

# Positive Psychology and Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA

## Archetypal energies as the creative urges behind the evolution of humanistic psychology and positive psychology

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The presentation is a brief overview of what can be called authentic Archetypal Energies as the “creative urges” behind the evolution of humanistic psychology and positive psychology. The framework is derived from my newest book, *Evolving the Human Race Game*, a book designed to assist readers in evolving human consciousness as we play what I call seven kinds of human race games. In the book, 25 Archetypal Energies are discussed. They are defined as Higher Vibrational Energies that operate deep within our psyches at both individual and collective levels. We tend to experience them as “creative urges” to move us toward our optimal selves and optimal realities. In all cultures, based on exhaustive study, each Archetypal Energy has its own transcendent value, purpose and quality and “voice” unique to the individual. Easily recognized terms are used to evoke a common sense of these Archetypal Energies (e.g., Trust, Love, Acceptance, Harmony, Inclusion, Patience, Wisdom, Courage and Truth). Three types of Archetypal Energies and their functions, therefore, will be discussed briefly with respect to how they have and will continue to influence the evolution of humanistic psychology and positive psychology. Anecdotal examples will be used to illustrate how the “creative urges” move us toward co-creating optimal conditions for individual and collective growth and how humanistic psychology and positive psychology can play important roles in that regard.

### Biography

Carroy Ferguson has completed his PhD in Psychology from Boston College. He is a tenured Professor, former Dean and currently Human Service Internship Coordinator at College of Public and Community Service, UMass Boston. In 2006, he made history by becoming the first African American President of the Association for Humanistic Psychology and is currently in the same role again. He is an author of books and articles; a Clinical Practitioner; Associate Editor, *Journal of Humanistic Psychology* and Co-Founder of two visionary organizations (Associates in Human Understanding; Interculture, Inc).

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