

Psychosynthesis as a holistic psychology for integrating new developments in coaching

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Welcome

Guided meditation

Check-in

- ❖ Find a partner and share your experience of the reflective meditation

- ❖ Check-in with the group
 - Who you are
 - What has drawn you to come to this today?
 - What is your previous experience of psychosynthesis?

Psychosynthesis as a *holistic* psychology for coaching – three meanings...

1. Holistic model of the human psyche

- all levels of consciousness and unconsciousness; depth, middle and height
- Map of the Self and functioning of the Will

2. Coaching the Being

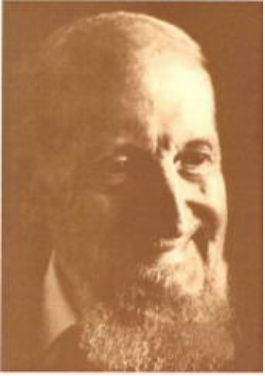
- working with the whole person – body, feelings, mind
- engaging with the emergent in the here and now
- transitional space between inner and outer lives

3. Container for integrating new developments in coaching

- systemic, somatic, mindfulness
- neuroscience, neuropsychology, positive psychology
- developmental psychology, vertical development, evolutionary paradigm

1. Holistic model of the human psyche





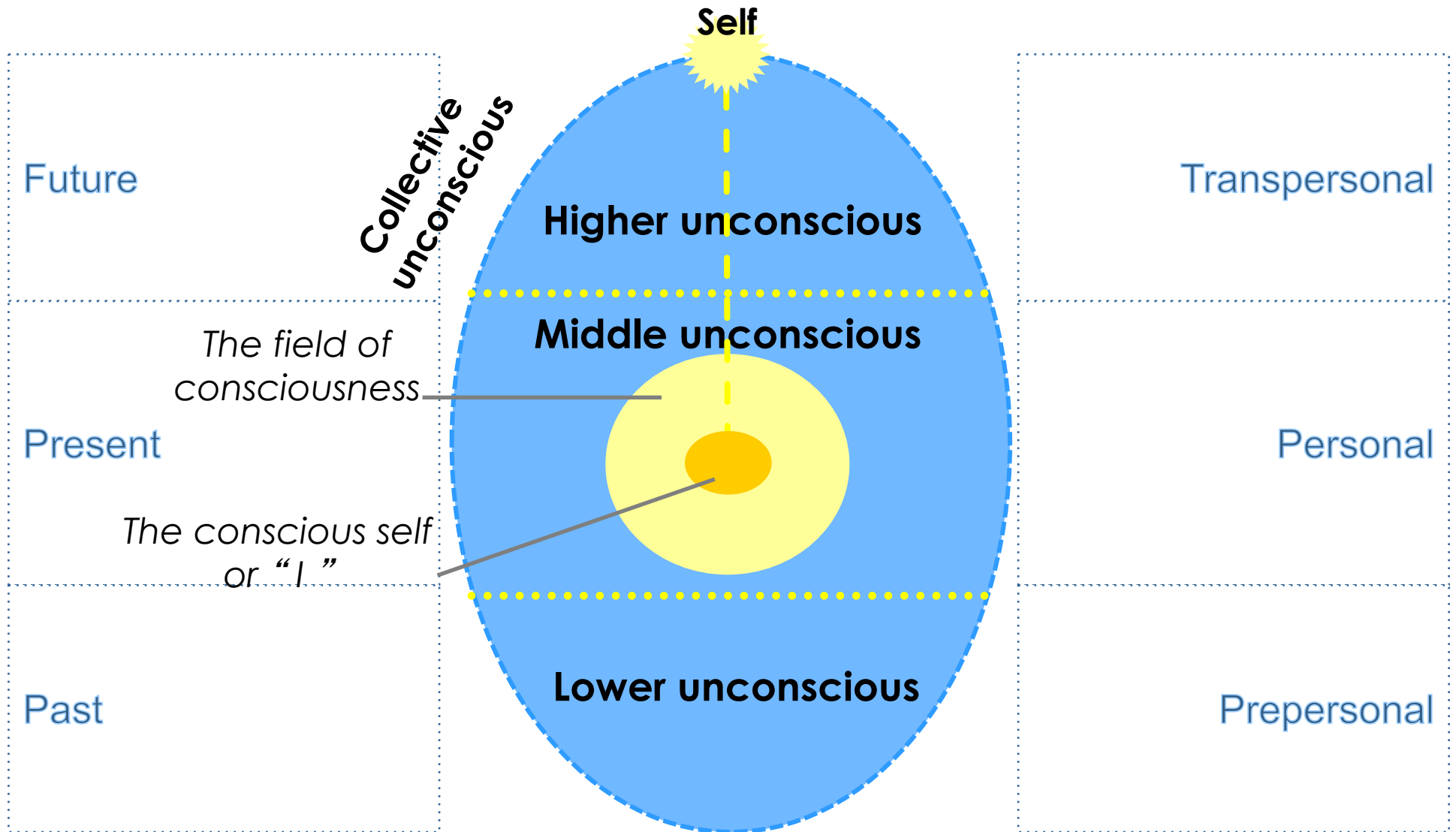
Roberto Assagioli 1888 – 1974

- ❖ Born in Venice in 1888, moved to Florence in 1904, where he spent most of the rest of his life and died in 1974, aged 86.
- ❖ He had a long life in a century of intellectual creativity and social turmoil
- ❖ How did Assagioli come by such a different world view from Freud?
- ❖ Cultured middle-class Jewish family background with an interest in music, art and literature. Interest in theosophy and eastern philosophies and esoteric mysteries. The esoteric was a secret side to Assagioli and in his house in Florence, his esoteric material is still in the attic
- ❖ He was eclectic from the start and throughout his life, used material from an enormous range of disciplines and interests. Creative relationship and exchange of ideas with Abraham Maslow.
- ❖ Assagioli wanted to build a scientific psychology which encompassed the whole of man's potential – his creativity and will; joy and wisdom; as well as the impulses and drives
- ❖ First training programme received as revolutionary at the time as it encompassed both the suffering and traumas of the past and at the same time honoured spiritual dimensions of human experience.
- ❖ Only two books published during his lifetime, a third later, although countless papers and writings are now available

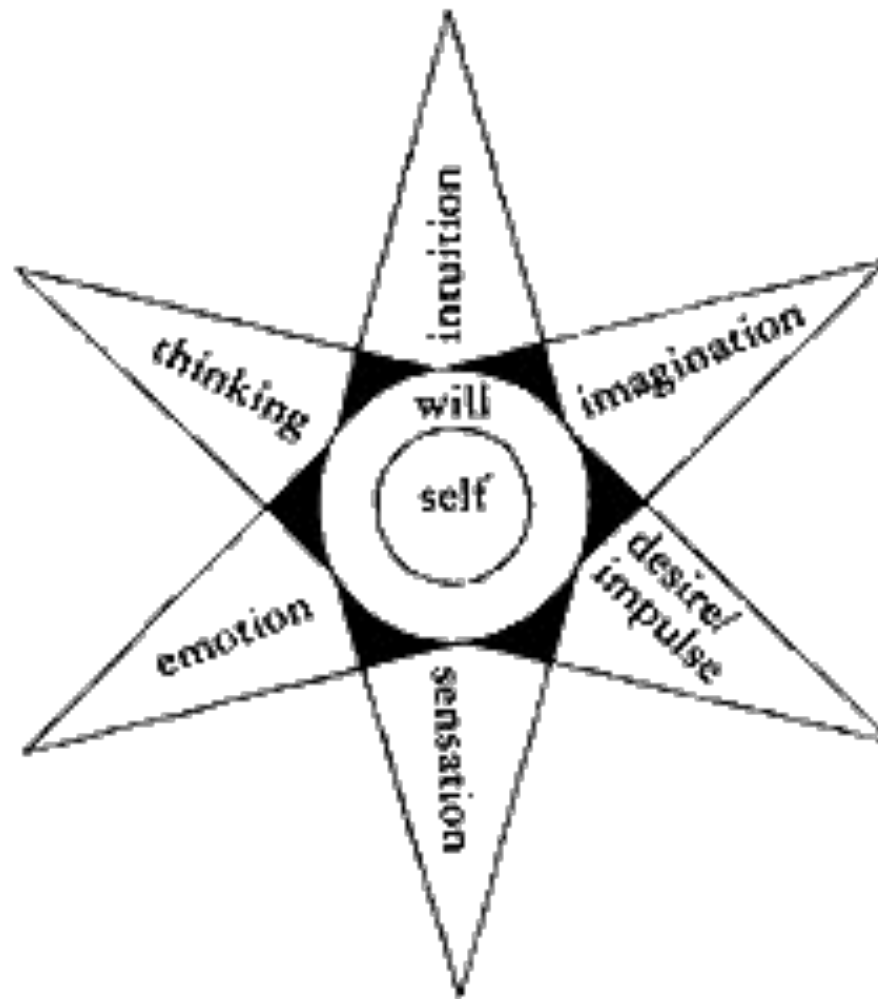
What is psychosynthesis?

“We pay far more attention to the higher unconscious and to the development of the transpersonal self. In one of his letters Freud said, “I am interested only in the basement of the human being.” Psychosynthesis is interested in the whole building. We try to build an elevator which will allow a person access to every level of his personality. After all, a building with only a basement is very limited. We want to open up the terrace where you can sun-bathe or look at the stars. Our concern is the synthesis of all areas of the personality. That means psychosynthesis is holistic, global and inclusive”

Structure of the psyche – Roberto Assagioli



Functioning of the psyche – Roberto Assagioli

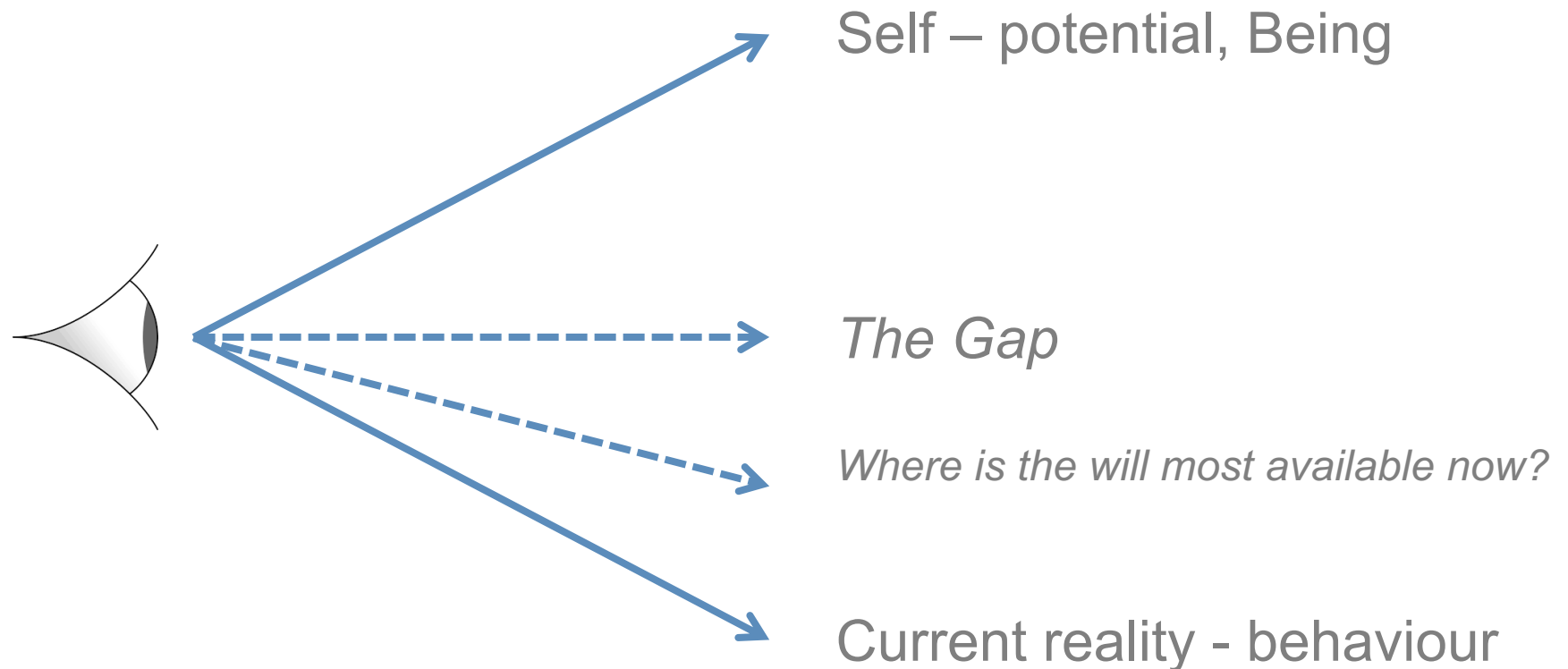


2. Coaching the Being

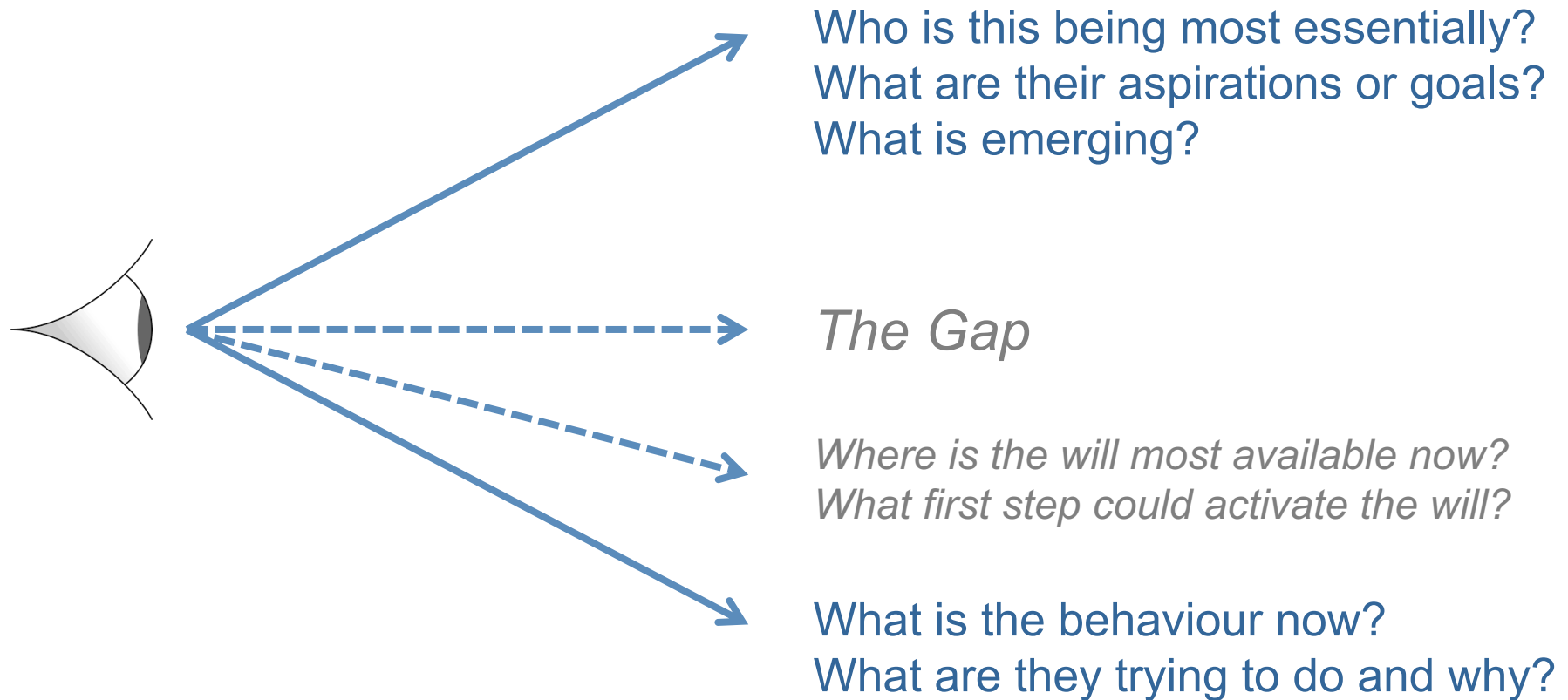


What does Coaching the Being
mean to you?

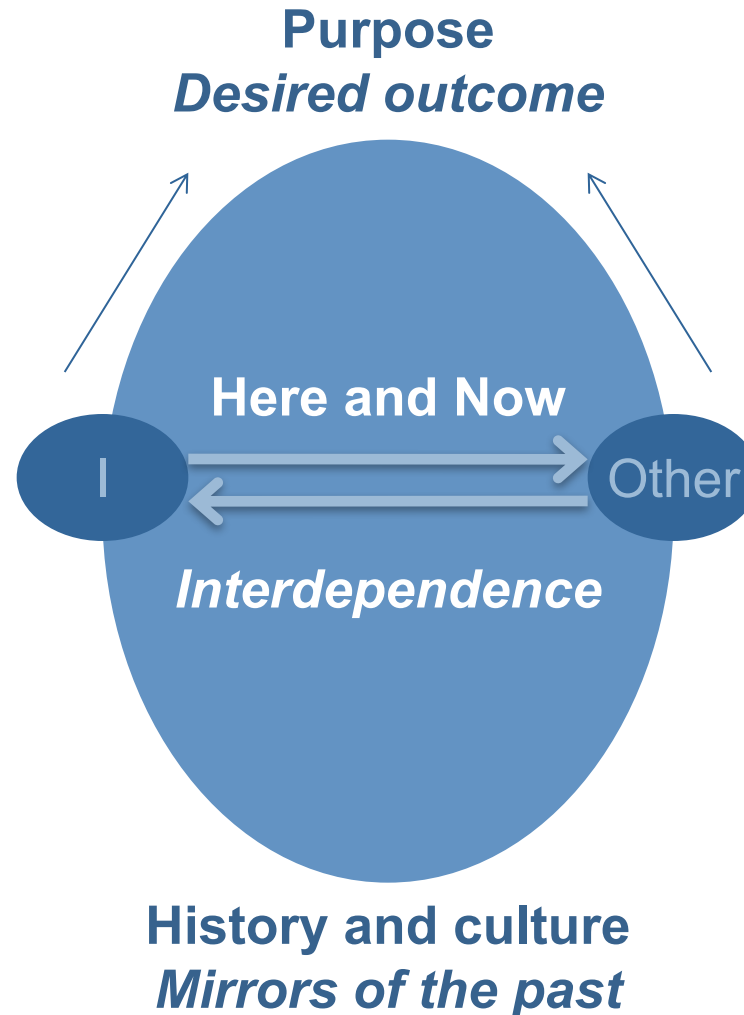
Trifocal Vision as the context for Psychosynthesis Coaching



Trifocal Vision as the context for Psychosynthesis Coaching



Right Relations model



Right Relations – Listening with the Being

Find a partner, choose A & B

A starts by sharing about an experience or challenge that is strong in their awareness right now

B actively listens, with minimal encouragers, but not summarising

After 5 minutes, time is called

B responds

1. Through my eyes I see...
2. With my ears I hear...
3. With my mind I think...
4. In my body I feel...
5. And using all these, my *message* to you is...

Pause and both debrief on the experience of doing this

Reverse the process

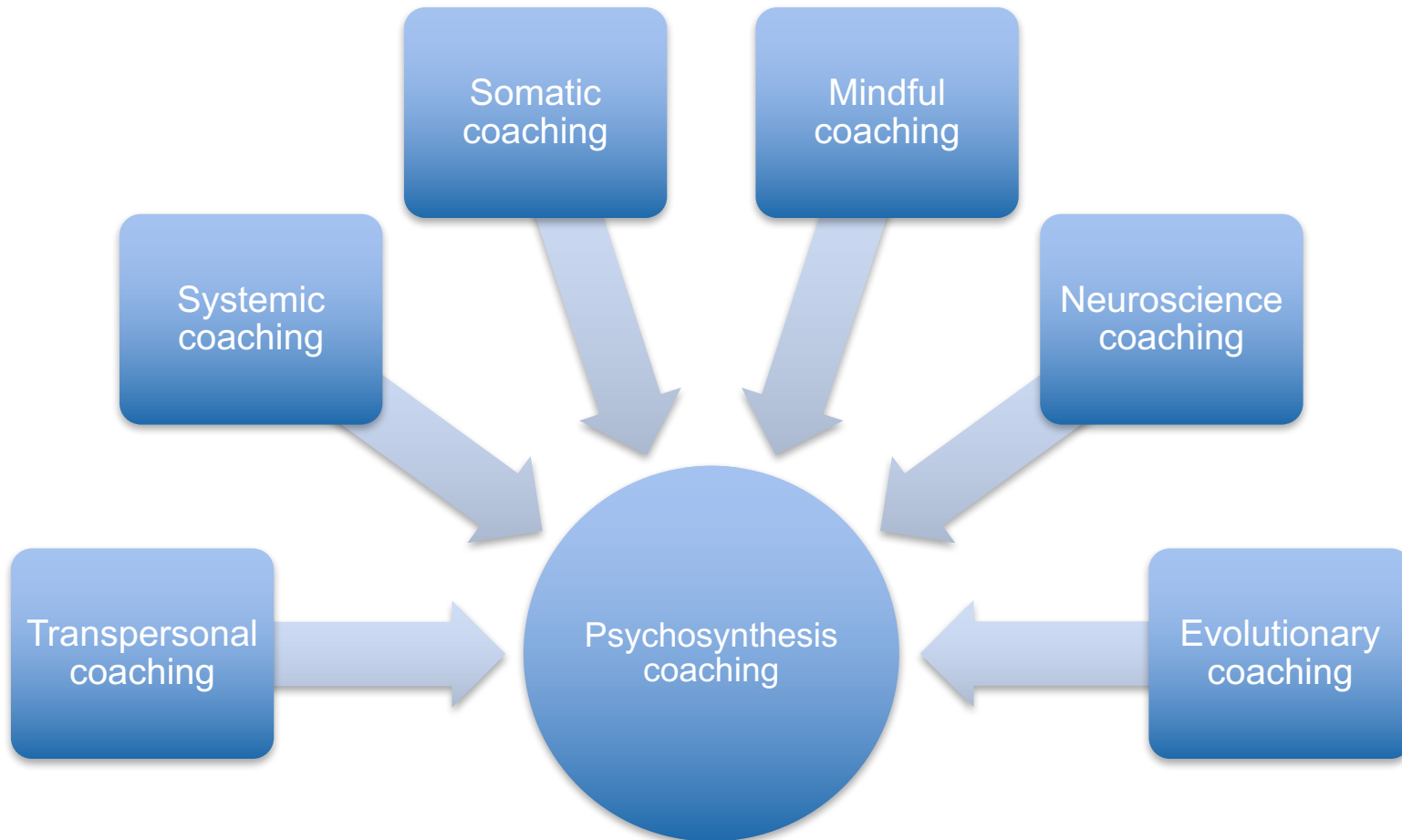
Group sharing

3. Container for integrating new developments in coaching

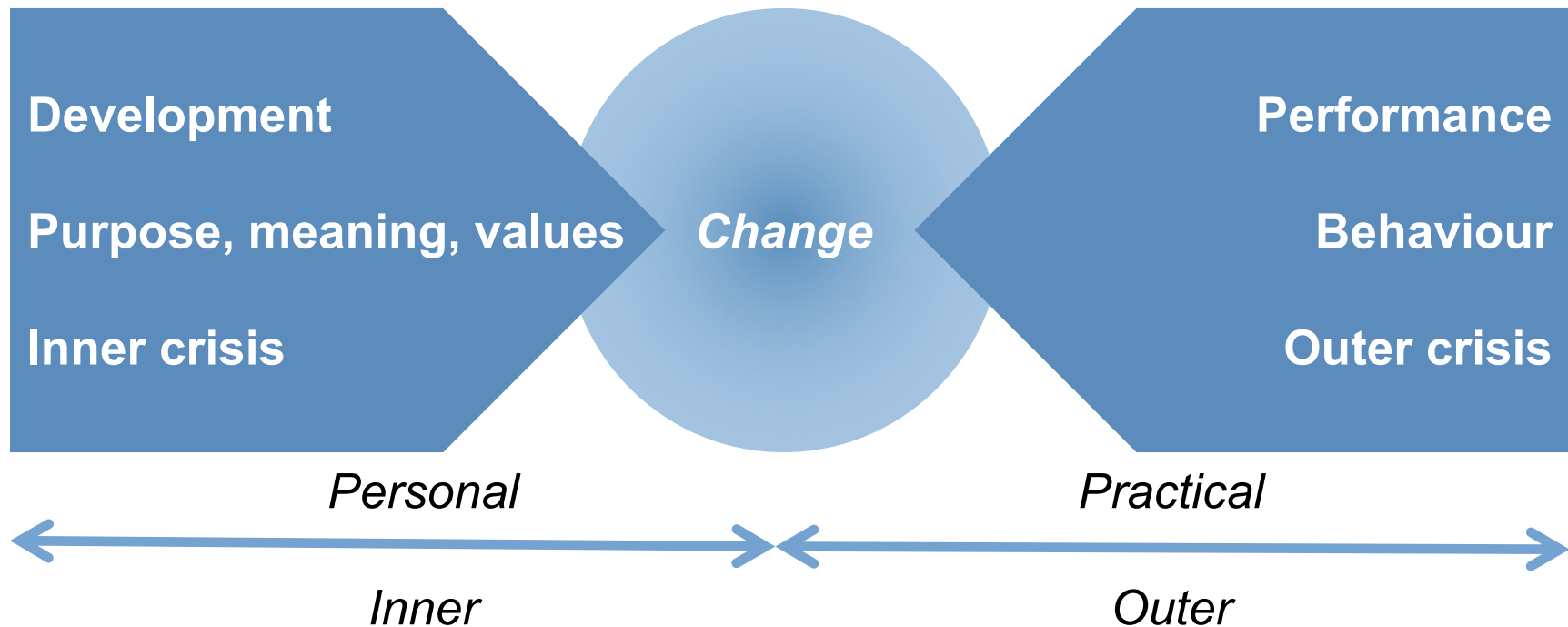


What new developments in
coaching are you aware
interested in or aware of?

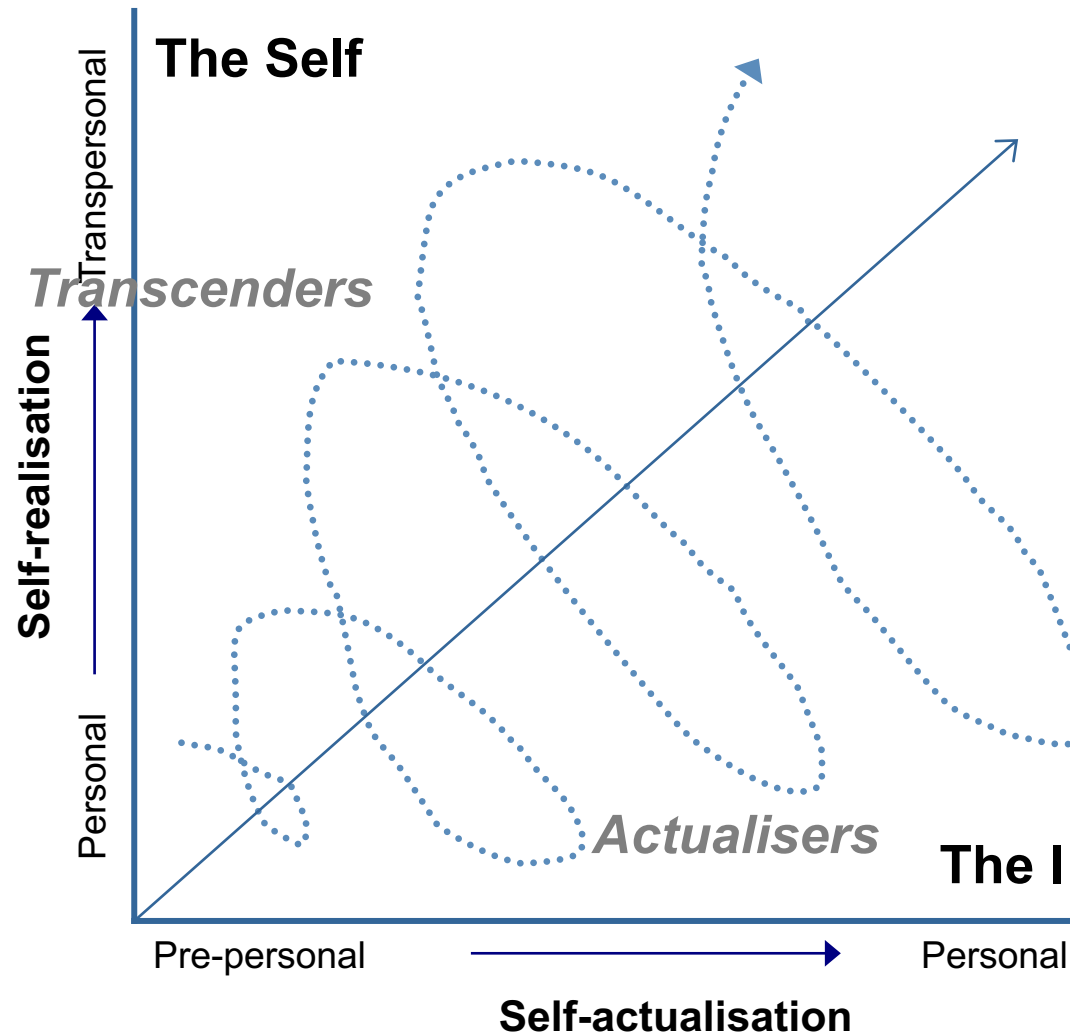
Our evolving model of psychosynthesis coaching



Agendas in leadership coaching



Self-realisation and self-actualisation



Roberto Assagioli

“Life is movement, and the superconscious realms are in continuous renewal. In this adventure we move from revelation to revelation, from joy to joy. I hope you do not reach any ‘stable state’. A ‘stable state’ is death.”



Thank you

