

Discussion Group on
Psychology of the Future
 By Stanislav Grof

This discussion group will explore the rich world of Stanislav Grof through his book entitled *Psychology of the Future*. This accessible and comprehensive overview of the work of one of the founders of transpersonal psychology was specifically written to acquaint newcomers to his work. It serves as a summation of his contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies “moving toward wholeness.” Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind’s only real hope for the future. Stanislav Grof heads the Grof Transpersonal Training Program. He was formerly Chief of Psychiatric Research at the Maryland Psychiatric Research Center, Assistant Professor of Psychiatry at Johns Hopkins University School of Medicine, and Scholar-in-Residence at the Esalen Institute.

In this discussion group, we’ll have reading assignments to complete before each session. However, we will also read select passages during the discussion group meeting, so those who do not complete the reading can still participate in a meaningful way in the dialog. The tentative syllabus is as follows:

Date	Reading Assignment
Oct. 28	<i>Chapter 1</i> - Healing and Heuristic Potential of Non-Ordinary States of Consciousness
Nov. 18	<i>Chapter 2</i> – Cartography of the Human Psyche: Biographical, Perinatal, and Transpersonal Domains
Dec. 16	<i>Chapter 3</i> – Architecture of Emotional and Psychosomatic Disorders
Jan. 20	<i>Chapter 4</i> –Spiritual Emergency: Understanding and Treatment of Crises of Transformation and <i>Chapter 5</i> – New Perspectives in Psychotherapy and Self Exploration
Feb. 17	<i>Chapter 6</i> – Spirituality and Religion and <i>Chapter 7</i> – The Experience of Death and Dying: Psychological, Philosophical, and Spiritual Perspectives
Mar. 17	<i>Chapter 8</i> – The Cosmic Game: Exploration of the Farthest Reaches of Human Consciousness
Apr. 21	<i>Chapter 9</i> – Consciousness Evolution and Human Survival: Transpersonal Perspective on the Global Crisis
May 19	Make-up date for weather cancellation