

Lavretsky H*

Transpersonal theory emerged out of a quest for meaning that went beyond existential dimensions and aimed to encompass deeper states of consciousness and spiritual relation. Transpersonal literally translates to "beyond/through," as well as "personal," which means "mask" (Wittine, 1987). "Experiences in which one's sense of self stretches beyond (trans) the individual or personal to include broader aspects of humanity, existence, psyche, or cosmos" is how the transpersonal is described. According to transpersonal theory, there are developmental phases outside the adult ego that include experiences of connectedness with phenomena that are considered beyond the ego's borders. According to transpersonal theory, there are developmental phases outside the adult ego that include experiences of connectedness with phenomena that are considered beyond the ego's borders. These developmental stages will foster the highest human qualities, such as altruism, imagination, and innate intelligence, in healthy people. The models are grouped into four categories based on the four main powers of psychology: Behavioural and Cognitive-Behavioural (Behavioural, Cognitive-Behavioural, Reality); Humanistic (Existential, Person-Centred, Gestalt); Psychodynamic (Psychoanalytic, Adlerian). The university is private, non-sectarian, and accredited by the Western Association of Schools and Colleges, according to sources. The Journal of Transpersonal Psychology and the International Journal of Transpersonal Studies are two of the most prestigious scholarly journals in the field.

Psychologists such as Abraham Maslow and Victor Frankl invented the term transpersonal psychology in the 1960s. Interaction that takes place within a person's spiritual sphere is known as transpersonal communication. The study of faith and spirituality has exploded in recent years, and ongoing research is assisting us in better understanding the role of nurses in meeting a patient's spiritual needs. Transparency is a term used in science, engineering, industry, the humanities, and other social contexts to describe how straightforward it is for others to see what actions are taken. The national average salary for Spiritual Psychologist job postings is 30% higher than the national average salary for all job postings. Modern psychology, conventional spiritual beliefs, and, of course, the Bible are all used in the counselling methods and techniques. Psychosynthesis is a therapeutic technique that emphasises personal development and growth. Since it incorporates many facets of the human experience, including spiritual, mental, cognitive, and physical aspects, this therapy technique may be considered a transpersonal approach. The flow of official information through proper, predefined networks and routes is referred to as formal communication. The flow of information is controlled, and proper communication necessitates a concerted effort. Practical Experiences, Religious Experiences, Family Experiences, Romantic Experiences, Friendship Experiences, Literature, Music, Nature, and Poems are all part of psychology's spirituality. Body language is the nonverbal communication of nonverbal actions, gestures, and mannerisms, which is often performed unconsciously rather than consciously.

Department of Psychiatry, University of California Los Angeles, USA

*Author for correspondence: Lavretsky H, Department of Psychiatry, University of California Los Angeles, USA, Email: hlavretsky@mednet.ucla.edu