

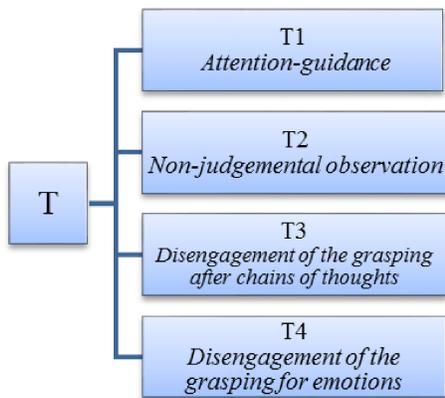
# Individual and social challenges in transferring methods of introspection

Anne Iris Miriam Anders

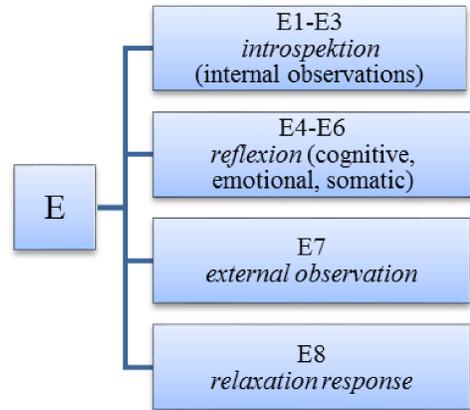


Although the attitude to both self and others can be developed through a gradual use of introspective techniques as conveyed in the context of Buddhist philosophy and Tibetan medicine, the prevailing social challenge involves addressing universalisation of exiled Tibetan values and reinterpretation of business concepts to be spiritual paths.

key techniques of training (Attersee Anders, 2016, pg. 129, fig. 16)

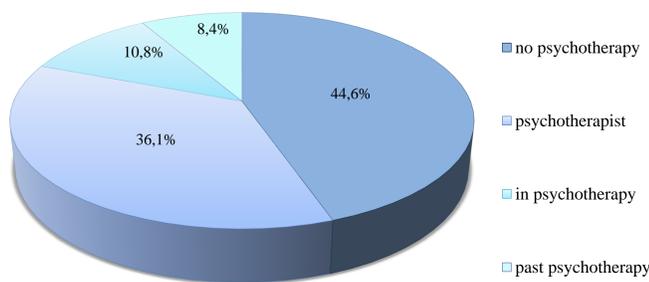


effects of training (Attersee Anders, 2016, pg. 131, fig. 17)



(1)

psychotherapists, psychotherapy patients and students

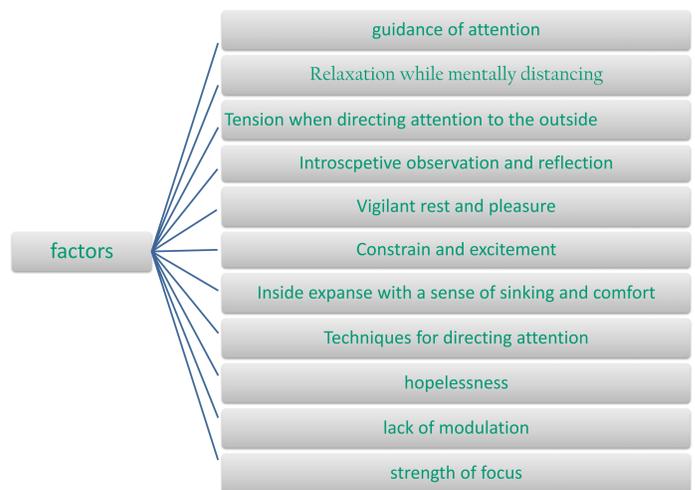


83 probands (group of training) und 71 people in the waiting control group individual training after six hours of teaching

(2)

These universalisations manifest themselves by building group pressure in identification with the Collective Psyche (Jung, 1990) or by the invention of neologisms. (3)

As they impede the individual process of self-development, instead of idealising salvation doctrines supposedly originating from Buddhism, it is therefore essential to examine the terminology, respective contexts and processes of transfer. In this transcultural approach, the methods of introspection were conveyed to psychotherapists, psychotherapy patients and university students by teaching some application related core elements mainly passed on in oral transmissions as well as their corresponding theoretical background (Attersee Anders, 2016, 2017).



(4)

While the self-reference model of this internal, individual learning process covered the growing ability for observation and reflection in cognitive and emotional terms, the effect integration was described as both the ability in changing perspective and improving perception. Whereas the impact of these aspects, which correspond to the transformative models of Buddhist philosophy, on psychotherapy science lies in the systematization of the learning processes in introspective methods, Person-Centered and Experiential Psychotherapy is addressed through enhancement of therapist empathy.