

“Filia Alchemic Dance” – an Experiential and Transpersonal Program for Restructuring, Healing and Activation of Amplified Consciousness States

Florin Vancea*ⁱ

*PhD, Faculty of Psychology - Pedagogy, “Spiru Haret” University, Braşov, Romania, SPER Institute, Bucharest, Romania

Abstract

Introduction: *The psychotherapeutic program “Filia Alchemic Dance”, developed ever since 2006 in Braşov, represents a holistic and integrative approach to human personality, having as a main frame the “Unifying Experiential Psychotherapy” method. This program combines the efficiency of dance and movement therapies, as creative-expressive methods, with the effectiveness of body psychotherapies and transpersonal approaches which use the amplified consciousness states.*

Objectives: *The present study aims at underlining the efficiency of this program in restructuring and healing some deep psychosomatic and emotional problems, which originate in traumatic experiences from different periods: prenatal period, birth, early childhood, childhood and even adolescence. In my previous studies, I used quantitative methods to demonstrate and present the remarkable results obtained through this holistic and integrative program, called “Filia Alchemic Dance”, without insisting on restructuring and healing emotional traumas through regressive experiences and amplified consciousness states.*

Methods: *The experimental method of this program is a unique and innovative one, especially in terms of accessing traumatic experiences. This part of the method represents a unique combination of dance moves and conscious breathing using a mobilizing and inductive musical background, with moments of stillness and body work in the absence of music. This method differs substantially from the holotropic breath work proposed by Stanislaw Grof. As a research method, this study uses a qualitative approach, such as case studies based on accounts of participants in this program, which were collected and selected throughout the ten-year span of practicing this method.*

Results: *The results obtained over the past ten years of implementing the “Filia Alchemic Dance” program are remarkable: some of the participants managed to process and restructure certain traumatic experiences, while others had the opportunity to access extraordinary states of consciousness, which facilitated a superior understanding of reality.*

Conclusions: *Based on the results obtained in this therapeutic program over the past ten years, we can state that it can join those complex and profoundly restructuring approaches that already exist (holotropic breath work, „pneuma” breathing, biofeedback, neo-reichian approach, rebirth, psychosynthesis). Filia Alchemic Dance can be a viable alternative to the traditional methods mentioned above.*

Keywords: *traumatic experiences, emotional regression, amplified states of consciousness*

ⁱ Corresponding author: Florin Vancea, PhD, University Lecturer – Faculty of Psychology - Pedagogy, “Spiru Haret” University, Braşov, Romania, Trainer Psychotherapist in the Unifying Experiential Psychotherapy, SPER Institute, Bucharest, Romania. E-mail: florin.filia@yahoo.ro. Tel: +40721488264.

Fractals and Personal Esthetic Preferences – Indicators of Personality Traits

Raluca Maria Simion*ⁱ

*PhD student, Faculty of Psychology and Educational Sciences, Psychology Department, University of Bucharest, Bucharest, Romania

Abstract

Introduction: *Fractals are geometric shapes, usually generated with the help of the computer. The output consists of self-repetitive, auto-similar, complex and abstract representations of the natural world. This means that similar shapes can be found everywhere around, especially in the natural environment and in the human body.*

Objectives: *The study shown here aims at underlining, presenting and making several suggestions about the way these shapes can be used as a form of Ambient Therapy in a health practitioner's offices and how the aesthetic of fractals can predict certain personality traits when used in the context of the Fractal Technique.*

Methods: *To achieve our objectives, we will present a critical review of works and studies pertaining to sciences like architecture, medicine, biology, and psychology. The findings are correlated with our personal research regarding the ability of fractals to reduce stress and predict personality traits.*

Results: *After 5 years of gathering and disseminating information about fractals during workshops, public conferences, student courses, and personal development groups, we observed that these shapes can reduce stress, activate alpha waves, induce fascination just by means of their presence and they can give important pieces of information about the viewer. Also, with the aid of some special guidance, fractals can be used as diagnosis and intervention tools within the frame of Unification Experiential Therapy.*

Conclusions: *Fractals can be an efficient tool in Ambient Therapy due to their capacity to reduce stress, and have a healing restorative effect as well, due to their similarity not only to parts of the human body but also to the evolution of the human behavior itself. It is well known that a visit to the doctor's office is usually stressful and full of anxiety, possibly because one might expect to receive a bad diagnosis or to expose his/her personal body and mind to a stranger. This is why it is important to provide a healing place for the client quite from the beginning. Also, when it comes to psychological offices, fractals can be a good tool to relieve stress, to reduce anxiety and sustain introspection, especially in the case of those clients who are not in contact with their inner world.*

Keywords: *fractals, Ambient Therapy, healing spaces, stress-free, sick buildings*

ⁱ Corresponding author: Phd student Raluca Maria Simion, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Tel: +40744794378. E-mail: smraluca@gmail.com, www.contemporan5.com.

Dark Matter: Mental Space and Depression - a Pilot Investigation of an Experimental Psychotherapeutic Method Based on Mental Space Psychology to Reduce the Distress of Moderate Depression -

Christine Beenhakker^{*i}, Alexandru Ioan Manea^{ii}**

***Society for Mental Space Psychology, The Netherlands**

****Faculty of Psychology and Educational Sciences, Department of Psychology,
University of Bucharest, Romania**

Abstract

Introduction: *The introduction presents some statistic figures about depression, the perspective of the DSM model of depression, an overview regarding a new emerging paradigm, called “Mental Space Psychology” and its connection with a hypothesis regarding lowering symptoms of depression.*

Objectives: *The main goal of this pilot study was to investigate the measurable effect of the experimental treatment method Depression in Awareness Space (DAS).*

Method: *The practical suitability of the DAS method was tested with five clients in psychotherapeutic context; five other subjects did not follow a DAS intervention and constituted the control group (n=10). Preceding the pilot investigation, the clients were subjected to a so-called Four-Dimensional Symptom Questionnaire (4DSQ, Dutch: 4DKL/Vier-dimensionale Klachtenlijst) in order to determine to what extent they experienced depressive feelings.*

Results: *After four weeks, the five clients that followed the DAS methodology were re-examined with the 4DSQ and for four out of the five clients, their scores on the “Depression” scale significantly lowered. Also, their subjective feelings regarding depressive states were recorded, and they reported that they found a positive coping strategy for their problem.*

Conclusions: *The success of this pilot study gives enough confidence to start a more ambitious project in using the Depression in Awareness Space (DAS) methodology for a larger study involving at least 100 subjects.*

Keywords: *Mental Space Psychology, Depression, Social Panorama, Psychotherapy, Depression in Awareness Space*

ⁱ Corresponding author: Christine Beenhakker, Society for Mental Space Psychology, The Netherlands. Website: www.somsp.com E-mail: c.beenhakker@reflectacoaching.nl.

ⁱⁱ Corresponding author: PhD student Alexandru Ioan Manea, Faculty of Psychology and Educational Sciences, Department of Psychology, University of Bucharest, Romania. Website: www.fpse.unibuc.ro. E-mail: alexandruioan_manea@ymail.com

Perspectives Regarding the Optimization of the Recreational Skills in Young Adults: Intervention Program Contribution

Marcela Popescu*ⁱ

*Faculty of Psychology and Educational Sciences, Psychology Department,
University of Bucharest, Bucharest, Romania

Abstract

Introduction: *the purpose of this research is to study the stance of the young adults on the recreational therapies and on spending spare time, as well as to help them realise the degree of risk to which they expose themselves, in terms of health issues, when they don't engage in recreational activities. We also studied the way a recreational program cultivates relaxing skills among the subjects of this study.*

Objectives: *we offered training and education to these participants in order to make them more aware of the risk degree in regards to their health and to help them improve their recreational skills. We also aimed at establishing and developing a connection between the subjects and their recreation, knowing that this is necessary in order to maintain the inner balance.*

Methods: *we used qualitative methods for this research alongside other tools such as: observations, interviews, journals, case studies (for multiple cases). The recreational interview aimed at identifying the subjects' attitude towards their connection with recreation.*

Results: *the analysis of the case studies indicates that the subjects' voluntary participation in the program's activities was associated with positive emotions, such as joy and achievement and it was perceived as up-building for the participants.*

Conclusions: *the intervention program encouraged people to explore more leisure interests and to get involved in recreational programs. The recreational programs may include re-education, art-therapy and ergo-therapy activities, mentoring programs, sports and fitness.*

Keywords: *recreational therapy, spare time planning, recreational programs, activities, intervention*

ⁱ Corresponding author: Marcela Popescu, Faculty of Psychology and Educational Sciences, University of Bucharest, Panduri 90, Sector 5, 050663, Bucharest, Romania. Email: marcela.popescu@scoalafinlandeza.ro.

Humour and Mate Selection in a Romanian Sample

Lorena Antonoviciⁱ, Maria-Nicoleta Turliuc*

***Faculty of Psychology and Educational Sciences, Psychology Department,
Alexandru Ioan Cuza University, Iași, Romania**

Abstract

Introduction: *So far, as we are aware, there has been little investigation into partner's preferences when analyzing the Romanian samples.*

Objective: *This study intends to examine whether different levels of sense of humour would have a significant impact on attractiveness and suitability when it comes to considering a Romanian potential partner. We considered that people perceived as having a good sense of humour are considered significantly more attractive and suitable as a long-term partner compared to those perceived as not having a good sense of humour or those in the control group. Likewise, we expected that people perceived as lacking a sense of humour are considered significantly less attractive and less suitable as a long-term partner compared to those in the control group. Finally, we verified if there are significant gender differences in terms of attractiveness and suitability with a long-term partner when considering humour.*

Methods: *We constructed vignettes to describe a hypothetical partner - with humour as an independent variable and level of attractiveness and suitability as a long-term partner as dependent variables. The sample included a total of 150 Romanian students.*

Results: *The results showed that subjects with a good sense of humour were considered more attractive and suitable as a long-term partner compared to subjects who lack a sense of humour. However, no significant differences were found when comparing subjects with a good sense of humour and subjects from the control group. Additionally, the male participants rated the female subjects with high levels of sense of humour as more attractive and suitable as a long-term partner, unlike the female participants.*

Conclusions: *These findings suggest that possessing a good sense of humour affects interpersonal attraction and mate selection. This is a minor step in understanding the Romanian peoples' preferences when it comes to humour and mate selection.*

Keywords: *humour, attractiveness, mate selection, long-term partner*

ⁱ Corresponding author: Lorena Antonovici, Faculty of Psychology and Educational Sciences, Alexandru Ioan Cuza University of Iași, Toma Cozma Street, no. 3, Iași, Romania. Email: lorena.antonovici@student.uaic.ro.