

Hofmann, L.: "Counselling for spiritual and meditation-induced crises. A new counselling focus at the IGPP", [24. International Eurotas-Conference "Creative Bridges"](#), 4.-8. September, 2024, Oxford University.

Abstract: Counselling for spiritual and meditation-induced crises

Spiritual practices such as yoga and meditation enjoy great popularity in Western societies, and practitioners turn to them for a great variety of motives. Undoubtedly, such practices have multiple health-promoting psychological and physical effects. Under certain circumstances, however, they can at times also lead to unusual and stressful experiences, even to states of crisis, which require professional support and assistance. Problems and crises of this kind have been discussed in the field of Transpersonal Psychology under the term spiritual crisis, among others. Recently, we have seen a new research focus on the negative side effects of meditation. One of the most well-known projects in this context is the "Varieties of Contemplative Experiences-Study", conducted by Willoughby Britton and team.

In 2017, Liane Hofmann as the first editor and co-author of the German language anthology "Spiritualität und spirituelle Krisen. Handbuch zu Theorie, Forschung und Praxis" („Spirituality and spiritual crises. Handbook on Theory, Research and Practice“), laid a theoretical foundation on the topic of therapy and counseling for spiritual and meditation-induced crises. Together with Ulrich Ott, who is researching the topic of the negative side effects of meditation and who, with his team, is conducting a replication of the "Varieties of Contemplative Experiences-Study“ with German meditators, essential theoretical, practice-oriented therapeutic-consultant as well as empirical foundations around the topic of "spiritual and meditation-induced crises" have thereby been worked out in a first phase. In a further step, the transfer of the insights gained in this way into therapeutic and counseling practice is to be advanced, with the objective of contributing to an improvement of health care services for those affected. For this purpose, a new counselling focus has been established at the Institute for Frontier Areas of Psychology and Mental Health (IGPP), Freiburg, which offers support to people experiencing spiritual or meditation-induced crises. The lecture presents the scientific basis of the counselling work as well as common types of enquiries.