

Transformation of self-consciousness:

On theory and practice of transpersonal psychotherapy

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This report describes the basic ideas and practical principles of transpersonal psychotherapy, relying upon Ken Wilber's theory of 'the spectrum of consciousness' and Michael Washburn's 'Dynamic-Dialectic Paradigm.' In particular, I discuss the development of 'selfhood' described by Washburn and include author's own record of the transformation of self-consciousness as a case study of Washburn's theory. Furthermore, I explore the meaning of suffering and the state of consciousness of psychotherapists. Finally, I clarify the possibility of transpersonal psychotherapy's contribution to the transformation of consciousness for each individual.