

MAJOR IN CONTEMPLATIVE PSYCHOLOGY BACHELOR OF ARTS 2010–11

The basic purpose of the Contemplative Psychology major is to train students to work with their own personal process in such a way that they deepen their understanding of themselves and discover the courage and wisdom to genuinely help others. Courses are offered in a contemplative environment, joining the study of traditional liberal arts disciplines with the nourishment of the personal journey and inherent wakefulness of the student.

The Contemplative Psychology major requires 37 credit hours, 28 from the core requirements and 9 from one of the concentrations. Contemplative Psychology students' core requirements include courses in Western psychology, as well as courses in psychology and meditation practice, a nonsectarian method for calming the mind, heightening awareness and cultivating appreciation for the richness of the world. Students pursue further study in one of four concentrations: Somatic Psychology, Psychology of Health and Healing, Transpersonal and Humanistic Psychology, or Psychological Science. Other requirements include a contemplative community retreat in the fall semester and a community-based internship within the Boulder/Denver area.

CONTEMPLATIVE PSYCHOLOGY REQUIREMENTS*

Core Courses

PSYB 314	Buddhist Psychology I: Mindfulness Meditation (3)
PSYB 325	Buddhist Psychology II: Awakening Compassion (3)
PSYB 343W	Contemplative Community Program Retreat at Shambhala Mountain Center [†] (0.5 each year) (1)
PSYB 415	Maitri: Working with Emotions (3)
PSYB 425	Field Placement (3)
PSYB 482	Senior Seminar I (3)
PSYB 483	Senior Seminar II (3)
SUBTOTAL	19

Choose 6 credits from the following:

PSYB 301	Statistics and Research Methods (3)
PSYB 345	Developmental Psychology (3)
PSYB 357	Cognitive Psychology (3)
PSYB 371	Personality Theories (3)
PSYB 373	Social Psychology (3)
SUBTOTAL	6

Choose 3 credits from the following:

PSYB 420	Abnormal Psychology (3)
PSYB 421	Scientific Research into Conscious Experience (3)
PSYB 456	Psychology of Religion (3)
PSYB 490	Special Topics in Psychology (3)
PSYB 495	Advanced Practicum in Psychological Research (3)
SUBTOTAL	3
CONCENTRATION	9
TOTAL CREDITS	37

*This fact sheet describes the 2009–10 curriculum for the major in Contemplative Psychology. Naropa University faculty and staff are committed to regular review and revision of the curriculum, to reflect new findings and

understandings in the field, feedback from alumni and the professional community, and faculty expertise. Please inquire with the Office of Admissions and/or the Department of Contemplative Psychology for any curricular changes that are being considered for future academic years.

[†]Please note: For PSYB 343W, Contemplative Community Retreat, a special fee of \$180 applies.

Concentrations

Somatic Psychology
Psychology of Health and Healing
Transpersonal and Humanistic Psychology
Psychological Science

Each concentration has one or more courses required for all students. Students must select additional courses in consultation with their academic advisor to fulfill the concentration requirements.

Somatic Psychology

Somatic psychology is the practice of making meaningful connections between emotional process and the body's expressions, sensations and symptoms. Course work includes three learning domains: 1) the historical and developing theory of body psychology; 2) the research and science regarding body psychology; and 3) the increase of body/self-awareness developed through experiential and movement-oriented classes.

Required Course

PSYB 304	Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)
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Choose 6 credits from the following:

PSYB 208	Embodying Process and the Individual (3)
PSYB 255	Body-Mind Centering (3)
PSYB 303	The Psychology of the Five Elements I (3)
PSYB 328	Gestalt: Presence (3)
PSYB 333	Hakomi Somatics (3)
PSYB 359	Learning from Trauma: Understanding its Effects and Building Personal Resources (3)
PSYB 372	Presence: Voice and Sound (3)
PSYB 435	Authentic Movement/Body Awareness Practice (3)
PFAR 375	Contemplative Dance Practice: Body/Mind Awareness (3)

TOTAL CREDITS 9

Psychology of Health and Healing

The Psychology of Health and Healing concentration emphasizes body-mind synchronization as the key to inner harmony and well-being. Students explore a diversity of ancient and modern healing methodologies and learn experiential techniques for balancing the spiritual and somatic aspects of health.

Required Course

PSYB 329	Approaches to Healing (3)
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Choose 6 credits from the following:

PSYB 208	Embodying Process and the Individual (3)
PSYB 209	Herbal Medicine (3)
PSYB 239	Nutrition (3)
PSYB 303	The Psychology of the Five Elements I (3)
PSYB 323	The Psychology of the Five Elements II (3)
PSYB 333	Hakomi Somatics (3)
PSYB 346	Tibetan Medicine I (3)
PSYB 359	Learning from Trauma: Understanding its Effects and Building Personal Resources (2)

TOTAL CREDITS 9

Transpersonal and Humanistic Psychology

The Transpersonal and Humanistic Psychology concentration helps students synthesize two major forces in Western psychotherapy and appreciate the two approaches' unique contributions to the understanding of mental health. These include the recognition of spiritual longing for wholeness as essential to psychological growth, and the acknowledgment of the importance of the client-therapist relationship in the client's healing process.

Required Courses

PSYB 350	Humanistic Psychology (3)
PSYB 354	Introduction to Transpersonal Psychology (3)

Choose 3 credits from the following:

PSYB 225	Family Systems (3)
PSYB 328	Gestalt: Presence (3)
PSYB 330	Introduction to Jungian Psychology (3)
PSYB 355	Dynamics of Intimate Relationships (3)
PSYB 421	Scientific Research into Conscious Experience (3)
PSYB 430	Exploring Dream Psychology (3)

TOTAL CREDITS 9

Psychological Science

Psychological science is the study of human experience and activity through systematic observation. Topics include development from infancy through adulthood, individual differences, embodiment, perception, emotion, consciousness, thinking, social influence, self and other aspects of mental life. In addition to theoretical study, we explore methods of obtaining and evaluating empirical evidence ranging from behavior assessment to contemplative phenomenology.

Required Course

PSYB 301	Statistics and Research Methods (3)
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Choose 6 credits from the following:

PSYB 234	Perception (3)
PSYB 241	Systems Thinking (3)
PSYB 345	Developmental Psychology (3)
PSYB 371	Personality Theories (3)
PSYB 373	Social Psychology (3)
PSYB 420	Abnormal Psychology (3)
PSYB 421	Scientific Research into Conscious Experience (3)

TOTAL CREDITS 9

Minor in Contemplative Psychology

To minor in Contemplative Psychology, students may choose any 12 credits from PSYB core courses.

Certificate Program in Contemplative Psychology

The 30-credit certificate program, tailored to the student's needs and background, requires 18 psychology credits and 12 credits of general electives from anywhere in the college.

Required Courses

PSYB 101	Introduction to Western Psychology (3)
PSYB 314	Buddhist Psychology I: Mindfulness Meditation (3)
PSYB 325	Buddhist Psychology II: Awakening Compassion (3)
Electives in Psychology (9)	
General Electives (12)	

TOTAL CREDITS 30

Careers

Students completing the undergraduate Contemplative Psychology program at Naropa University have sharpened their intellect, deepened intuition, nourished compassion and embodied confidence. This is essential ground for career success. Graduates with these abilities are able to open fully to themselves, as well as be effective in the world.

Having acquired this skill set, our graduates can be found in careers across numerous sectors including counseling, education, alternative healthcare, case managers at county agencies, not-for-profit and social justice agencies, business administration and organizational leadership, human resources and entrepreneurial enterprises.

Recent alumni from the BA in Contemplative Psychology are pursuing the following careers:

- Self-employed meditation and yoga instructor, Austin, TX
- Admissions counselor, Boulder, CO
- Social worker, Pinellas County, FL
- Job developer, Port Townsend, WA
- Writer, Monterey, CA
- Residential counselor, Minneapolis, MN
- Director of continuing education, San Francisco, CA
- Grocery department manager, Boulder, CO
- Certified family life educator, Portland, OR
- Business office manager, Boulder, CO
- Educator, Ghana
- Language instructor, Japan
- Life coach and workshop presenter, New Orleans, LA

Contemplative Psychology Department Ranked Faculty

Frank Berliner

BA, Yale University; MA, Naropa University.

Frank Berliner is a psychotherapist and organizational consultant in private practice, specializing in communication training and conflict resolution. Mr. Berliner has been a student of Naropa's founder, Chögyam Trungpa Rinpoche, since its opening session in summer 1974. He studied the psychology and practice of meditation intensively for four years at the Karne-Choling Buddhist Retreat Center, then served three years as national director of Shambhala Training and for nine years as director and teacher-in-residence of the Berkeley Shambhala Center.

Susan Burggraf, PhD

BA, Rosemont College; MA, Bryn Mawr College;
PhD, Bryn Mawr College.

Susan Burggraf is a psychologist with a broad background in social, developmental and clinical psychology. Her dissertation was about the appeal of horror movies under the supervision of social psychologist Clark McCauley. Susan taught at Mount Holyoke and Bowdoin Colleges for a total of eleven years before coming to Naropa. Her recent research has been in the area of the effects of various kinds of meditation on empathy, altruism and other social affects and behaviors. During her years at Bowdoin and Mount Holyoke, Susan began to integrate contemplative methods into her traditional Western psychology courses, and she is delighted to now be studying psychology along with students who are familiar with meditation practice. She is a practitioner in the Dzogchen tradition of Tibetan Buddhism.

Jane Carpenter (sabbatical fall '09)

BA, State University of New York, Oswego; MA, Naropa University; Postgraduate Studies, Family Therapy/Play Therapy Institute of Colorado.

Jane Carpenter has taught children and adults of all ages for more than thirty years. She is trained in contemplative psychotherapy, specializing in marriage, family and play therapy. She is also a certified school counselor and has counseled high-risk teenagers in addition to working with young children and families. Jane has been a student of the Ven. Chögyam Trungpa Rinpoche since 1975 and has taught and coordinated programs for Shambhala and Buddhist centers for twenty years, both nationally and internationally. She is a student and instructor of ikebana, Japanese flower arranging, and a teacher of Dharma Art.

Carole L. Clements, Chair

BA, Syracuse University; MA, Naropa University; MFA, Naropa University.

Carole Clements is a fiction writer and contemplative psychotherapist in private practice. She has also worked extensively as a group psychotherapist for women arrested for domestic violence and mandated to counseling. Carole's passion lies in the telling of things. Through creativity and storytelling, Carole believes that healing can be achieved. Carole is also a teacher and writing coach.

Peter Grossenbacher, PhD

BA, University of California, Berkeley; MS, University of Oregon; PhD, University of Oregon.

In his fifteen years in psychological science, Peter has taught at the University of Oregon, England's University of Cambridge and American University in Washington, DC. He teaches Western psychological classes that enrich and inform contemplative perspectives. Peter leads two teams of Naropa students who conduct research on the psychological effects of meditation and the unusual perceptual phenomenon known as synesthesia. Media coverage of Peter's research has included the *New York Times*, *Smithsonian Magazine*, *Discover Magazine* and several radio interviews. Peter has been a practitioner of meditation since 1980, and his thinking combines subjective phenomenology with modern cognitive psychology.

Ranked Faculty from Other Departments:

Zoë Avstreich (Somatic Counseling Psychology), **Christine Caldwell** (Somatic Counseling Psychology)

Adjunct Faculty

Dan Archer, Marlow Brooks, Marvin Casper, Janneli Chapin, Shyamaa Creaven, Robert Diehl, Eric Dorninger, Deepesh Faucheux, Oona Fraser, Tracy Goldenberg, Margot Iseman, Brigitta Karelis, Valerie Lorig, Janine Malcom, Suzanne Marie, Brigitte Mars, Jayme Peta, Phil Weber

DECLARING A MAJOR IN CONTEMPLATIVE PSYCHOLOGY

Most students enter Naropa University as first-year students and declare a major after completing 30 credits. In addition to adhering to university requirements and deadlines, Contemplative Psychology requires

- a meeting with the department;
- completion of PSYB 101, Introduction to Western Psychology, with a minimum grade of "B-."

CONTEMPLATIVE PSYCHOLOGY ADMISSION REQUIREMENTS

Prospective students are strongly encouraged to visit Naropa University. There are events scheduled every fall and spring for prospective students. Visit www.naropa.edu/admissions/ugrad_events.cfm for more information. The visitation coordinator will be happy to arrange for you to meet with an admissions counselor or a member of our faculty, visit a class or take a campus tour. Arapahoe Campus tours are offered Monday through Friday at 2 p.m. in the main lobby of the Administration

Building. The visitation coordinator can be contacted at 303-546-3548 or 1-800-772-6951 (within North America) or by email at admissions@naropa.edu.

You can also use the online Visitation Request form or you may view our campus from the online tour.

There are three ways of applying to Naropa University:

1. Apply online at www.naropa.edu/apply or www.commonapp.org.
2. Download the Naropa undergraduate application form at www.naropa.edu/ugradapply.
3. Request that an application be sent to you in the mail.

Please note that if you are applying as a transfer student directly into a major, that academic department might require a supplemental application. See www.naropa.edu/ugradapply for details.

Suggested Deadlines

Naropa University uses a rolling admission policy. Applicants may apply as early as September for summer and fall admission. Applications received between September 1 and the suggested deadline will be given equal consideration. Applications received after the suggested deadline will be reviewed on a space-available basis.

- January 15 for fall semester admission
- October 15 for spring semester admission

Please contact the Office of Admissions at 303-546-3572 or 800-772-6951 (within North America) for more information.

If you have fewer than 30 semester credits, you must apply to Naropa University as an undeclared student. See www.naropa.edu/ugradapply for specific admission requirements. If you have 30 or more semester credits, you may apply directly to the major.

To apply for admission to the Contemplative Psychology major, the following is required:

Application Requirements

1. Parts A and B of application form.
2. \$50 nonrefundable application fee in the form of a check or money order, payable to "Naropa University." Applicant's name must be clearly indicated on the check.
3. Part C – Three Essays (all must be typed).
4. Official college transcript for every university attended (must be sent in a sealed envelope from the registrar), showing proof of 30 semester credits.
5. Letters of Recommendation: One from a teacher and one from another teacher, counselor or someone who knows the applicant well other than a family member or a current therapist. These must be on the forms provided.
6. A phone or in-person interview.