



GROF[®]
LEGACY TRAINING



Stanislav Grof, M.D., Ph.D.

BIOGRAPHY:

Stanislav Grof, M.D., Ph.D., is a psychiatrist with over sixty years of experience in research of non-ordinary states of consciousness and one of the founders and chief theoreticians of transpersonal psychology. He was born in Prague, Czechoslovakia, where he also received his scientific training: an M.D. degree from the Charles University School of Medicine and a Ph.D. degree (Doctor of Philosophy in Medicine) from the Czechoslovakian Academy of Sciences. He was also granted honorary Ph.D. degrees from the University of Vermont in Burlington, VT, Institute of Transpersonal Psychology in Palo Alto, CA, and the World Buddhist University in Bangkok, Thailand. In 2018 he received an honorary Ph.D. degree for Psychedelic Therapy and Healing Arts from the Institute of Integral Studies (CIIS) in San Francisco, California.

Dr. Grof's early research in the clinical uses of psychedelic substances was conducted at the Psychiatric Research Institute in Prague, where he was principal investigator of a program that systematically explored the heuristic and therapeutic potential of LSD and other psychedelic substances. In 1967, he received a scholarship from the Foundations Fund for Research in Psychiatry in New

Haven, CT, and was invited as Clinical and Research Fellow to the Johns Hopkins University and the Research Unit of Spring Grove Hospital in Baltimore, MD.

In 1969, Dr. Grof became Assistant Professor of Psychiatry at the Johns Hopkins University and continued his research as Chief of Psychiatric Research at the Maryland Psychiatric Research Center in Catonsville, MD. In 1973, he was invited as Scholar-in-Residence to the Esalen Institute in Big Sur, California, where he developed, with his late wife Christina Grof, Holotropic Breathwork, an innovative form of experiential psychotherapy that is now being used worldwide.

Dr. Grof is the founder of the International Transpersonal Association (ITA) and for several decades served as its president. In 1993, he received a Honorary Award from the Association for Transpersonal Psychology (ATP) for major contributions to and development of the field of transpersonal psychology, given at the occasion of the 25th Anniversary Convocation held in Asilomar, California. In 2007, he received the prestigious VISION 97 lifetime achievement award from the Foundation of Dagmar and Václav Havel in Prague, Czechoslovakia. In 2010, he received also the Thomas R. Verny Award from the Association for Pre- and Perinatal Psychology and Health (APPPAH) for his pivotal contributions to this field. He was also invited as consultant for special effects in the Metro Goldwyn Meyer science fiction movie **Brainstorm** and 20th Century Fox science fiction movie **Millenium**.

Among Dr. Grof's publications are over 160 articles in professional journals and the books **LSD: Gateway to the Numinous; Beyond the Brain; LSD Psychotherapy; The Cosmic Game; Psychology of the Future; The Ultimate Journey; When the Impossible Happens; Books of the Dead; Healing Our Deepest Wounds; Modern Consciousness Research and the Understanding of Art; Beyond Death; The Stormy Search for the Self; Spiritual Emergency; and Holotropic Breathwork** (the last four with Christina Grof).

These books have been translated into twenty-two languages: German, French, Italian, Spanish, Portuguese, Dutch, Swedish, Danish, Russian, Ukrainian, Slovenian, Romanian, Czech, Polish, Bulgarian, Hungarian, Latvian, Greek, Turkish, Korean, Japanese, and Chinese.

Since April 2016, he has been happily married to Brigitte Grof. They live together in Germany and California and travel the inner and outer worlds in tandem, conducting seminars and Holotropic Breathwork workshops worldwide.

In August 2019 his life's work encyclopedia "**The Way of the Psychonaut**" got published and the documentary film about his life and work got released "**The Way of the Psychonaut- Stan Grof and the journey of consciousness**".

In May 2020 he launched together with his wife Brigitte Grof their new training in working with Holotropic States of Consciousness, the international Grof® **Legacy Training**

(www.grof-legacy-training.com).

His website is: www.stanislawgrof.com