

07 - 11 December, 2020

10.00 - 11.30 am IST

Integral Perspectives of Mental Health

Sri Aurobindo and the Mother have left a rich and profound legacy of knowledge for present mental health practitioners to draw upon. There is a school of psychology that benefits from their irradiating influence. Indeed, it would be accurate to assert that the Integral Psychology perspective offers the most comprehensive solution for today's inner troubles and dilemmas. In conventional Western mental health circles though, this outlook is still sadly quite rare. It is left to a relatively small selection of radical pioneers to break through the system's more static and rigid paradigms. The facilitator for this programme, Dr. Soumitra Basu, rightly fits into this category.

Because the perspective is so all-embracing, every conceivable level of consciousness influences man's inner psychology. It is not just a question of the subconscious shaping his inner movements; vast ranges of consciousness rising high up into the Superconscient and Supermind are also operative today in this sphere. There are profound depths in man too and in spite of being a complex entity comprised of disparate parts, he is capable of progressing into a complete and harmonious integer.

Five contemporary and diverse topics will be addressed in interactive sessions. If you aspire for a deeper understanding of mental health issues, this workshop is not to be missed.

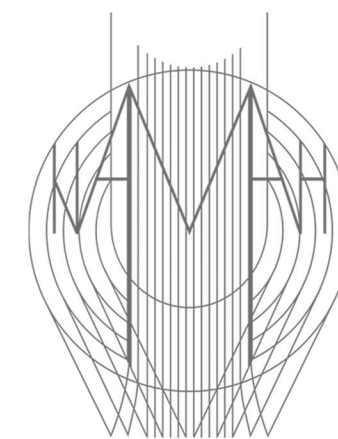


Dr. Soumitra Basu is a consultant psychiatrist, practising in Kolkata and Pondicherry. He works with Consciousness paradigms of health and psychology. He conducts workshops on personal

growth and is a Founder-Editor of NAMAHA, the Journal of Integral Health. He is author of the book, Integral Health. He is deeply interested in the interplay of Aurobindonian metaphysics and mental health. He has developed a module of Consciousness-Based Psychology (CBP) and, along with Michael Miovic of the USA, has authored a book on CBP (in the press), which looks at psychopathology and counselling from an entirely new perspective that arises from the experiential teachings of Sri Aurobindo and The Mother.

He can be accessed at consciousnessbasedcounselling.com

- DAY 1** | *Anxiety, Fear and stress*
- DAY 2** | *Depression and suicidality*
- DAY 3** | *Drugs, values and the Time-Spirit*
- DAY 4** | *Growth of consciousness in children and adult roles*
- DAY 5** | *Personal growth and preparation for a graceful old-age and exit*



NAMAH
The Journal of Integral Health

Workshop fee is ₹ 1600.

The fee is non-refundable
For Bank Transfer

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REGISTRATION DETAILS

Google Meet session : Link after Registration

PayPal Link : https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=6P48WBWABN362

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