Spirituality and Therapy

Supporting Clients Through a Transpersonal Lens



Arianne Noble MA LPC

A NOBLE COUNSELING

Collective Mindfulness Moment



Arianne Noble she/her MA LPC



Arianne is a transpersonal and humanistic based therapist in Boulder, Colorado, who focuses on supporting individuals in discovering their own inner wisdom and sovereignty. Arianne values providing a collaborative and non pathologizing space for exploration and liberation while acknowledging systemic oppression and inviting us to come back into relationship with our own bodies, ancestral wisdom, personal power, and communities. Arianne blends parts work, mindfulness, humor, shadow work, and shamanic practices and often helps support a deeper connection with self, meaning making, and spirituality. She offers 1:1 individual therapy, intensives, consultation, and retreats.

https://www.anoblecounseling.com/

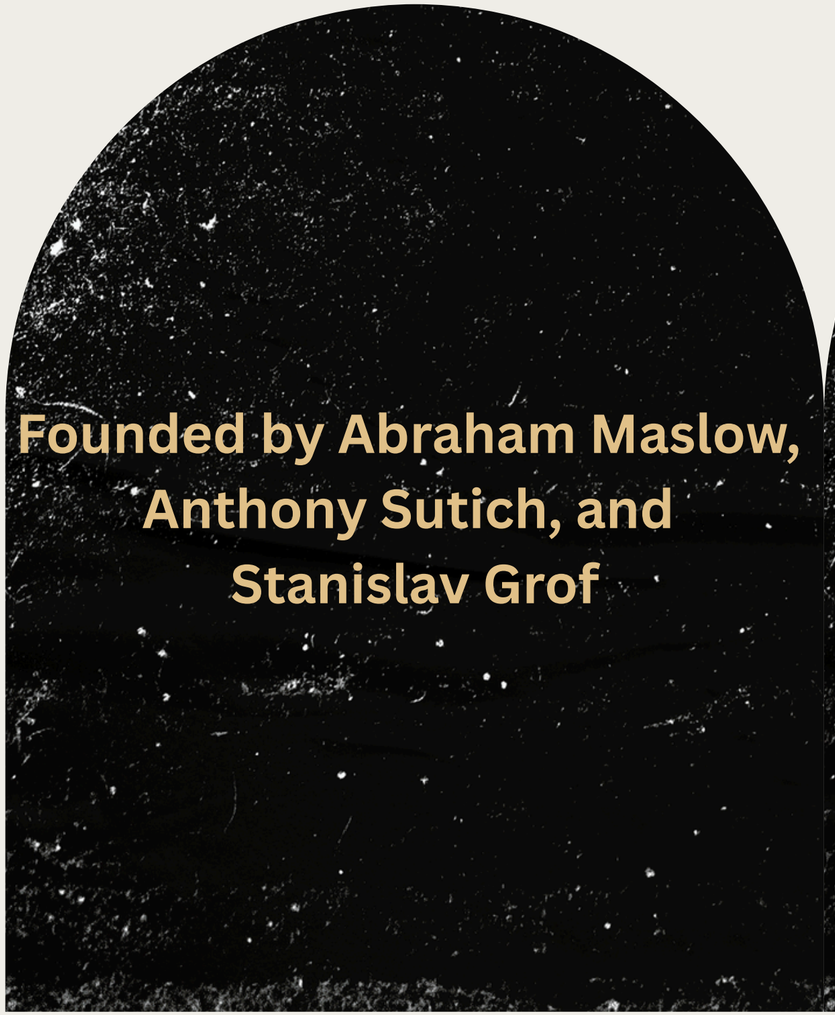
IG: @witchtherapist

A NOBLE COUNSELING

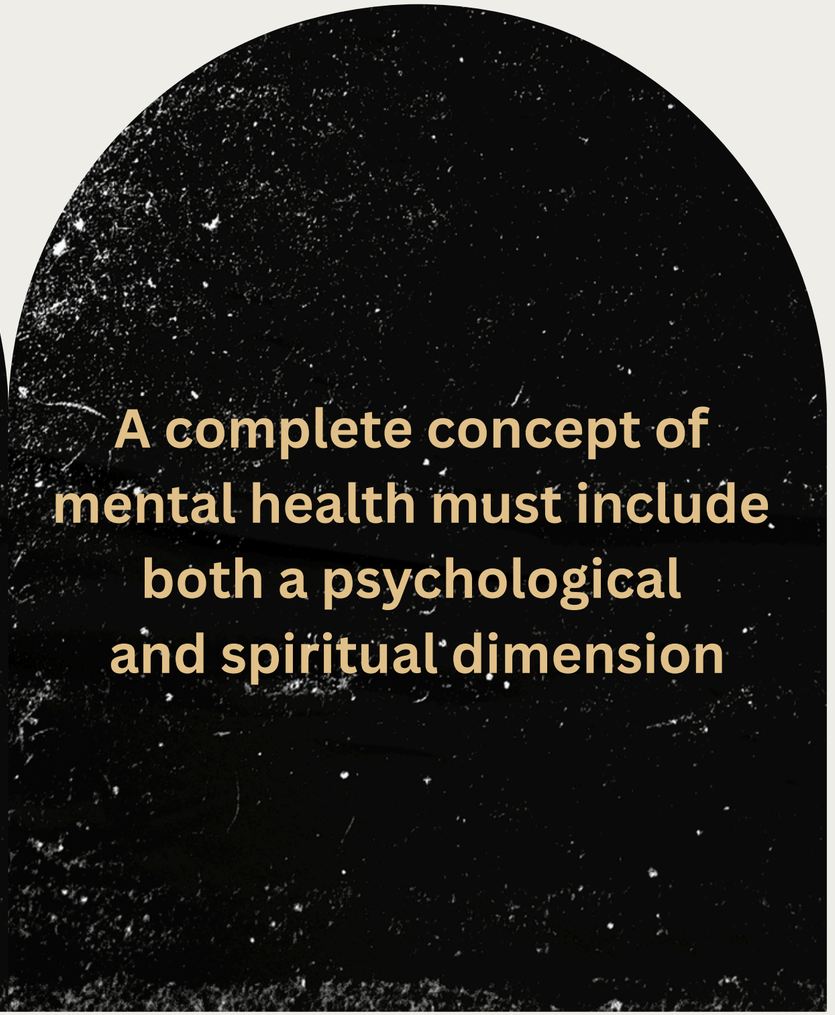
Soul collage cards,
and photos by Arianne

What is Transpersonal Psychology

The 4th wave of psychology developed in the 1960's that seeks to integrate the spiritual and transcendent human experiences within the framework of modern psychology.







- Synthesizes modern psychology and spiritual traditions and beliefs “you need to be somebody before you can be nobody.”

- Transpersonal Psychology is concerned with developing a self while also honoring the urge to go beyond the self.

- Draws from the wisdom traditions of both East and West and includes contemplative practices, Indigenous knowledge systems, and mystical traditions.

- The Transpersonal vision values the other waves of Western psychology (psychoanalytic, behavioral, humanistic) and seeks to integrate them into a larger vision of human possibility.

- Early Transpersonal psychology focused on peak experiences or transcendent experiences (which reflected the times during the 1960s and experimentation with Eastern practices and psychedelics).
- Encourage an eclectic, interdisciplinary, and integrative approach: sensory (behaviorism), introspective (psychoanalysis), contemplation (yoga/meditation).
- Transpersonal disciplines assume a transpersonal experience can be interpreted religiously (sacred experience) or non-religiously according to individual preference and belief.
- More modern transpersonal practice also focuses on meaning-making, mundane day-to-day experiences, and deep inner work.
- Seeks to study and practice altered states of consciousness and continue to understand the range of human experience and the plasticity of human consciousness.
- Non-pathologizing view of different states of consciousness.



What are Criticisms of Transpersonal Psychology

Founders and other contributors took Indigenous practices, beliefs, and ideas and rebranded them often without giving credit to their sources.

Maslow took his hierarchy of needs model from his time with the Blackfoot tribe in what is now Canada and flipped it to put self-actualization at the top.

Stanislav Grof and Christina Grof spent time with Indigenous people in North and South America, as well as Australia. They studied shamanic and animistic practices and beliefs, and while they credited the people they learned from, they extracted a lot of the concepts they taught and took them out of context.

Mystical and spiritual experiences can be challenging to study and research from an empirical scientific lens.

In a Western view of mental illness being pathologized, there is criticism about the focus on transpersonal experiences versus treating severe mental illness.

When working with spiritual content, there is always a risk for a teacher or leader to develop a guru complex, and there are risks for abuse of power.

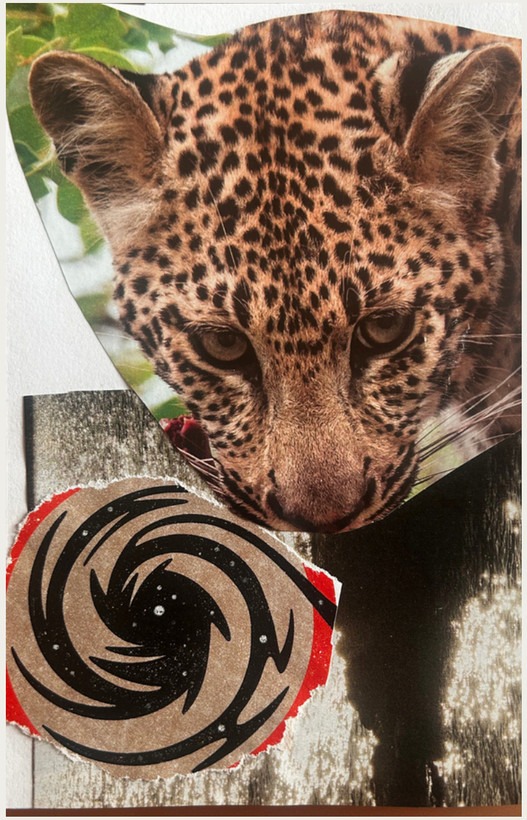


Decolonizing Therapy

Decolonizing Therapy by Jennifer Mullan

Shifts the focus of healing away from pathologizing the individual and toward addressing systemic, historical, and colonial oppression

It integrates non-Western healing traditions, ancestral wisdom, spirituality, storytelling, and community lineage into the healing process



Therapists must dismantle colonial psychological methods and interrogate their own privilege.

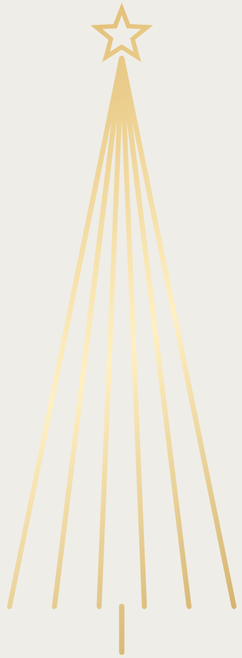
Shift away from isolated 1:1 clinical models toward mutual care, peer support, somatic work, and cultural or ancestral medicines.

Traditional mental healthcare pathologizes normal human reactions to systemic oppression, capitalism, and intergenerational trauma rather than addressing root causes.

Why is the Spiritual Important

- *Transpersonal experiences can often produce dramatic, enduring, and beneficial psychological changes.*

- *They can offer significant psychological and social benefits, providing a sense of meaning and purpose, resolving existential quandaries, and inspiring compassionate concern for humankind and the Earth.*



- *Incorporates a big piece of many people's inner life into the therapeutic process*

- *Using non-conventional methods can encourage a creative process for the client and clinician*

- *Encouraging trust in one’s own experience can foster more inner confidence*

Methods of Incorporating Spirituality Into Therapy



Tarot
Astrology
Human Design
Breathwork
Yoga
Soul Collage

Prayer
Meditation
Art
Dancing/movement
Body Based Practices
Song

Shamanic Journeying
Crystals
Aromatherapy
Reiki
Nature Based
Exploring ancestral roots

Alter Making
Chakras
Dream Work
Shadow Work
Manifestation

How to Start Incorporating the Spiritual

- Ensuring any modality used is rooted in theory.
- Providing a spiritual service (i.e., a tarot reading) vs. using a tool to enhance therapy (using tarot imagery and archetypes).
  - This is an example of what Dr. Tina Vitolo calls “both and,” not “either or.”
  - Integrating a non-conventional modality separately may create a dual relationship.
  - Make sure application enhances, complements, and promotes theory (in this case, the theory is Transpersonal Psychology).
- Getting appropriate training. We are ethically bound to receive training on any modality we integrate into our work with clients.
- Including modalities used in informed consent.
- Discussing what modalities a client may be interested in incorporating into a session.
- The therapist's role is not as a spiritual advisor or teacher.
- Curiosity and creativity!



Ethical Considerations

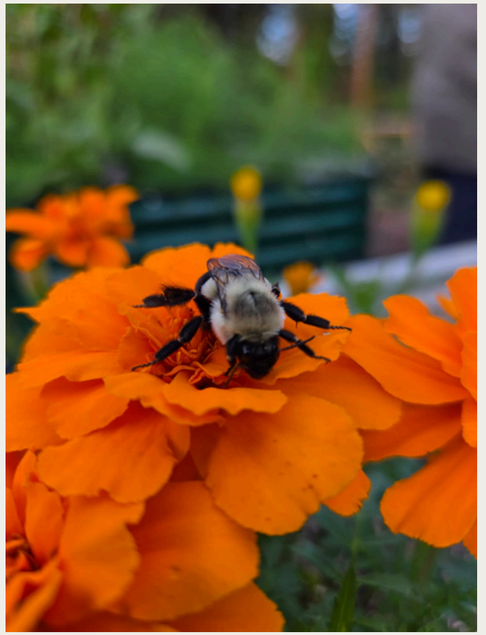
Always consult your state board, as state rules can vary as well as your own licensing board.

ACA Code of Ethics

C.7.a. Scientifc Basis for Treatment: When providing services, counselors use techniques/procedures/modalities that are grounded in theory and/or have an empirical or scientific foundation.

C.7.b. Development and Innovation When counselors use developing or innovative techniques/procedures/ modalities, they explain the potential risks, benefts, and ethical considerations of using such techniques/procedures/ modalities. Counselors work to minimize any potential risks or harm when using these techniques/procedures/modalities.

A.4.b. Personal Values Counselors are aware of—and avoid imposing—their own values, attitudes, beliefs, and behaviors. Counselors respect the diversity of clients, trainees, and research participants and seek training in areas in which they are at risk of imposing their values onto clients, especially when the counselor's values are inconsistent with the client's goals or are discriminatory in nature.



Competencies for Addressing Spiritual and Religious Issues in Counseling Preamble The Competencies for Addressing Spiritual and Religious Issues in Counseling are guidelines that complement, not supersede, the values and standards espoused in the ACA Code of Ethics. Consistent with the ACA Code of Ethics (2005), the purpose of the ASERVIC Competencies is to "recognize diversity and embrace a cross-cultural approach in support of the worth, dignity, potential, and uniqueness of people within their social and cultural contexts" (p. 3). These Competencies are intended to be used in conjunction with counseling approaches that are evidence-based and that align with best practices in counseling. ' This Preamble must accompany any publication or dissemination, in whole or in part, of the ASERVIC Competencies.

No state has guidelines for integrating non-conventional modalities except Minnesota.

Other Considerations

Spiritual bypassing

Spiritual emergence vs spiritual emergency vs psychosis

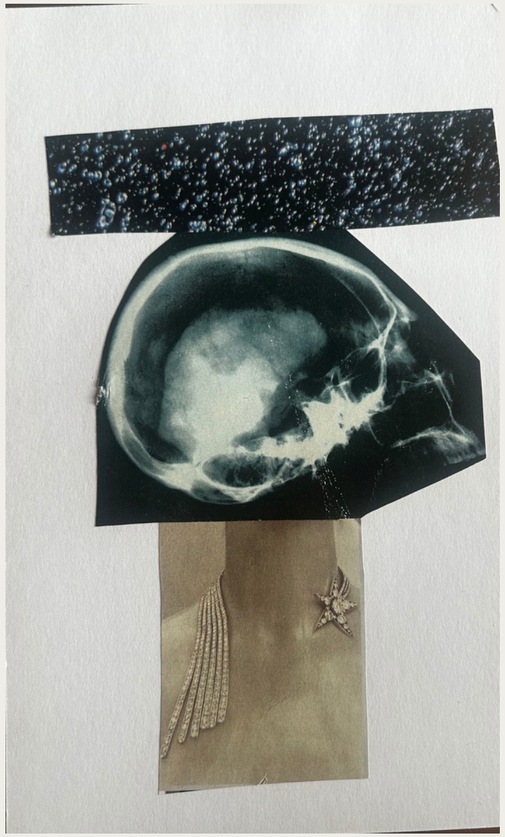
Appreciation vs appropriation

Other clinician’s opinions or judgement

Systems in place that impact the client

Limitations and appropriate use







Experiential

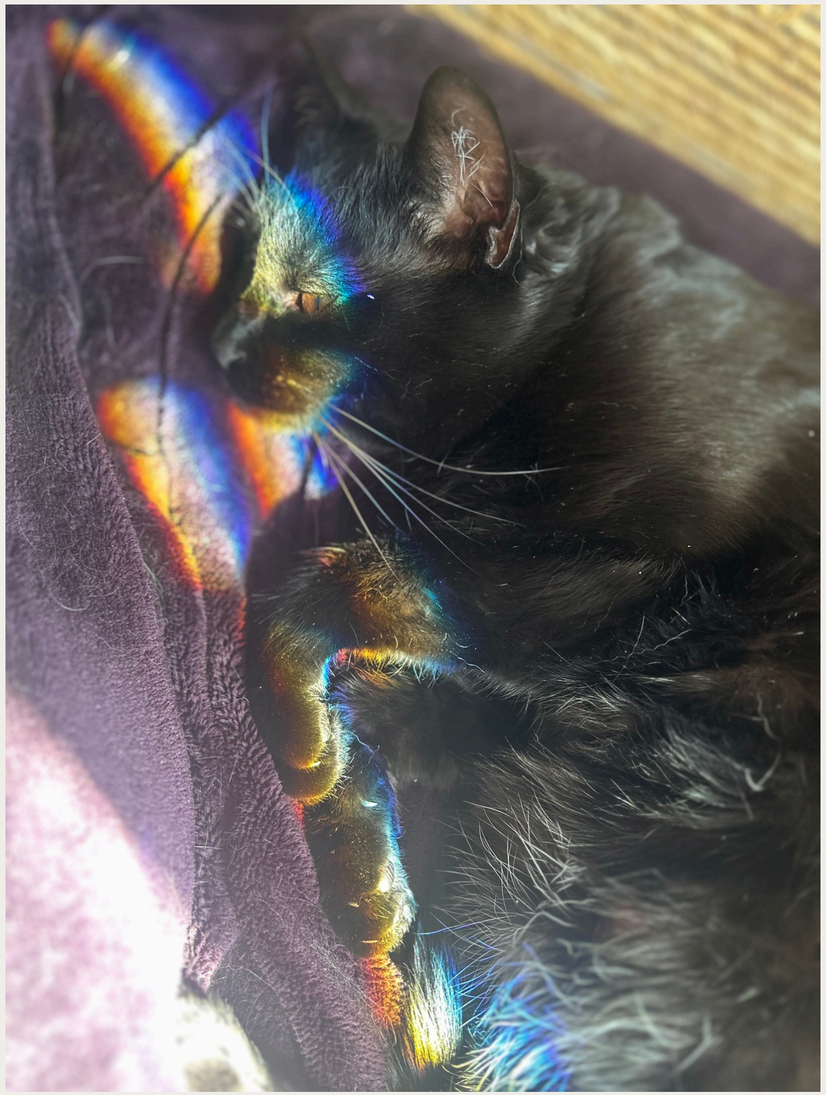
Guided Journey

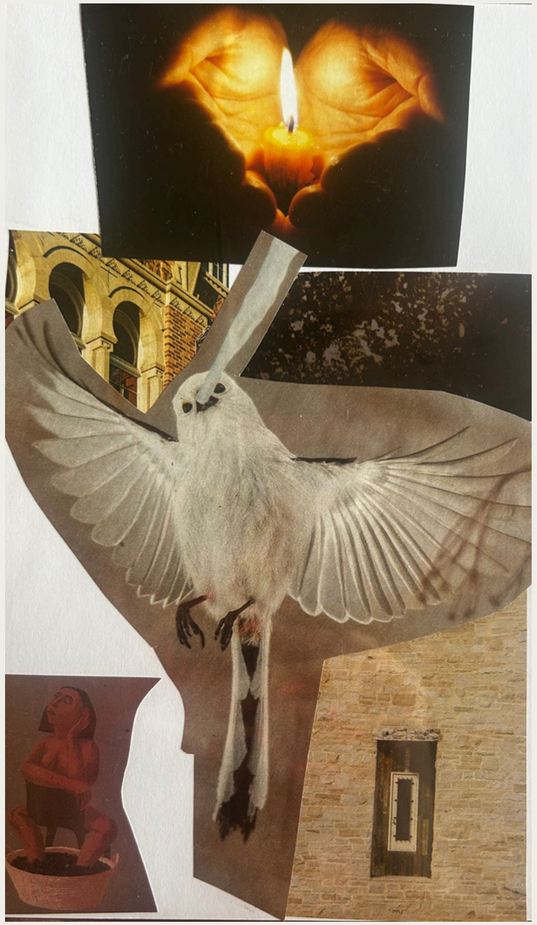
- Set your space
- Get comfy
- Set your intention
- Sink in

A NOBLE COUNSELING

Question Time!







Resources

Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy
Brant Cortright

Decolonizing Therapy Jennifer Mullan

Paths Beyond Ego: The Transpersonal Vision
Edited by Roger Walsh and Frances Vaughan

https://www.ciis.edu/news/what-transpersonal-approach-psychology

https://www.counseling.org/docs/default-source/default-document-library/ethics/2014-aca-code-of-ethics.pdf

https://www.counseling.org/docs/default-source/competencies/competencies-for-addressing-spiritual-and-religious-issues-in-counseling.pdf

Comprehensive Literature Review: Transpersonal Psychology, Transpersonal Psychotherapy, and Transpersonal Hypnotherapy (1960s–2026)
https://www.preprints.org/manuscript/202602.1892

The Black Sheep Therapist: Dr. Tina Vitolo
https://theblacksheepguide.com/

Other Resources and Books to check out

Books

You Are The Medicine Asha Frost
Easten Body, Western Mind Anodea Judith
Braiding Sweetgrass Robin Wall Kimmerer
Hero With a Thousand Faces Josepth Cambell
The Heroine's Journey Maureen Murdock
A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life Jack Kornfield

Trainings

Cascadia https://cascadia-training.com/
Dreya Blume
https://dreyablume.com/workshop-schedule

Other

https://www.intuitiveclinicians.org/

Facebook Groups

Witchy Therapists of Facebook
Not Your Mom's Therapist
Therapists Who Tarot
Black Sheep Therapists

Podcasts

The Tarot Diagnosis
The Witchy Therapist Podcast
The Woo Woo Therapist Podcast
No Bad Charts

Research/Academics

Yale Program for Medicine, Spirituality & Religion
https://medicine.yale.edu/internal-medicine/genmed/education/medspirel/

Spirituality and Mental Health Laboratory at Harvard University
https://spirit.mclean.harvard.edu/

California Institute of Integral Studies
https://www.ciis.edu/

Naropa University
https://www.naropa.edu/

How to Contact me

https://www.anoblecounseling.com/

arianne@anoblecounseling.com

IG: @witchtherapist



A NOBLE COUNSELING