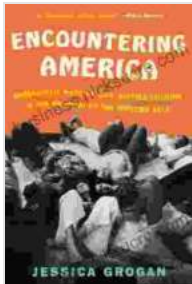


# Sixties Psychology Counterculture: The Movement That Shaped the Modern Self



## Encountering America: Sixties Psychology, Counterculture and the Movement That Shaped the Modern Self by Jessica Grogan

★★★★☆ 4.2 out of 5

Language : English  
File size : 1594 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 435 pages



The 1960s were a time of unprecedented social and cultural upheaval. The Vietnam War, the Civil Rights Movement, and the rise of the feminist movement all challenged traditional norms and values. In the midst of this turmoil, a new psychological movement emerged that would have a profound impact on our understanding of the self.

## The Roots of the Counterculture

The Sixties counterculture had its roots in several different sources. One major influence was the work of humanistic psychologists such as Abraham Maslow and Carl Rogers. These psychologists argued that humans have a natural tendency to grow and develop, and that they need a supportive environment in order to reach their full potential.

Another major influence on the counterculture was the work of transpersonal psychologists such as Stanislav Grof and Ken Wilber. These psychologists explored altered states of consciousness, such as meditation and psychedelic drug use, as a means of accessing higher levels of consciousness.

## **The Counterculture Movement**

The counterculture movement was a diverse and loosely organized group of people who shared a common desire to break away from traditional societal norms. They were often characterized by their long hair, colorful clothing, and open-mindedness. They embraced Eastern philosophy, alternative lifestyles, and a strong belief in personal freedom.

The counterculture movement had a significant impact on psychology. Psychologists began to explore new and innovative approaches to therapy, and they developed new theories about human personality and development.

## **The Human Potential Movement**

One of the most significant offshoots of the Sixties counterculture was the Human Potential Movement. This movement emphasized the importance of self-discovery, creativity, and personal growth. It promoted a variety of practices, such as meditation, yoga, and encounter groups, as a means of helping people to reach their full potential.

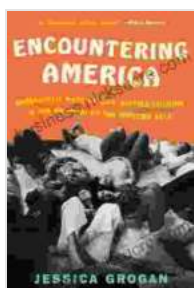
The Human Potential Movement had a profound impact on psychology. It helped to legitimize the study of altered states of consciousness, and it led to the development of new approaches to therapy, such as humanistic therapy and transpersonal therapy.

## The Legacy of the Sixties

The Sixties counterculture and its associated psychological movement had a lasting impact on our modern understanding of the self. They challenged traditional notions of mental health and illness, and they helped to create a new understanding of the human potential.

Today, the legacy of the Sixties continues to influence psychology and psychotherapy. Many of the ideas and practices that emerged during this time are still being used today to help people to grow and develop.

The Sixties counterculture was a time of great social and psychological change. The movement challenged traditional norms and values, and it led to the development of new ideas and practices that have had a lasting impact on our understanding of the self. The legacy of the Sixties continues to influence psychology and psychotherapy today, and it is likely to continue to do so for many years to come.

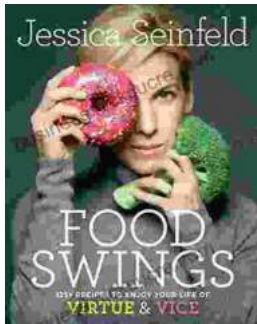


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