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What is Psychosynthesis? - Institute of Psychosynthesis

A psychotherapy of love; psychosynthesis in practice. Firman, John and Ann Gila. State U. of New York Pr. 2010 191 pages \$24.95 Paperback RC489 Psychosynthesis, first developed by Italian psychiatrist Roberto Assagioli, is based on the therapist's expression of

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empathic, altruistic love to support the client's innate drive to actualization.

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In their book, 'A Psychotherapy of Love', psychosynthesis authors Firman and Gila write that therapists 'need to die to their world, in order to love their clients in

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their worlds.' This kind of love is altruistic, empathic, selfless and unconditional.

Psychosynthesis: A Psychology with a Soul

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Psychosynthesis is a part of a wider movement of psychospiritual development, exploration and enquiry. It's sometimes called a "transpersonal" approach because it integrates the spiritual aspect of human experience. The therapy process. A psychotherapy process is a wonderful and intimate moment in life.

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of Cindy that can be found in our book, *A Psychotherapy of Love: Psychosynthesis in Practice* (Firman and Gila 2010, 49-52). Cindy, a premedical student, comes to therapy with the presenting issue of being “freaked out” by tests. As Cindy expresses her distress, many possibilities for how to address it rush through the therapist’s mind—

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