

What is it?

Psychosynthesis is a transpersonal or spiritual psychotherapy, a product of the Western world, of the twentieth century.

A transpersonal psychotherapy sets boundaries and uses techniques, which enable the person in question to follow a spiritual path, and help them find a sense of purpose and self-knowledge..

Psychosynthesis is based on the idea that a person has a personality and a soul. The main idea is simple, it focuses on the idea that an organism strives for wholeness, and on the possibility that people can grow, increase their awareness, health, love and joy.

Psychosynthesis is one of the few therapeutic systems that consistently attempts to apply its ideas in every day practice and a person's will is essential in order to be able to actively take action in the external world. In psychosynthesis development and awareness, both on a personal and a collective level, are elementary.