

MASTER OF ARTS IN TRANSPERSONAL COUNSELING PSYCHOLOGY: ART THERAPY 2012-13

Program Description

Grounded in a foundation of mindfulness/awareness training, students pursue didactic and experiential course work in art therapy and transpersonal counseling psychology along with various opportunities to practice out in the field. In the first year there is a 90-hour practicum in the Naropa Community Art Studio (NCAS) and in the second year there is a 100-hour clinical practicum. During the third year there is a 700-hour fieldwork placement with corresponding professional seminars. Graduates of this program are prepared for work as professional members of multidisciplinary teams within agencies and eventually, with proper supervision, in private practice.

Art Therapy

Approved by the American Art Therapy Association, the Art Therapy concentration has been designed in accordance with the American Art Therapy Association guidelines for ATR training. This 62-credit program consists of 32 credits of art therapy course work combined with 30 credits of transpersonal counseling psychology and contemplative studies. Students also participate in more than 200 direct contact hours of studio-based work throughout the program, including the time spent in the NCAS. Specifically designed to integrate diverse perspectives, the Art Therapy program strives to support the spiritual, artistic and academic unfolding of each student. This is accomplished through active participation in a sitting meditation practice combined with progressive approaches to the field of art therapy. With sincere intentions, we have created an innovative learning environment that strives to support each student's journey toward professional and spiritual wholeness. Upon completion of this three-year program, all Art Therapy students will graduate with the educational requirements necessary for eventual registration (ATR) with the American Art Therapy Association.

Transpersonal Counseling Psychology

Transpersonal psychology is a large umbrella for many approaches that consider human experience in a spiritual context. Standing for the study and cultivation of the human potential for wholeness, the field seeks to understand the person from a nondualistic point of view. The diversity of approaches in transpersonal psychology provides a supportive environment for engaged dialogue, critical analysis and cross-fertilization of knowledge. Transpersonal psychology provides a backdrop for counseling practices that are designed to address suffering and awaken the wisdom of body and mind.

In a setting of collaborative inquiry, students engage in a process that emphasizes intellectual, emotional, social, and spiritual awareness. Mindfulness and awareness practices are a foundation of the program that assists students in making compassionate contact with their own experience. Experiential learning helps to embed these qualities in the context of working with others. The program focuses on exploring the underlying orientation, development, and personal journey of the counselor. Depth work is designed to open new possibilities for inner growth, enhanced relational skills, and professional competence.

Licensure

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.

MA in Transpersonal Counseling Psychology: Art Therapy Requirements*

First year, fall

| | |
|-----------------|--|
| PSYT604 | Foundations of Art Therapy: Studio and Practicum (3) |
| PSYT611 | Helping Relationships I (3) |
| PSYT621 | Psychology of Meditation I: Mindfulness Training (3) |
| PSYT634 | History and Theory of Art Therapy (3) |
| SUBTOTAL | 12 |

First year, spring

| | |
|-----------------|---|
| PSYT661 | Helping Relationships II (3) |
| PSYT665 | Civic Engagement Studio Practicum (noncredit) |
| PSYT670 | Transpersonal Psychology (3) |
| PSYT704 | Group Dynamics and Leadership: Art Therapy (3) |
| PSYT720 | Meditation Practicum I: Cultivating Awareness (1) |
| SUBTOTAL | 10 |

Second year, fall

| | |
|---------|--|
| PSYT610 | Human Growth and Development through the Life Span (3) |
| PSYT721 | Social and Cultural Foundations in Counseling (3) |

| | |
|-----------------|---|
| PSYT734 | Counseling for Child and Adolescent Populations (3) |
| PSYT740 | Diagnostic Psychopathology (2) |
| SUBTOTAL | 11 |

Second year, spring

| | |
|-----------------|---|
| PSYT624 | Art Therapy Studio (2) |
| PSYT660 | Assessment and Appraisal in Counseling (3) |
| PSYT668 | Counseling Practicum (3) |
| PSYT754 | Art Therapy Skills IV: Adult Populations and Family Systems (4) |
| SUBTOTAL | 12 |

Third year, fall

| | |
|-----------------|--|
| PSYT700 | Research and Program Evaluation (3) |
| PSYT804 | Internship I: Art Therapy (2) |
| PSYT814 | Professional Orientation and Ethics I: Art Therapy (3) |
| PSYT824 | Internship Studio Methods I (0.5) |
| SUBTOTAL | 8.5 |

Third year, spring

| | |
|-----------------|---|
| PSYT759 | Transitions, Lifestyles, and Career Development (3) |
| PSYT844 | Internship Studio Methods II (0.5) |
| PSYT854 | Internship II: Art Therapy (2) |
| PSYT864 | Professional Orientation and Ethics II: Art Therapy (3) |
| SUBTOTAL | 8.5 |

TOTAL CREDITS 62

**This fact sheet describes the 2011–12 curriculum for the MA in Transpersonal Counseling Psychology: Art Therapy concentration. 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.*

Frequently Asked Questions

Listed below are the answers to several questions most frequently asked of the admissions staff.

- 1. Is this program approved?** Since spring 1998, this program has been approved by the American Art Therapy Association. Naropa University has been accredited since 1986 by the Higher Learning Commission and is a member of the North Central Association of Colleges and Schools (NCA).
- 2. What prerequisites do I need?** The undergraduate prerequisites are 18 semester credits with a grade of “C” or higher (or the equivalent in quarters) in studio art from an accredited university, including 3 credits each in 2D, 3D, and digital media. Twelve semester credits in psychology including 3 credits each in Developmental Psychology, Abnormal Psychology, and Personality Theories, as well another elective psychology course (3 credits) are also required. We strongly encourage prospective students to apply even if they haven’t completed all prerequisite courses. If this is the case, please clearly state in your application how and when you plan to complete these outstanding courses before classes begin at Naropa.
- 3. Do I have to be a successful, competent artist to be accepted into the program or to be an art therapist?** There is no expectation that students be professional artists. However, while we do not require our students to be successful professionals, we do want our students to strive to be the best artists that they are capable of becoming. Basically, the best way to learn about art therapy is to create your own art.
- 4. What about the portfolio requirements?** You will notice that a 20-slide portfolio or CD is required along with a typed summary and a brief descriptive comment for each piece. If you choose to send a CD, also

include a printout copy of the slides. Understand that your work will not be subjected to a gallery-type critique. Nevertheless, the practice of art therapy presupposes a working relationship with basic art media (drawing material, paint, clay) and a familiarity with the artistic journey that goes beyond introductory classroom assignments. Please send your slides in one 8½” x 11” sleeve sheet or a CD envelope. If you would like them returned to you once an admission decision has been made, include a self-addressed return envelope (padded) and adequate postage.

- 5. How experienced do I need to be at working with others before applying to the program?** We advise, but do not require, applicants to pursue some form of working knowledge with various client populations before applying to the program. This can be accomplished through volunteer work or a paid position prior to submitting your application.
- 6. How long will it take to complete the program?** The Art Therapy concentration is a 62-credit, three-year (six-semester) program. A three-year program provides a strong sense of community among students and allows time for deeper integration of course work while offering the ability to maintain outside obligations to work and family.
- 7. What is the Counseling Experiential requirement?** The Counseling Experiential requires that you participate in a thirty-hour counseling relationship with a qualified psychotherapist of your choosing (it is recommended but not required that you fulfill this requirement with a registered art therapist). This component emphasizes the importance of self-reflection and firsthand experience in individual therapy. Subsidized counseling provided to Naropa students through Student Affairs may not be used to fulfill the Counseling Experiential requirement.
- 8. I’m not sure art therapy is the career for me. Where else can I get information about it?** Start with the American Art Therapy Association, www.arttherapy.org. Network within your state art therapy association. At the library, review these periodicals: *The Arts in Psychotherapy* and *Art Therapy: The Journal of the American Art Therapy Association*. Network! Ask a lot of questions.
- 9. How much do I need to know about transpersonal psychology or contemplative practice for entry into the program?** We strongly recommend that interested students inform themselves about transpersonal psychology by reading the suggested books listed on our website. We also prefer our applicants to have direct experience with some form of contemplative practice. Clearly this invitation can take many forms such as a sitting meditation practice, yoga, martial arts, or a religious affiliation with a specific root tradition. The main point for us is that you practice and consider the fruits of transformation that come with sincere engagement with your chosen tradition. If you have not yet cultivated a practice, please know that you are still welcome to apply; we just want to invite you to cultivate your own commitment to a personal path of transformation.
- 10. Where do third-year students do their internships?** Third-year Art Therapy students complete their internships in a variety of sites in the Boulder/Denver area. Recent sites include: The Children’s Hospital—The Ponzio Creative Arts Therapy Program; Counseling and Psychological Services—University of Colorado; Eating Disorder Clinic of Denver; Hospices of Boulder, Denver, and Larimer counties; The Odyssey School, Maria Droste Services; Noeticus Counseling Center; Frasier Meadows Manor; The Other Side Arts; Community Reach Center; Denver Children’s Home; Mount Saint Vincent Home; Judy’s House; and many others.

Careers of Program Graduates

Graduates of the Art Therapy program at Naropa University are working in a variety of settings, including schools, hospitals, retirement communities, mental health centers, hospice care, trauma work, residential care for children, medical rehabilitation, prisons, and private practice.

Art Therapy Ranked Faculty

Michael Franklin, PhD

MA, George Washington University; PhD, Lesley University; ATR-BC.

Michael became the director of the Art Therapy program at Naropa University in 1997. Since 1982 he has both practiced and taught art therapy in various academic and clinical settings. He has lectured internationally, offering a wide range of published research contributions to the field in the areas of aesthetics, self-esteem, AIDs-iconography, interpretive strategies, and empathic-contemplative approaches to art therapy. As an artist, Michael actively pursues his work and continues to research the relationship between art therapy, yoga philosophy, meditation, and the socially engaged artist.

Sue Wallingford

MA, Naropa University; LPC; ATR-BC.

Sue Wallingford is assistant professor in the Art Therapy program. In the past twenty-five years, she has worked in various psychiatric facilities; a prison, a home for abused children, a residential home for the developmentally disabled, hospice, with the elderly, and she speaks internationally about the multiple ways to utilize art therapy. Currently, Sue is founder and director of Whole Arts Studio that offers counseling and art therapy services in the Boulder area. Attachment work with couples is of particular interest to her. She continues to be dedicated to the art making process and has exhibited her work throughout the Boulder-Denver area.

Adjunct Faculty

Christine DeMarco

MA, Lesley University; LPC; ATR.

Christine DeMarco graduated from Lesley University in 1995 with a master's degree in expressive therapies specializing in art therapy. Aside from being an adjunct faculty member at Naropa, she also works in community mental health with young children and families. Christine has been doing art therapy for the past ten years, with a variety of populations including homeless adults with mental illness; children with developmental disabilities including autism; the elderly; and children and families. Christine has been an active member of the Art Therapy Association of Colorado since 1997, including being vice president in 2003 and 2004.

Leah Friedman Spohn

MA, Naropa University; ATR.

Leah Friedman Spohn studied art therapy during both her undergraduate and graduate studies. She received her master's degree from Naropa and her love of academia keeps her at the university, continuing to work with students through academic advising and teaching. Leah also coordinates the Naropa Community Art Studio and has a private practice doing art therapy with adults and couples. She strives to maintain a balance between her love of art therapy practice and theory. She hopes to support students and alumni throughout their journey and transition into the professional community.

Jessica Whitesel

MA, Naropa University; LPC; ATR.

Jessica Whitesel is an art therapist and painter. She currently works as a school-based therapist in Adams County, and directs the art therapy program at Colorado Heritage Camp. Her clinical experience includes work with international adoptees, homeless children, adults with aphasia, early childhood mental health, and at-risk adolescents. She is particularly interested in feminist models of practice in individual therapy and supervision.

MA in Transpersonal Counseling Psychology:

Art Therapy Admission Requirements

Campus Tours

You are invited to visit Naropa University. Events for prospective students are scheduled every fall and spring. For more information, see www.naropa.edu/admissions/grad_events.cfm. 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 by email at admissionevents@naropa.edu. You can also use the online Visitation Request form or you may view our campus from the online tour. If you decide you would like to apply for admission, we prefer that you do so via 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

Strong applicants will be selected from this pool of candidates and invited to campus for an interview.

Graduate Admission Requirements

A bachelor's degree from an accredited institution is required for admission to all graduate programs. A completed graduate application for Transpersonal Counseling Psychology: Art Therapy consists of the following:

1. Completed application form.
2. A \$60 nonrefundable application fee in the form of a check or money order, payable to "Naropa University." The 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 (both 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 and prerequisites, in a sealed envelope with the application, or sent directly to Naropa's Admissions Office from the registrar of previous institutions.
7. Prior work experience in a clinical setting recommended; experience in working with others essential.
8. Personal maturity and good written and verbal communication skills.
9. Prerequisites: Course work in Developmental Psychology (3 credits), Abnormal Psychology (3 credits), and Theories of Personality (3 credits). Psychology course work (12 credits) including 9 credits listed above and 3 additional. 18 credits of studio art classes including 2D (3 credits) and 3D (3 credits). If applying with a paper application, the supplemental prerequisite form is required.
10. Supplemental Prerequisite Form including a 20-piece digital portfolio representing work in a diverse selection of media including 2D and 3D work.
11. Portfolio summary: Description of work and hard copy with no more than four images per page.
12. An on-site interview is required for all applicants who are being considered.
13. Ability to work with a variety of art materials with no physical limitations.

MA IN TRANSPERSONAL COUNSELING PSYCHOLOGY:
ART THERAPY
2012 - 13

Supplemental Prerequisite Form

Name: _____ Date: _____
(Last) (First)

Please answer the following questions as part of your application for the Art Therapy concentration in the Transpersonal Counseling Psychology master's program. This information will remain completely confidential within Admissions and the Transpersonal Counseling Psychology Department. Please use additional sheets. Return all three parts of the supplemental application to the Admissions Office (including this form).

Applications will not be reviewed until the required supplemental materials are completed in full and submitted.

All prerequisite course work must be completed before the start of the program.

Please indicate where and when you have either completed or plan to complete prerequisites prior to the start of the program in August.

Proposed equivalent course work titled differently from that listed below must be supported by a syllabus or sealed letter from the instructor verifying course content. Please attach or send this documentation under separate cover.

• **Psychology Prerequisites**

- Abnormal Psychology: Psychopathology, Abnormal Behavior
- Developmental Psychology: Life Span Development, Child Development, Child Psychology
- Theories of Personality: Methods of Psychotherapy, Psychology of Personality, Introduction to Personality, History and Systems of Psychology

| | Date Completed/ Number of Credits | School Name | Grade | In Progress? (Y/N) |
|--|--------------------------------------|-------------|-------|-----------------------|
| Abnormal Psychology | _____/____ | _____ | _____ | _____ |
| Developmental Psychology | _____/____ | _____ | _____ | _____ |
| Theories of Personality | _____/____ | _____ | _____ | _____ |
| Psychology Elective <small>(course title)</small> | _____/____ | _____ | _____ | _____ |

• **Studio Art Prerequisites: 18 credit hours**

| | Date Completed/ Number of Credits | School Name | Grade | In Progress? (Y/N) |
|--|--------------------------------------|-------------|-------|-----------------------|
| 3 cr. 2D (Drawing, Painting, Printmaking) | _____/____ | _____ | _____ | _____ |
| 3 cr. 3D (Sculpture or Ceramics) | _____/____ | _____ | _____ | _____ |
| 3 cr. Studio Art Elective <small>(course title)</small> | _____/____ | _____ | _____ | _____ |
| 3 cr. Studio Art Elective <small>(course title)</small> | _____/____ | _____ | _____ | _____ |
| 3 cr. Studio Art Elective <small>(course title)</small> | _____/____ | _____ | _____ | _____ |
| 3 cr. Studio Art Elective <small>(course title)</small> | _____/____ | _____ | _____ | _____ |

Supplemental Prerequisite Form (cont.)

Portfolio:

Art Therapy applicants are required to submit a well-rounded portfolio with twenty different pieces on a CD or in slide format of original art including:

- 2D and 3D work
- any other areas of specialization

The portfolio needs to demonstrate two primary skill sets:

- demonstrated knowledge of a wide range of art materials and processes
(Please note that we don't expect our applicants to have expertise in all areas of art study. However, we recommend a wide range of media in your portfolio.)
- depth of work as an artist, showing maturity with form and content within a theme

Portfolio Summary:

Your portfolio must be accompanied by a typewritten summary listing the title of each piece, a brief descriptive comment, media, dimensions and date.

Summary must include a hard copy of portfolio with no more than four images per page. If you would like the portfolio returned to you once an admissions decision has been made, please include a self-addressed return (padded) envelope with adequate postage.

Interview:

Strong candidates will be invited to attend a prescheduled interview, which will be held in February or March. Interviews are one to two days each and consist of an individual interview and a group/art experiential.