



CERTIFICATE COURSE

IN



Integral Psychology.

Introduction

Integral Psychology, as developed by **Sri Aurobindo** and further elaborated by various scholars, is a psychological framework that emerges from the principles of Integral Yoga. It emphasizes a holistic understanding of human consciousness, encompassing not only the waking mind but also higher and deeper levels of consciousness, including the spiritual. This approach challenges reductionist perspectives in Western psychology by integrating subjective experience, inner states, and the spiritual dimensions of human existence.

Key Concepts:

Multi-layered Consciousness: Integral Psychology posits that human consciousness is not limited to the waking mind but extends across various planes, including the physical, vital, mental, psychic, and spiritual.

Subjective Science: It emphasizes the importance of self-knowledge and first-person research as a means to understand oneself and, subsequently, others.

Evolution of Consciousness: Integral Psychology views human development as an evolutionary process, with the potential for individuals to move towards higher states of consciousness and self-realization.

Yoga as a Psychological Discipline: Integral Yoga, with its emphasis on self-awareness and transformation, is seen as a path to psychological growth and spiritual evolution.

Beyond the Physical: It acknowledges the limitations of focusing solely on the physical or phenomenal aspects of reality and advocates for exploring the deeper, non-material dimensions of consciousness.

The True Self: A central concept is the shift in identification from the outer ego to the inmost true self, which is believed to be the source of wisdom and guidance.

Synthesis of East and West: Integral Psychology aims to integrate insights from both Eastern spiritual traditions and Western psychological approaches.

In essence, Integral Psychology seeks to provide a comprehensive framework for understanding human experience, encompassing the mind, body, and spirit, and offering a path for individual transformation and evolution.

Organizer

DIVYA KARUNA ORGANIZATION, BHARAT (INDIA) is a non-profit organization registered under The Registration Act -1908,

with the motive of promoting ancient universal wisdom for the welfare of existence, the organization follows the motto:- "आत्मवत् सर्वभूतेषु" This means to see and feel oneness in all creatures and existence and to behave accordingly. Our primary focus is to adopt divine compassion (**KARUNA**) as the solution for all problems at both personal and universal levels. We conduct webinars, seminars, and conferences globally on various issues affecting humanity and provide solutions based on Indian Knowledge Systems. We also offer free counseling services.

Our future project aims to provide a scientific research pathway to explore ancient indigenous therapies for universal wellness. The **International Council of Vedic Psychology (ICVP)** is an integral and legal initiative under the organization, working at various levels globally. The organization is registered with **NITI Aayog**, the Ministry of **AYUSH**, and the Ministry of Social Justice & Empowerment (**MSJE**), Government of India.

Course Relevance , Objectives & Outcomes

- As per the **New Education Policy (NEP) 2020**, this course aligns with the demands of the Indian Knowledge System (IKS) as a unique offering.
- According to the **UGC 2025 Draft for Higher Education**, this course will address the teaching and research needs in the Indian Knowledge System under nine areas of faculty recruitment demands.
- It will help participants develop proper interpersonal relationships with patients, families, and professional colleagues in a scientific way. The course introduces Indigenous techniques for counseling, therapies, and treatments.
- It offers research opportunities in this field for the welfare of Humanity.
- Participants will gain a deeper understanding of the true nature of the self, mind, thoughts, consciousness, etc.
- It will create awareness about Cognition, Mental Health , Mental Pollution and provide solutions.
- The course helps develop the ability to live and deal with oneself and existence in the right way.
- It enhances skills for psychology students and professionals.

- Participants will learn the true nature of psychotherapies and their applications in addressing present mental health and various related problems.
- The course emphasizes Integral approaches to psychiatric disorders and treatment.
- Adopt true ethical principles in all aspects of their practice.
- Develop true human values and become psychologists and mental health professionals with genuine compassion.

Course Content

The course includes:

- The concept of the Mind in Indigenous/Indian knowledge systems & Sri Aurobindo.
- The Integral Approach & Scope of Psychology.
- A comparison and integration of Eastern and Western approaches to Psychology and Psychotherapies.
- An introduction to the science and art of Integral Counseling.
- Integral psychology and its relation to Artificial Intelligence (AI) and other modern technologies.
- Understanding about Physical Being, Mental Being, Vital Being & Psychic Being.
- Research and experiments in Integral psychology, its relevance, and scope.
- Techniques for Mental Health Care in the context.
- Applied aspects of Integral psychology.
- Integral classifications of Mental Health problems aligned with DSM and ICD.
- The Integral approach to Personality & various Psychological Concepts.
- The relationship between Integral psychology and other branches of psychology.

Schedule

Mode of Delivery: Online classes via Zoom or Google Meet.

Frequency: Two classes per week on Saturdays and Sundays.

Duration: Each class will be approximately 1 hour.

Timing: Classes are scheduled between 6 PM and 8 PM IST .

Recording: Required recordings of the classes will be made available.

Teaching Style: Interactive, face-to-face teaching with appropriate audiovisual aids and related activities.

Languages: English / Hindi / Sanskrit.

Lecturers: Live lectures will be delivered by various experts in related fields and specializations.



**A Certificate will be Provided to each Participant after Successful completion of the Course.*

Note:- Changes in the schedule may occur depending on urgency or necessity

****Course Fee :- ₹1999/- (\$30) (This amount is solely for charity purposes.)***

Upi Id :- karunaorganization@sbi

Registration link:- <https://forms.gle/5kVgLNaNwuqhRn6N9>



“The Divine Truth is Greater Than Any Religion or Creed or Scripture or Idea or Philosophy.”

Sri Aurobindo



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About Us

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