



Transforming Self and Others Through Research: Transpersonal Research Methods and Skills for the Human Sciences and Humanities (SUNY Series in Transpersonal and Humanistic Psychology)

Rosemarie Anderson PhD, William Braud

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Research approaches in the field of transpersonal psychology can be transformative for researchers, participants, and the audience of a project. This book offers these transformative approaches to those conducting research across the human sciences and the humanities. Rosemarie Anderson and William Braud first described such methods in *Transpersonal Research Methods for the Social Sciences* (1998). Since that time, in hundreds of empirical studies, these methods have been tested and integrated with qualitative, quantitative, and mixed-method research designs. Anderson and Braud, writing with a contribution from Jennifer Clements, invite scholars to bring multiple ways of knowing and personal resources to their scholarship. While emphasizing established research conventions for rigor, Anderson and Braud encourage researchers to plumb the depths of intuition, imagination, play, mindfulness, compassion, creativity, and embodied writing as research skills. Experiential exercises to help readers develop these skills are provided.

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