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Psychology in the light of the east

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How do we realize our full potential? Is the answer found in the scientific approach and rigor of western psychology or in the esoteric wisdom of the east? The answer lies somewhere in between. From a childhood, undifferentiated spiritual perception and worldview, a quest began. Through examination of the evolution of psycho-spiritual beliefs in east and west, to her own psychological development, spiritual growth, research and thirty years of clinical practice accompanying individuals in their quest, self-searching became soul searching. The author realized that the general perception and corresponding approaches to psychology were too limited. In some cases the full human element was missing and, in others, the spiritual. Eastern and western models of integral psychology closed this gap, offering wonderful and limitless possibilities. This talk will convey a vision of human potential and psychology that transcends the borders of east and west and opens the scope for a multi-dimensional, pluri-disciplinary and inclusive theory and practice for psychology. The participant is invited to go beyond current psychological scopes of treating symptoms or simple well-being. The author's journey and insights extend an invitation and means for transformation from ego to soul-consciousness for practitioners and seekers alike.

Biography

Margot Esther Borden has obtained her Master's degree in Humanistic Psychology from University of Durham, UK and has been working internationally as a Psychotherapist since 1988. She has been trained in a variety of psycho-spiritual healing approaches. She has a long-term dedication to personal and professional exploration of the physical, emotional, mental and spiritual aspects of human consciousness. Her search involves ongoing exploration and experience in many psychological and spiritual traditions, experiential therapies as well as eastern meditation and yogic techniques. Her success in helping clients is the result of her integrated understanding and application. In addition to psychotherapy, she applies her unique vision and skill set to coaching, consulting and teaching. She does regular public speaking in Europe, India and in the USA. She is co-Author, co-Editor of *"Spirituality and Business: Exploring Possibilities for a New Management Paradigm"* (Springer, 2010) and *"Psychology in the Light of the East"* (Rowman & Littlefield, 2017).

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