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Nota di contenuto	1. Introduction: Prologue to an Experiment in Higher Education: Mentoring Psychospiritual Maturation, Breaking Humanity's Chain of Pain.-2. Recognizing Student Needs for Psychospiritual Development: Preliminary Case Study.-3. Higher Education: Model For Constructive Change? Or Mirror of Humanity's Chain of Pain? -- 4. My Professional Journey: Becoming a Person-Centered Mentor with a Psychospiritual and Social Justice Orientation -- 5. Person-Centered Psychospiritual Maturation: A Multidimensional Model -- 6. The Know Your Self Curriculum: Overview and Research Results -- 7. Establishing Foundations for Person-Centered Learning and Inclusive Community Building, Group Case Study #1 -- 8. Approaching Sociocultural Differences and Interpersonal Conflict as Catalysts for Psychospiritual

Growth, Group Case Study #2 -- 9. From Self-Regulation to Psychospiritual Exploration: An Introduction to the Deep Structure of Contemplative Mind, Group Case Study #3 -- 10. Individual Case Studies of Psychospiritual Maturation: Autobiographical Inquiry and the Deep Wisdom of Contemplative Mind -- 11. The Learning Community: An Inclusive Environment for Person-Centered Psychospiritual Growth, Group Case Study #4 -- 12. The Know Your Self Curriculum: An Effective Template for Mentoring Psychological Resilience and Culturally-Inclusive Community -- 13. Person-Centered Psychospiritual Maturation: Strengthening Campus Cultures of Health, Social Justice, and Peace.

Sommario/riassunto

This book presents an engaged learning curriculum for higher education that helps emerging adults and professionals-in-training develop psychological resilience and community-building interpersonal skills. The curriculum mentors a person-centered process of psychospiritual maturation through growth in five dimensions of self: bio-behavioral, cognitive-sociocultural, social-emotional, existential-spiritual, and resilient worldview formation. This growth promotes student well-being and a positive campus culture, while preparing them to build cultures of health, social justice, and peace in the social systems where they will work and live.
