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Integrative positive psychotherapy: East meets west

Dominance of materialistic and reductionist frameworks in Western science and traditional psychology has been responsible for a historically ignorant attitude towards the significance body and spirit play in human wellbeing. Additionally, current positive psychology theories are mainly focusing on cognitive and emotional wellbeing. In order for positive psychology to continue its crucial mission of promoting human flourishing, the role of the body and spirituality in optimal human functioning must be addressed. Consequently, incorporating practices that observe body and spirit as inseparable components of positive humanness and well-being is critical for the future of positive psychology. Research review and discussion on relevance of body and spirit for human flourishing, will be followed by group interactive process and case discussions on integrating positive thinking and emotions with body and spirit positivity. Embodied spirituality is an approach that integrates Eastern body-mind techniques along positive and transpersonal aspects to promote wholeness with one-self, others and the universe. Positive psychology has provided a successful challenge to traditional psychology by shifting its exclusive focus from pathology towards positive aspects of human existence. While traditional psychology exclusively focused on pathology, positive psychology exclusively focused on positivity. In order for individuals, groups, society and Universe at large to flourish, we need to heal what is broken, remember what makes us happy and integrate these in a meaningful way. Range of techniques promoting integration of different levels and concepts will be discussed, from breath-work, mindfulness, and somatic awareness to self-mapping, ego states, narrative photography and imagery. In conclusion, adopting a holistic and integrative approach across concepts may offer an exciting new scope of positive interventions and applications.

Biography

Dr Zana Marovic is a clinical psychologist, supervisor, trainer for transpersonal and integrative psychotherapy, hypnotherapist, author, and remedial yoga therapist. She has been an invited speaker at international conferences in Europe, Asia and South America. She has published in international academic journals and wrote a book on clinical supervision. She is newly elected President of the International Transpersonal Association, having served on its Executive Board for years. Her interest in Eastern and indigenous traditions, PhD in health psychology, twenty years of teaching yoga, and meditation, hypnotherapy practice, guiding retreats and running accredited transpersonal and integrative training informs her holistic and positive approach. She has presented workshops on integration of Eastern and Western and indigenous knowledge at World Spirituality Congress, Delhi, India (2007), World Psychotherapy Congress, Beijing, China (2008); International Hypnotherapy Conference, South Africa (2012, 2013), International Transpersonal Congress in Brazil (2015), World Cross-Cultural Psychology Congress in Japan (2016) and International Transpersonal Conference in Czech Republic (2017).

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