

CONTENTS

<i>Preface</i>	ix
Chapter I Psychotherapy	13
1. Introduction	13
2. Crisis	18
3. Aim of Psychotherapy	19
4. Eclecticism	20
5. Conclusion	21
Chapter II Introduction to Various Psychotherapies	24
1. Psychoanalytical Approach	25
2. Freud's Psychoanalytical Theory	26
a Theory of Personality	26
b Psychoanalytic Therapy	28
c Defence Mechanisms	30
d Conclusion	33
e Neo-Freudians	35
3. Behavioural Approach	38
a Behaviour Therapy	39
b Critical Estimate of Behavioural Therapy	41
c Cognitive—Behavioural Therapy	42
d Rational—Emotive Therapy	47
e A. Beck's Cognitive Therapy	51
f Conclusion	51
g Behaviour Therapy and Its Relation to Psychodynamic Therapy	52
4. The Humanistic—Existential Approach	54
a Humanistic Psychology	54
b Humanistic Psychotherapy	56
c Conclusion	58
d Phenomenological and Existential Approaches in Humanistic Psychotherapy	59

e Existential Psychotherapy	60
f Logotherapy	64
g Gestalt Therapy	66
5. Critical Estimate of Psychotherapy	72
Chapter III The Transpersonal Approach	76
1. Psychotherapy and Spiritual Growth	76
2. Transpersonal Psychology	82
3. Transpersonal Psychotherapy	87
4. Psycho-Spiritual Practices in Transpersonal Psychotherapy	91
5. The Ego in Transpersonal Psychotherapy	95
Chapter IV Various Leading Transpersonal Psychologists	100
1. A. Maslow's Metapsychology	100
2. R. Assagioli's Psychosynthesis	107
3. K. Wilber's Transformation of Consciousness	116
4. S. Grof's Holotrope Therapy	121
5. M. Washburn's Transpersonal Theory of Human Development	125
6. Critical Evaluation of the Various Transpersonal Psychotherapists	129
Chapter V Introduction to Integral Yoga Psychology	133
1. Aim of Integral Yoga	139
2. Organisation of the Being	144
Chapter VI Sadhana	162
1. Foundation of Sadhana	166
2. The Three Constituent Elements in Sadhana: Purification, Liberation and Perfection	170
3. The Various Parts of the Being in the Course of Sadhana	174
4. The Ego in Sadhana	180
5. The Three Means to the Object of Sadhana	184
a Sadhana Through Work	185
b Sadhana Through Knowledge and Meditation	187
c Sadhana Through Love and Devotion	192

6. The Process of Transformation in Sadhana	195
a Integration	195
b Transformation	197
c Triple Transformation in Sadhana	198
7. Conclusion	205
Chapter VII Sri Aurobindo's Sadhana Compared with the Transpersonal Approach	211
1. Psychotherapy and Integral Yoga Psychology	211
2. Psycho-Spiritual Concepts in Transpersonal Psychology and Sri Aurobindo's Writings	220
3. Transpersonal Psychology and Integral Yoga Psychology	224
4. Transpersonal Psychotherapy and Integral Sadhana	229
5. Psychological Problems Inherent in the Process of Spiritual Development	234
Chapter VIII Final Conclusion	244
1. A. Maslow and Sri Aurobindo	244
a Maslow's Self-Actualisation and Sri Aurobindo's Self-Realisation	244
b Maslow's Peak-Experience and Sri Aurobindo's Spiritual Experience	246
c Maslow's and Sri Aurobindo's Integration of Personality	246
2. K. Wilber and Sri Aurobindo	249
3. S. Grof and Sri Aurobindo	255
4. R. Assagioli and Sri Aurobindo	257
5. Metaphysics and Transpersonal Psychology	259
6. A Final Confrontation	264
Select Bibliography	274
Index	280