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## An Integral Approach to Depression

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## An Integral Approach to Depression

### Introduction

In this edition of the Journal, we present readers with our first “special topics” section. As stated in the editorial policy, the special topic section is dedicated to papers with similar themes or foci. In this edition, we feature a collection of papers on transpersonal psychology and depression.

The papers themselves are a collection of essays that were presented at the 2001 Annual Meeting of the European Transpersonal Psychology Association (ETPA) held in Eupilio (Como Lake) September 3–6, 2001. Subsequent to the ETPA Annual Meeting, the papers were edited and published as a transpersonal psychotherapy workbook by the group of service of the Italian Association of Transpersonal Psychology (AIPT) under the guidance of Laura Boggio Gilot (ETPA, 2002). The ETPA and all contributing authors have granted permission for the *IJTS* to publish their work here.

As stated in the workbook, the ETPA is a nonprofit European association constituted by national transpersonal associations, and by practitioners, psychologists and psychiatrists, for the study, teaching, and research of transpersonal psychology and psychotherapy from an integral perspective. ETPA emphasises transformative spirituality and consciousness development beyond ego through integral practices (physical, emotional, mental, and spiritual). Teaching and research include consciousness disciplines, teachings and practices of the nondual tradition, purification and self-healing techniques, awareness training, clinical aspects of spiritual crises, relations between psychotherapy and meditative practice, Eastern and Western psychology.

Activities include conferences, publications, and help projects promoting education, research, and service.

ETPA was founded in September 2000 in Assisi by Laura Boggio Gilot and Marc-Alain Descamps. Member associations currently include the French Transpersonal Association (AFT; President: Marc-Alain Descamps), Italian Association of Transpersonal Psychology (AIPT; President: Laura Boggio Gilot), the Portuguese-Brazilian Transpersonal Association (ALU-BRAT; President: Mario Simões), the Romanian Association for Transpersonal Psychology (ARPT; President: Ion Manzat), the Spanish Transpersonal Association (ATRE; President: Manuel Almendro), and the German Transpersonal Association (GTA; President: Jutta Gruber).

Readers interested in learning more about the ETPA are encouraged to contact the organization at the following address:

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