

*Eastern Yoga Psychology's Perspective on Identity and the Observing Self, and the Use of These Constructs in the Eastern and Western Therapeutic Milieus*

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Abstract

Along with an in-depth presentation of the concepts and origins of the theory, this project includes three video taped psychotherapy sessions. The purposes of the video-taped therapy sessions are to clarify the original treatment technique designed by the author called Identity Shift Work, and to show how three main focuses of the theory are used in treatment. The three theoretical focuses that are discussed in depth and utilized in the treatment technique of Identity Shift Work are a. The Buddhi (Observer-Director), b. Identity and c. The use of Polarities or Opposites.