Dr Jan Sammut

Independent Researcher | Author | Registered Psychotherapist

RESEARCH PROFILE

Dr Jan Sammut is an independent researcher, author and registered psychotherapist whose work explores the intersections of psychology, neuroscience and spirituality. His research examines consciousness, meaning-making, cognitive appraisal, reflective awareness, moral discernment and volitional agency in relation to personal and character development.

Drawing on psychological research, philosophy and the teachings of Jesus as presented in The Urantia Book, he develops interdisciplinary arguments concerning the relationship between belief, experience, constructive action and spiritual formation. His independent scholarship is informed by doctoral research into change, resilience and psychological dynamics, alongside professional experience in psychotherapy.

PRINCIPAL RESEARCH INTERESTS

Psychology of religion and spirituality; consciousness and reflective awareness; cognition and meaning-making; attachment and God-image; moral and character development; volitional action and human agency; interdisciplinary psychological theory; religion–science dialogue.

INDEPENDENT RESEARCH PAPERS

Sammut, J. (2026). *The Urantia Book: Integrative Coherence and the Problem of Origins*

Independent research paper. View on Academia.edu

Examines the text's cumulative explanatory features and evaluates competing accounts of its authorship and production through comparative explanatory analysis.

Sammut, J. (2026). *Predictive Insight and Scientific Error in The Urantia Book: Toward an Independent Model of Scientific Accommodation*

Independent research paper. View on Academia.edu

Proposes a framework for interpreting apparent anticipatory scientific statements alongside historically limited scientific material without presuming the text's infallibility or establishing its origins.

Sammut, J. (2026). *The Psychological Salience of Jesus' Teachings: God-Image, Attachment, and Inner Formation in The Urantia Book*

Independent research paper. View on Academia.edu

Integrates attachment theory, God-image research, psychology of religion and psychotherapy to investigate the psychologically formative implications of relational conceptions of God.

RESEARCH IN PROGRESS

From Sonship to Service — manuscript in development

An interdisciplinary examination of Paper 140 of The Urantia Book and its account of character formation. The paper explores the relationship between reflective awareness, evaluative discernment and volitional action, while distinguishing spiritual premises from psychological mechanisms and potential avenues for empirical enquiry.

Christ-Centred Construct Theory (3CT) — emerging theoretical programme

Development of a preliminary integrative account of psychological and spiritual formation centred on the teachings of Jesus. The programme aims to translate philosophical and spiritual propositions into clearer psychological constructs, potential mechanisms and researchable questions. Its formal presentation is being prepared separately from the Paper 140 analysis.

THEORETICAL AND METHODOLOGICAL ORIENTATION

The research primarily employs interdisciplinary conceptual synthesis, critical comparative analysis and engagement with existing empirical literature. It seeks to distinguish descriptive psychological findings from philosophical interpretation and spiritual commitments, while developing propositions that could inform subsequent theoretical refinement or empirical investigation.

ACADEMIC QUALIFICATIONS

Doctoral Degree in Management (DM) — Concordia College and University, New York

Doctoral thesis: “Synergistic Leadership: Integrating Change Management, Resilience, and Psychological Dynamics.” The research developed an integrative framework addressing organisational change, resilience and leadership psychology, with continuing relevance to later enquiry into adaptation, human agency and constructive transformation.

Master of Business Administration (MBA) — Concordia College and University, New York

Postgraduate study in management, organisational behaviour, strategy and systems thinking.

Bachelor’s Degree in Psychology — Concordia College and University, New York

Academic study in psychological theory, cognition and behaviour.

Bachelor of Arts in Legal Studies — Concordia College and University, New York

Earlier legal studies undertaken at the University of Malta; final-year studies completed through Concordia College and University following credit transfer.

INTELLECTUAL CONTINUITY

Earlier work in organisational change and resilience informs a continuing interest in the conditions under which individuals reconsider established assumptions, exercise agency and pursue sustained development. This concern now extends beyond organisational and clinical contexts into the psychological and philosophical study of meaning, character and spiritual growth.

PROFESSIONAL PRACTICE

Registered psychotherapist engaged in clinical work informed by contemporary psychological approaches, particularly cognitive-behavioural and acceptance-based methods. His clinical experience provides an applied perspective on emotional regulation, cognition, belief, interpersonal relationships and behavioural change, while remaining distinct from the evidential claims of his independent research.

PROFESSIONAL QUALIFICATIONS AND CERTIFICATIONS

Diploma in Cognitive Behavioural Hypnotherapy
UK College of Hypnosis & Hypnotherapy.

Certified HypnoCBT® Practitioner
Professional certification in cognitive-behavioural hypnotherapy.

Certificate in Active Listening
Voice of Health.

Certificate in Nonviolent Communication (NVC)
The Centre for Nonviolent Communication.

ADDITIONAL PROFESSIONAL TRAINING

Cognitive Behavioural Therapy (CBT); Acceptance and Commitment Therapy (ACT); Emotion-Focused Therapy (EFT); mindfulness-based interventions (including MBCT); Nonviolent Communication (NVC); clinical hypnosis; Neuro-Psychotherapy®.

SCHOLARLY ENGAGEMENT AND PUBLIC WRITING

Hypnotic Alliance — author and independent publisher
Writes and publishes interdisciplinary essays addressing psychology, neuroscience, spirituality, meaning and human development, alongside educational material on psychotherapy and psychological wellbeing.

Urantia Reflections — study-group facilitator
Leads a weekly reading and discussion group devoted to critical and reflective engagement with The Urantia Book. More than three decades of sustained study of the text inform his present research interests.

PROFESSIONAL ETHICS

Professional practice guided by confidentiality, informed participation, client safety and the Code of Ethics of the International Association for Counselling (IAC).

RESEARCH AND PUBLICATION LINKS

Academia.edu research profile: laurelhart.academia.edu/JanSammut

Hypnotic Alliance: hypnoticalliance.com