

## MASTER OF ARTS IN PSYCHOLOGY: CONTEMPLATIVE PSYCHOTHERAPY 2012-13

*"Buddhist psychology is based on the notion that human beings are fundamentally good. Their most basic qualities are positive ones: openness, intelligence, and warmth."*

—Chögyam Trungpa Rinpoche, founder of Naropa University

### Program Description

The Master of Arts in Psychology: Contemplative Psychotherapy is designed for students who are inspired to work in the clinical setting and who are ready for intensive personal work that can prepare them to be fully present and available to their clients. Many students recognize in the program the opportunity to join their personal values with their livelihood.

Contemplative Psychotherapy is a three-year program that may only be done on a full-time basis. This means the sequence of classes must be followed and one travels through the program as a member of one's class through fall and spring semesters each year, with summers off. (See the program requirements for each semester to get an idea of how much time you will spend in each class.) Many psychologists have identified the ability to truly "be with" one another as the most important gift a psychotherapist has to offer to a client in emotional pain. The ability to be with others comes from being able to be with oneself no matter what state of mind one may be experiencing: vivid emotions, confusing thoughts, quiet peacefulness. Contemplative Psychotherapy may be said to have two parents: the 2,500-year-old wisdom tradition of Buddhism and the clinical traditions of Western psychology, especially the Humanistic and Psychoanalytic schools. Like all offspring it has much in common with both of its parents and yet is uniquely itself at the same time. From Buddhism comes the practice of mindfulness/awareness meditation, together with a highly sophisticated understanding of the functioning of the mind in sanity and in confusion. From Western psychology comes the investigation of the stages of human development, and understanding of transference and countertransference, a precise language for discussing mental disturbance, and the intimate method of working with others known as psychotherapy. All course work in the program combines intellectual and experiential components.

Being a student of Contemplative Psychotherapy is a very personal experience. For many it is a time of intense emotional and philosophical exploration. It is not, however, a substitute for psychotherapy. Applicants who are in psychotherapy are encouraged to explore their readiness for this kind of challenging work with their psychotherapist before applying. The training of contemplative psychotherapists begins by providing students with opportunities to become intimately familiar with both sanity and confusion in their own experience. In the first semester, they also examine the foundational ideas of Contemplative Psychotherapy and the nature of transition. In this semester, as elsewhere in the program, students' current experiences provide much of the raw material of their studies. Through the practice of sitting meditation, the Maitri programs, and formal study of the mind in sanity and disturbance, students become more "at home" with the varieties of psychological experience. This increasing ability to be with oneself and others provides the ground for studying and practicing the clinical skills necessary for entering into genuine therapeutic relationships with clients. In the spring semester of the first year of the program, students begin to focus on developing these counseling skills followed by a practicum placement in the community in

the next semester, and then another semester emphasizing applied counseling skills in the spring of the second year. In the third year, students complete a nine-month internship in community agencies while participating in small-group clinical tutorials with department faculty.

Throughout the program students participate in process groups with class members. These groups provide the opportunity for students to discuss and explore their experience as they journey through the program.

### Hallmarks of the Contemplative Psychotherapy Training Program

#### 1. "Brilliant Sanity"

The root teaching of the program is the notion of "brilliant sanity." This means that we all have within us a natural dignity and wisdom. Our basic nature is characterized by clarity, openness, and compassion. This wisdom may be temporarily covered over, but nonetheless, it is there and may be cultivated. Practitioners of Contemplative Psychotherapy become experts at recognizing sanity within even the most confused and distorted states of mind and are trained to nurture this sanity in themselves and in their clients.

#### 2. Contemplative Practice

Since the ground of working with others is taken to be familiarity with one's own experience, the program places great emphasis on meditation practice and body/mind awareness disciplines. There are meditation practicum classes each semester of the program. During the second and third year, these classes provide formal support for students' sitting practices as well as cultivate the community aspect of the program. Students are encouraged to develop a daily sitting practice and are required to sit at least five hours a week. They may work up to this gradually during the first semester. Each semester the program conducts an intensive practice week during which students practice sitting and walking meditation during their class times. Students are also strongly encouraged to engage in body awareness practices such as 'ai chi, yoga, aikido, and other mind-body synchronization practices. Each student also works with an individual meditation instructor throughout the program. People who are new to meditation practice are encouraged to try it out before applying to the program.

#### 3. The Maitri Retreat Programs

Woven through the program are opportunities for in-depth contemplative practice through retreat. Held in a scenic mountain setting away from Boulder, the Maitri Retreat programs include intensive sitting and walking meditation, tonglen practice (a Mahayana meditation designed to cultivate a compassionate heart), and the maitri space awareness practice. Space awareness practice is designed to intensify and familiarize one with different emotional and psychological states: both their "wisdom" aspects and their confused aspects. By doing maitri space awareness practice integrated with sitting meditation in a community environment, students come to recognize their own patterns, to become friendly toward themselves in different states of mind, and to develop genuine humor and compassion toward themselves and others. This often leads to relaxation and fearlessness in working with others. Students spend two weeks during each semester of the first two years, and another week during the third year, together in Maitri retreat. The repeated and regular

experience of retreat practice allows students a more profound and settled experience of their own minds, and a more grounded basis for the flourishing of compassion.

#### 4. Clinical Tutorial Groups

During the internship year, students participate in weekly tutorial groups made up of three students and two clinical faculty members. Using a specially designed contemplative practice called Body, Speech, and Mind, students foster the ability to fearlessly and gently touch another's pain. When combined with ongoing meditation practice, these groups cultivate compassion and the ability to be present with others in genuine relationship.

#### 5. Community

By going through the program together with their classmates, students have the opportunity to develop their interpersonal skills, identify their own issues, and learn to offer and receive support and encouragement. Being a member of the community requires one to relate on an ongoing basis with the same support group of people for three years. This can be delightful: students find that they can relax and be accepted for who they truly are. It can also be very irritating: those same people are there again and again and they know all about each other.

#### 6. Experiential Learning and Clinical Training

Like all of the programs in the Graduate School of Psychology, the Contemplative Psychotherapy program integrates academic and intellectual study with experiential learning. From active exercises in classes, to reflective assignments, to live and recorded counseling practice sessions, students experience their learning as the unfolding of embodied wisdom. Likewise, feedback on practice sessions is often offered and received on-the-spot, allowing for close attention to the rich realities of emotional and cognitive experience.

### Preparation for Clinical Work: Licensing and Other Matters

The counseling programs of the Graduate School of Psychology convey the subject matter of their respective disciplines within a framework of training and education so that graduates may serve as professional counselors. Naropa University is accredited by the Higher Learning Commission and is a member of the North Central Association of Colleges and Schools. Thus, graduates of our program are able to inform licensing boards and potential employers that they graduated from a regionally accredited program.

Learners are strongly encouraged to carefully research the educational requirements for the intended licensure or certification in the state(s) where they will seek licensure or certification. The programs of the Graduate School of Psychology have not sought approval by the Council for Accreditation and Other Related Educational Programs (CACREP). Nevertheless, the faculty has developed the curricula with CACREP requirements, as well as other recognized professional and national standards, including the state of Colorado, in mind. Please note that the licensure requirements of state boards and licensing agencies vary from state to state and change over time. Consequently, successful completion of degree requirements does not guarantee that a state board or licensing agency will accept a graduate's application for licensure. It is important that learners are aware of their responsibilities regarding licensure and certification; advisors are available to discuss professional and career matters with learners and graduates.

Naropa graduates have a history of success in receiving licensure/certification across the United States; faculty and advising staff will assist students in this regard, recognizing that some state requirements may include additional course work not covered in a single graduate program. Learners should monitor developments in their intended states for licensure/certification and work with their faculty and advising staff to explore options for meeting their requirements. Our students are thoroughly trained in clinical

skills and understandings. Students are trained in both individual and group psychotherapy techniques in the second year. The nine-month internship in the third year provides the opportunity for students to experience work in specialized areas (see list of internship placements). The culmination of the internship is the writing of the master's paper. Students choose areas that interest them and explore both contemplative and Western approaches to their topics, using clinical material from the internship to illustrate their ideas. A high point in the program is the Master's Paper Weekend, when the students present their work to groups of classmates and clinical faculty. Since the program prepares students to do the personally challenging work of psychotherapy with clients, students are evaluated on an ongoing basis to assess their readiness to go on to Maitri retreats or internship or to continue in the program altogether. The department may deny a student permission to progress in the program. Although grades are one indication of progress in the program, other criteria for evaluation include how students interact with each other, with faculty, and with the administration, as well as how they handle obstacles that arise and how they receive and work with feedback.

Upon completion of the program, graduates will have developed confidence in themselves and in their clinical abilities and will be ready to make a meaningful contribution to the well-being of others. Over the years our graduates have been recognized for their self-confidence and their ability to be with clients without demanding that the clients change to meet the therapists' private needs and agendas.

### Frequently Asked Questions

1. **"I know that this program places strong emphasis on the Buddhist understanding of mind and on meditation practice; do I have to be or become a Buddhist to do this program?"** Not at all! Of the students who have a contemplative practice, many different traditions are represented. Students from other spiritual traditions, and those who feel no special connection with any tradition, are part of our community. Applicants who do not have prior experience with sitting meditation are strongly encouraged to gain experience with meditation to help determine whether or not this program would be a good fit for them.
2. **"Can I do this program part-time?"** Unfortunately, no. One of the most powerful aspects of the program is the community of classmates who journey together for its three-year course. One's classmates provide support and challenge. They provide continuity and a reference point as one goes through the process of working with oneself and others.
3. **"What if I have children?"** Having a family and being a graduate student is often quite a balancing act. Students with younger children can find it especially challenging to balance their children's needs with the demands of the program, especially around arrangements for the retreats. At the same time, the program tries to be responsive to the needs of parents, and many parents have successfully completed the program. One of the solutions that has been found is for parents to visit their children at selected times during the retreats; occasionally, a parent is allowed to bring a child. In these cases, the parent must provide for a full-time "nanny" for the time that the child is at the retreat.
4. **"Are there prerequisites for this program? I haven't studied psychology before."** We do not have any specific prerequisites for the program. We have found that some of our most successful students have come from backgrounds other than psychology. Significant life experience seems to be the most valuable prior "work" one can have done. However, many internship placements will not accept students who have not had some experience in the field. For this reason we strongly encourage those without such experience to do volunteer work either before they come or during the first two years of the program. A background or some reading in psychology can, of course, be very useful before entering the program.

## Specific Information

The MA in Psychology: Contemplative Psychotherapy program is a professional training program designed to prepare its graduates to work in the psychotherapy field. We consider it highly desirable that our students come to the program with some prior experience related to the process of psychotherapy, either as a client of psychotherapy or as a volunteer in a mental health agency.

The program is challenging mentally and emotionally. In particular, the practice environment of the Maitri Retreat program is quite intensive. While the underlying focus of all of the retreats is on extending kindness to self and others, their highly structured schedule (for example, extensive periods of sitting meditation) can be especially difficult for some individuals. *At times people who are struggling with certain psychiatric/psychological disabilities have found that they are not able to meet the program's demands.*

Please note that in addition to tuition and fees posted in the course catalog, there are some other fees associated with this program. Currently, first- and second-year students pay approximately \$1,900 for Maitri retreat room and board each year. Third-year students pay approximately \$500 for Maitri retreat room and board. Also, there is a \$25-per-semester fee for meditation instruction throughout the entire program. These fees are subject to change.

## List of Internship Placements

The following are some of the agencies in the Boulder-Denver area currently participating in the field placement program. Available placements change slightly from year to year; our internship coordinators add placements each year, while others are discontinued.

- Adams County Human Services Department
- Alternative Homes for Youth
- Alternatives to Family Violence
- Anderson and Hager Connections, Inc.
- Arapahoe House
- Arapahoe-Douglas Mental Health Network
- Attention Homes
- Aurora Mental Health Center
- Boulder Alcohol Education Center
- Boulder Center for Play Therapy
- Boulder College of Massage Therapy
- Boulder Community Mediation Service
- Boulder County Chafee Program - Department of Housing and Human Services
- Boulder County Department of Housing and Human Services
- Boulder County Public Health - Addiction Recovery Center (ARC)
- Boulder County Public Health - Prevention and Intervention
- Boulder Emotional Wellness
- Boulder Housing Partners: Senior and Disabled Sites or Low Income Family Sites
- Center For Change
- City of Longmont's Children and Youth Resources
- Colorado AIDS Project
- Colorado University: Career Services
- Denver Hospice
- Family Wellness Center
- Footsteps Program
- Gateway Battered Women's Services
- Firls Athletic Leadership School
- HospiceCare of Boulder and Broomfield Counties
- Innerbalance Health Systems Natural Approach to Recovery
- Jefferson Center for Mental Health
- Jewish Family Services
- Judi's House
- La Luna Center
- Maria Droste Services of Colorado, Inc. (MDS)
- Medicine Horse

- Mental Health Partners of Boulder County
  - Child Crisis Services
  - Child, Adolescent, and Family Services
  - Community Infant Program (CIP)
  - Emergency Psychiatric Service (EPS)
  - Mobile Treatment Team
  - Halcyon Day Treatment
  - Integrated Services
  - Maslin Recovery Team
- Moving to End Sexual Assault (MESA)
- Mental Health Corporation of Denver
- Mount St. Vincent Home
- Namaste Hospice
- Naropa University's Counseling Center
- Noeticus Counseling Center and Training Institute
- Pennock Center for Counseling
- People House
- Raleigh House of Hope
- Rape Assistance and Awareness Program
- Safehouse Progressive Alliance for Nonviolence
- SolAmor Hospice
- Tennyson Center for Children at Colorado Christian Home
- The Odyssey School
- The Women's Crisis and Family Outreach Center
- Veterans Center
- West Pines at Lutheran MC

## MA in Psychology: Contemplative Psychotherapy Requirements

### First year, fall

PSYC600	Opening Retreat (noncredit)
PSYC608	Introduction to Buddhist Psychology (2)
PSYC609	Group Process I (0.5)
PSYC618	Human Growth and Development (3)
PSYC650	Community, Interdependence, and Multicultural Foundations (3)
PSYC660	Maitri I (1)
PSYC778	Transitions, Lifestyles, and Career Development (3)
<b>SUBTOTAL</b>	<b>12.5</b>

### First year, spring

PSYC605	Large Group Process I (0.5)
PSYC619	Group Process II (0.5)
PSYC628	Lineages of Understanding: Buddhist and Western Perspectives on Well-Being and Disorder (3)
PSYC658	Buddhist Psychology II: Abhidharma and the Psychology of Confusion (2)
PSYC675	Maitri II (1)
PSYC728	Therapeutic Relationships I: Theory and Practice (3)
<b>SUBTOTAL</b>	<b>10</b>

### Second year, fall

PSYC629	Group Process III (0.5)
PSYC668	Family Process (2)
PSYC669	Buddhist Psychology III: Compassion and the Heart of Emptiness (2)
PSYC760	Maitri III (1)
PSYC798	Theory and Practice of Group Psychotherapy (3)
PSYC864	Contemplative Psychotherapy Practicum (3)
<b>SUBTOTAL</b>	<b>11.5</b>

### Second year, spring

PSYC639	Group Process IV (0.5)
PSYC700	Research and Statistics (2)
PSYC708	Buddhist Psychology IV: The Practice of Psychotherapy and the Path of the Bodhisattva (2)
PSYC738	Psychopathology, Psychosis, and Ordinary Mind (2)

PSYC758	Therapeutic Relationships II: Professional Orientation (3)
PSYC775	Maitri IV (1)
<b>SUBTOTAL</b>	<b>10.5</b>

### Third year, fall

PSYC702	Assessment and Appraisal (2)
PSYC709	Contemplative Psychotherapy Seminar: Mandala and Clinical Applications (2)
PSYC719	Group Process V (0.5)
PSYC808	Field Placement I (3-5)
PSYC818	Clinical Tutorial I (2)
<b>SUBTOTAL</b>	<b>9.5</b>

### Third year, spring

PSYC729	Group Process VI (0.5)
PSYC739	The Art of Practicing Contemplative Psychotherapy (3)
PSYC858	Field Placement II (3-5)
PSYC860	Maitri V (0.5)
PSYC868	Clinical Tutorial II (2)
<b>SUBTOTAL</b>	<b>9</b>

### TOTAL CREDITS 63

*\*This fact sheet describes the 2011-12 curriculum for the MA in Psychology: Contemplative Psychotherapy. 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 Graduate School of Psychology for any curricular changes that are being considered for future academic years.*

## Careers of Program Graduates

Recent alumni from the MA in Psychology: Contemplative Psychotherapy program are pursuing the following careers:

- Therapist, Rape Assistance and Awareness Program, Denver, CO
- Family attachment counselor, South Sound Attachment Clinic, Olympia, WA
- Child and family psychotherapist, Child Guidance Clinic, Springfield, MA
- Residential counselor, DePaul Treatment Center, Portland, OR
- Mobile and outpatient therapist, St. Anthony's Point, Hermitage, PA
- Grief counselor, Denver Hospice, Denver, CO
- Contemplative psychotherapist, Qi Integrated Health, Vancouver, BC, Canada
- Psychotherapist, private practice, Burnsville, NC
- Family and youth psychotherapist, New York, NY
- Assistant program director, AIM House, Boulder, CO
- Team counselor, Windhorse Associates, Northampton, MA
- Therapist, Cooper-Riis Healing Farm Community, Mill Spring, NC
- Child crisis therapist, Boulder County Mental Health, Boulder, CO
- Substance abuse services coordinator, University of Colorado Counseling and Psychological Services, Boulder, CO

## Contemplative Counseling Psychology

### Ranked Faculty

Paul Bialek

Program Coordinator, Contemplative Psychotherapy

BA, University of California; MA, Johns Hopkins University; MA, Naropa University

Paul Bialek is a graduate of Naropa University's Contemplative Psychotherapy program and is in private practice in Boulder. He serves as part of the MACP Leadership Team. Prior to coming to Boulder, Paul was executive director of a nonprofit that worked with children from substance abusing families in Routt County, Colorado. Paul is a graduate of the Hakomi Institute of Body-Centered Psychotherapy.

Lauren Casalino, MA, LPC

BA, Rutgers College; MA, The Naropa Institute; LPC.

Lauren has served as chair of the Contemplative Counseling Psychology

Department and is a faculty member on the Program's Leadership Team. In private practice for over twenty years, Lauren is a licensed professional counselor in Colorado. She works with individuals and couples. She is a founder of Windhorse Family and Elder Services, which specializes in intensive home-based treatment. She is the former managing editor of the Journal of Contemplative Psychotherapy, author of *Psychotherapy and the Paramitas: Walking the Bodhisattva's Path*.

MacAndrew Jack, PhD

Director, Graduate School of Psychology

BA, Tufts University; MA, University of Tulsa; PhD, Temple University; LP.

MacAndrew Jack brings experience in both empirical research and individual psychotherapy. MacAndrew's research has explored psychophysiological processes involved in panic, breathing, and the parasympathetic nervous system. A licensed psychologist in private practice, MacAndrew's therapeutic training has included cognitive-behavioral and modern psychoanalytic orientations. Before coming to Naropa, MacAndrew was a clinical fellow at Harvard Medical School, where he specialized in mind/body approaches to the treatment of anxiety, respiratory disorders, and trauma.

Karen Kissel Wegela, PhD

BA, University of Rochester; MA, Boston University; MA, University of Denver; PhD, Union Institute; LP.

Karen Kissel Wegela directed the Contemplative Counseling Psychology program for many years. She holds master's degrees in English language and literature and in counseling. A licensed psychologist in private practice since 1977, she also has been involved in work in the public sector. She is the author of two books. *What Really Helps* is a re-issue of her 1996 first book, *How to Be a Help Instead of a Nuisance*. Her second book is called *The Courage to Be Present*.

## Adjunct Faculty

Jackie Ashley, Blake Bailey, Jane Bryant, Sharon Conlin, Anne Marie DiGiacomo, Matthew Holloran, Francis Kaklauskas, Margaret Kerrigan, Dona Kokora, Ugur Kocataskin, Cara Luneau, Susan Nimmanheminda, Judith Partin, Jeff Price, Alexandra Shenpen, Christi Strickland, Robert Unger

## MA in Psychology: Contemplative Psychotherapy

### Admission Requirements

#### Campus Tours

You are strongly encouraged to visit Naropa University. Events for prospective students are scheduled every fall and spring. See [www.naropa.edu/admissions/grad\\_events.cfm](http://www.naropa.edu/admissions/grad_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. Tours of the Paramita Campus (MA in Psychology: Contemplative Psychotherapy, MA in Somatic Counseling Psychology, and MA in Transpersonal Counseling Psychology) are offered Mondays, Wednesdays, and Fridays at 3:30 p.m. by reservation only (at least 24 hours in advance). The visitation coordinator can be contacted at 303-546-3548 or 1-800-772-6951 (within North America) or at [admissionsevents@naropa.edu](mailto:admissionsevents@naropa.edu). You can also use the online Visitation Request form or view our campus from the online tour. If you decide you would like to apply for admission, we prefer that you do so electronically via [www.naropa.edu/apply](http://www.naropa.edu/apply).

### Priority Deadline

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 priority deadline will be given equal consideration. Applications received after the priority deadline will be reviewed on a space-available basis.

January 15 for fall semester admission

## **Graduate Admission Requirements**

A bachelor's degree from an accredited institution is required for admission to all graduate programs.

A completed graduate application for Contemplative Psychotherapy consists of the following:

1. Complete application form.
2. A \$60 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. Three-to-five-page typed, double-spaced statement of interest for Counseling Psychology programs.
4. Resumé.
5. Two letters of recommendation from professional or academic sources (must be on or attached to the forms provided).
6. Official transcripts of all previous college-level study that reflect the completion of a bachelor's degree, sent directly to Naropa's Admissions Office from the registrar of previous institutions or in a sealed envelope with the application.
7. Applicants must show considerable self-awareness, commitment to being a member of a community, and strong motivation for working with others.
8. Some prior work experience in a clinical setting, either paid or volunteer, is strongly recommended. First-year students who do not have such experience will be encouraged to perform four hours per week of volunteer work in a mental health agency during the fall and spring semesters in preparation for the internship.
9. Selected applicants will be required to participate in both a small-group and individual interview.