## **Carmelite Institute of Britain and Ireland**

**Programme: Discovering Carmel** 

## Module DC14: Psychology and Carmelite Spirituality

This module consider how the Carmelite tradition can be made relevant to contemporary psychological understandings of the self.

It aims to deepen your appreciation of the Carmelite writings of Teresa of Avila and John of the Cross from a contemporary psychological perspective whilst retaining the spiritual integrity of these works.