



Faculty of Arts and Social Sciences  
Psychology

## Syllabus

### Transpersonal Psychology

**Course Code:** PSGA17

**Course Title:** Transpersonal Psychology  
*Transpersonell psykologi*

**Credits:** 7.5

**Degree Level:** Undergraduate level

**Progressive Specialisation:** First cycle, has only upper-secondary level entry requirements (G1N)

#### Major Field of Study:

PSA (Psychology)

#### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2018-03-07, and is valid from the Autumn semester 2018 at Karlstad University.

#### Prerequisites

General admission requirements

#### Learning Outcomes

Upon completion of the course, students should be able to

- give an account of basic concepts in transpersonal psychology,
- give an account of characteristic traits of altered states of consciousness and how such states can be induced, treated and used in a clinical as well as a psychotherapy context,
- describe similarities and differences in Occidental and Oriental views on knowledge and the world, as well as beliefs in native cultures and the world religions,
- describe how the concepts of spirituality can be manifested in Western private religiosity and New Age,
- at a basic level describe the clinical states of psychosis and spiritual crisis and their treatments, and
- reflect on their own experiences from a transpersonal perspective.

#### Content

Transpersonal psychology is a branch of modern psychology, emerging in the past forty years. The focus is on experiences beyond the personal level that traditional psychology attends to. Spirituality, altered states of consciousness and personal development are central to transpersonal psychology, which attempts to integrate Oriental knowledge tradition with Occidental science-based views. The aim of the course is to create interest in human psychological potential and development.

The course provides an overview of the history and prominent figures of transpersonal psychology. Altered states of consciousness and their occurrence are then treated, historically and in a contemporary context. Positive as well as negative aspects of such states are described. The concept of spiritual emergency is explained. There is also a focus on Occidental and Oriental worldviews and on

traditions in native cultures in relation to contemporary trends and phenomena. An overview of the application of transpersonal psychology in psychotherapy and clinical practice is provided. The course includes practical components.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a mandatory seminar with group presentations and a take-home exam based on reflections on course content in relation to students' journal notes.

### **Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

### **Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

### **Course Certificate**

A course certificate will be provided upon request.

### **Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.