

# Psychosynthesis

Sam Pope combines  
soul psychology with the tarot  
for self-alignment

Psychosynthesis is a journey of self-discovery and self-alignment. Developed in the last century by Italian psychiatrist and psychoanalyst Roberto Assagioli, it's the psychological theory that we're all seeking fulfilment through self-expression and relationship.

Often used in therapy and coaching as a way to overcome personal challenges and achieve goals, it's a method of inquiry – noticing what's happening through conversation, creativity or meditation, so that you can develop a more authentic connection to self.

You start by becoming familiar with your many aspects of self, including the higher self and the inner critic, and how they all interact with one another. A psychosynthesis practitioner gently supports you to move from inner conflict and dilemma, towards self-agency and subsequently feeling more fulfilled and 'whole' in life and soul.

Deep and lasting change can be achieved as conscious choices strengthen your connection to intuition, higher purpose and meaning. For this reason, it's often called the 'psychology of the soul'.

## How it works

A big part of how psychosynthesis works is down to the psychological principle of disidentification. When you've identified with any one aspect of yourself, it's unconsciously running the show. However, when you notice what you're doing (i.e. when you disidentify from it), you can make more conscious decisions so you feel more grounded and in control.

This process can be expressed in a simple framework for change, which I call the three A's: awareness, acceptance and action. The sweet spot is found when all three are in alignment: without awareness and acceptance, our actions remain stuck.

Psychosynthesis is perfect for anyone who's ready to move into awareness and

acceptance, moving away from reactionary behaviour. While self-alignment coaching includes psychosynthesis self-development work, we don't spend time looking at the past. Instead, we work in the 'here and now', looking at what's preventing you from moving forwards with confidence.

I often receive clients who want to try something different to talking therapy. Working with the tarot is particularly enjoyable if you want to come out of the 'thinking' space to gain awareness and acceptance, and action steps using the cards to direct you to inner guidance.

## What to expect

I offer self-alignment psychosynthesis coaching, integrating the tarot for self-enquiry. I use tarot card spreads to open up a conversation around your conscious and unconscious thoughts, plus why you're feeling stuck and how to trust your intuition.

In a standalone soul psychology tarot session, I meet clients for an hour (in person or online) and use the cards to discover unconscious drivers, inner resources and growth potential in their current situation. For self-development work, ongoing psychosynthesis self-



alignment coaching is available. This is conversation-based coaching, but can also include soul psychology tarot readings. I meet clients every two weeks for an hour, working towards a personal, practical or emotional goal that they'd like to achieve.

Sessions focus on getting to know your inner landscape, where you're feeling stuck and what small steps you can take to move towards the goal of your choosing.

I call my tarot work 'soul psychology tarot'. I'm not a psychic. I read the cards psychologically, and we include your own interpretations as well, so you get more comfortable discovering your inner landscape using the cards as a guide. I host soul psychology tarot workshops, and offer standalone soul psychology tarot readings and ongoing self-alignment coaching.

## The after-effects

Clients often report back feeling calmer and more clear. As awareness and acceptance are part of the process, this emotional work can be quite tender. However, instantaneous release can be experienced in a session, diffusing survival patterns and fears from childhood. Deep, lasting change comes from noticing how stories from the past affect the present moment, and developing new ways to care for yourself and your fears. The biggest after-effect is the shift into a spirit of adventure – of trusting yourself, and trying new things in order to move forwards. ●

## Find out more...

★ Sam Pope is a psychosynthesis psychologist (M.A., Dip., Dip.Coach), B.Sc. in psychology, meditation teacher and tarot practitioner. She offers soul psychology workshops, soul psychology tarot readings and self-alignment coaching

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