



Threshold Transitions in Adult Development: Towards A Morphology of Personal Metamorphosis

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Abstract

Contemporary psychology of adult development primarily interprets life transitions through crisis, adaptation, and identity loss. However, many transitions in mature individuals unfold as nonlinear processes involving a systemic reconfiguration of the personality rather than incremental change. This paper conceptualizes such transitions as phase-like processes, including accumulation of internal tension, exhaustion of the prior life structure, passage through instability, and emergence of a new configuration. While similar dynamics are recognized in neurophysiology and complex systems theory, they remain insufficiently articulated within adult developmental psychology. The proposed framework, *Age Architecture*TM, suggests that these periods represent transformations of the underlying organization of experience rather than content-level crises. These transitions follow a structured logic and are accompanied by identifiable somatic and cognitive markers. Methodologically, the model integrates neurophysiology, evolutionary biology, and complex systems theory with a long-term authorial investigation of the Scythian-Saka cultural tradition across textual, visual, and embodied registers, where artistic reconstruction functions as a mode of psychological inquiry rather than illustration, introducing nomadic identity as a model of stability-through-movement. The paper presents a preliminary morphology of personal metamorphosis and outlines its implications for adult psychology and counseling.

Keywords: adult development · personal metamorphosis · nonlinear transition · nomadic identity · *Age Architecture*TM