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It spoke to my soul and moved my spirit in a peculiar way as I realised its relevance to Covid-19 times. The lyrics, "Every move you make, every vow you break, every smile you fake, every claim you ...

The interface of culture and spirituality within psychology during Covid-19 times

Set on an archipelago east of Spain, Oku Ibiza is perhaps the best spot on the island to experience the sunset. With its minimalist rooms in earthy tones and the largest pool on the island, it's the ...

Inside The Ibiza Wellness Retreat Hosted By A World-Renowned Spiritual Guide

Having just celebrated another 50+ birthday, I ("Suzie") am savoring what I've learned over the years

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from the science of positive psychology about how to age well and live a flourishing life. While ...

Psychology Today

Psycho-spiritual paradigm shift towards a holistic mental resilience in an age of intellectual over-reliance.

Is spirituality relevant in addressing mental health issues?

Psychology, Religion, and Spirituality provides readers with a critical overview of what psychology tells us about religion and spirituality. It is concise without being simplistic, and the first such ...

Psychology, Religion, and Spirituality

Bringing together an international group of leading scholars across the fields of psychology, theology, history, philosophy, sociology and gerontology, the volume distils the latest advances in ...

Spiritual Dimensions of Ageing

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Spirituality and Psychology Weekly Workshop

Year after year, mental health remains one of New York City's biggest policy challenges, as lawmakers, mental health advocates and clinicians work on measures to reduce the stigma around mental ...

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The Mental Health Power 50

This is the psychology everybody will be studying 25 ... is the deliberate generation of certain emotions in meditation a spiritual band aid, clouding over the deep roots of what actually troubles ...

Zen for Daily Living: Psychology, Zen and meditation

A new study found practicing self-care helped people sleep better during the early stages of the COVID-19 pandemic.

Practicing Self-Care Helped People Sleep Better Early on in the Pandemic

Psychologist Alex Belser says psychedelic medicine could herald a mental health renaissance. He's on the forefront of a boom in research and experimental treatments.

Psychedelics Could Be the Future of Psychotherapy

For some young white men with sufficient academic ability to comprehend Peterson's writing and lectures, it is actually news that the worry-free irresponsibility offered in the seeming safety of ...

Jordan Peterson is telling young white men what many of us already know: Neverland is a lie.

Dr. Susan Kavalier-Adler of New York, New York has been recognized as a Woman of the Month for December 2020 by P.O.W.E.R. (Professional Organization of Women of Excellence Recognized) for her ...

Dr. Susan Kavalier-Adler Recognized as a Woman of the Month for December 2020 by

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P.O.W.E.R.-Professional Organization of Women of Excellence Recognized

A new study published in the Journal of Positive Psychology suggests that while ... social intelligence, spirituality, teamwork, and zest □ helped people achieve their goals in 17 of life ...

Zest, Hope, And Humor Are The Most Important Character Strengths, Suggests New Psychological Research

A North Carolina woman is using her hurt to help other people during the pandemic. Shay Johnson is the founder of The Balanced Box, a spiritual wellness subscription for people to learn how to heal, ...

North Carolina woman meditates to cope during the pandemic

Reads at times like Eat Pray Love as written by David Foster Wallace. A rich and almost eerily timely book! William Fiennes, author of The Snow Geese Stepping back from the world is an ancient human ...

Retreat: The Risks and Rewards of Stepping Back from the World

Stephen S. Jones, director of Washington State University's Bread Lab, believes baking bread is akin to a spiritual experience. There's just something about being stuck inside for days on end ...

The psychology of baking your own bread!

changing our wardrobe habits isn't exactly on the same impact plane as that of developing a richer existential and spiritual life. But for Fashion Psychology Institute founder Dr. Dawnn Karen ...

The Psychology of Post-Pandemic Dressing

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Dual-degree students couple their study of counseling psychology with the study of pastoral care and spirituality and can seek licensing as professional mental health counselors. Such licensed ...

Dual Master of Arts (M.A./M.A.) in Theology and Ministry and Counseling Psychology
Spirituality means different things to different people. For some, it's primarily about a belief in God and active participation in organized religion. For others, it's about non-religious ...

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