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Editorial

The Hard Task Of Transpersonal Psychotherapy

GIOVANNA CALABRESE, M.D., Ph.D.

The thread of this issue is not simply transpersonal psychology and psychotherapy, but how we, as professionals, can confront our self with a larger audience.

We all know how difficult can be to stand as a transpersonal psychotherapist in a professional world dominated by a different paradigm. The paper by Bernardette Blin, Eurotas president, tells her story and gives a formidable account on how dealing with personal and professional attacks can be transformative if considered from a transpersonal perspective.

To fully understand transpersonal psychology we have to start from its very beginning. The valuable contribution by Herrmann is an exhaustive description of the roots of transpersonal psychology starting from W. James and C.G. Jung. Every transpersonal psychotherapist should be aware that our story has this cultural background.

The paper from Marconi and Pagliaro, a clinical psychologist and a medical doctor working at the University of Padua in Italy, is a demonstration that our vision and our understanding have a lot in common with other people's view. We as transpersonal are not alone, our ideas and methodologies are shared by people and professionals coming from other fields. May be we all have to get together to be stronger and to make our voices louder to be heard from those who hold the reins.

Even if one of the aims of ITJ is to enter into the academic and mainstream psychotherapy field, still we are open to experiences coming from every person that through life struggles reaches awareness and opens to a spiritual dimension, as the paper by Kuskov shows. A very interesting personal account of selfdevelopment.

Last, but not the least a research paper by Dwight, one of the presenter at the first Transpersonal Research Colloquium meeting. The commitment of this journal is also to stimulate a research approach to transpersonal psychotherapy. As this paper shows research can have a wide range of methodologies and application, it can even be used to explore personal development, the first step for every psychotherapist and even more for a transpersonal psychotherapist.