



MASTER OF ARTS IN TRANSPERSONAL PSYCHOLOGY WITH A CONCENTRATION IN ECOPSYCHOLOGY 2012–2013

Naropa University's low-residency degree in Transpersonal Psychology with a concentration in Ecopsychology integrates theory, research, contemplative practice, and service. This program offers a breadth of knowledge, understanding, and skills, which graduates apply in a number of areas, including education, business, social services, health care, organizational development, and community development.

Ecopsychology is an emerging field that explores and deepens human-nature relationships for personal and community development, for spiritual growth, and for environmental health and sustainability. While this program does not provide clinical training, it does provide a foundation useful to those in many fields and professionals in clinical and counseling psychology can use this degree to expand their understanding and practice.

A central feature of this degree is its integration of online learning and residential intensives. Especially exciting is the combination of Naropa's whole-person and contemplative educational approach with the benefits of online education. The development of a mature learning community is also an important part of the MA in Transpersonal Psychology with a concentration in Ecopsychology program.

Transpersonal Psychology and Ecopsychology

Transpersonal psychology draws from world wisdom traditions, indigenous knowledge, and modern psychological theory and research to offer both a fuller and richer understanding of psychology and a more psychologically sophisticated approach to spiritual development. Its stance toward human nature is inclusive and optimistic. Transpersonal Psychology's concepts and practices disclose our intimate and reciprocal connections with ourselves, others, our communities, and the world.

Transpersonal psychology integrates spiritual wisdom and practices with the insights and methods of psychology. Its interests include full human development; optimal mental health, transformation and self-transcendence; mindfulness and meditative practices; ritual; mystical, and shamanic states of consciousness; and the expressions of spirituality in the world. Transpersonal psychology is also interested in the difficulties and obstacles related to these states and to greater maturity.

Ecopsychology

Ecopsychology has developed from the recognition that human health, identity, and sanity are intimately linked to the health of the earth. It promotes sustainable and mutually enhancing relationships between humans and the nonhuman world in order to heal the divisions between mind and nature, humans and earth. Areas of interest to ecopsychologists include effective environmental education and action; ecotherapy; the healing and initiatory influences of encounters with wild nature; development of the ecological self; promoting just and sustainable alternatives to materialism and consumerism; and nature-based spiritual practices.

Naropa's approach to ecopsychology is grounded in transpersonal psychology as well as current thinking in ecology. Ecopsychology and transpersonal psychology share an understanding that human identity includes and extends beyond the individual ego. Integrating these two fields provides a rich and potent foundation for environmental work, sustainable lifestyles, and liberation of individuals and communities, including nonhuman environments.

Program Description

In general, the first year of this program is devoted to in-depth study of theories, practices, and applications, including meditation practice, giving students a broad base of understanding and direct experience. In addition to taking elective courses, students apply their learning in the second year of the program in two ways. The master's paper emphasizes intellectual applications of the student's studies, exploring both concepts and personal experience in an area of the student's choice. Practical application is deepened through transpersonal service learning. Students arrange for a service project in which they apply and deepen their learning. The master's paper and the service-learning project, along with the option of self-designed independent study courses, give students important opportunities to direct their own learning.

This program begins in the summer with two integrated courses: a hybrid course that includes both a residential intensive in Boulder and five weeks of online work. Students also attend two three-day residential weekends at the beginning of the spring semester and two one-week intensives in the second summer of the program. One of these intensives is a week-long wilderness experience course. All other course work may be completed online. Students usually take two courses per semester, including summers, and complete the program in two years. In addition to required courses, students may draw from online courses or self-designed course work through independent study. See www.naropa.edu/distance for online course offerings.

Careers of Program Graduates

Graduates of the MA in Transpersonal Psychology with a concentration in Ecopsychology use this degree to advance their work in their current professions or to support a new or changed career path, as well as for personal growth and development. Graduates have gone into advanced, doctoral-level study in transpersonal psychology and clinical psychology, and some have begun teaching in colleges and universities. Others have used their degrees in a wide variety of applications, including personal and organizational coaching, administering and practicing in community-based service programs, teaching in elementary and secondary schools, environmental education centers and providing spiritual care and case management in hospice organizations.

An Integrative Philosophy of Learning

Transpersonal psychology is, at its roots, strongly multicultural and pluralistic. It recognizes the universality of deeper dimensions of human experience while valuing and cultivating the diversity of its expressions.

The MA in Transpersonal Psychology with a concentration in Ecopsychology values diversity in its student body and faculty and includes explorations of diversity throughout its courses, preparing students for a rich and engaged life in a multicultural world.

Ecopsychology considers awareness of the more than human world and the human relationship with it. Similarly, transpersonal psychologists recognize the essential role of a variety of disciplines. Transpersonal psychology and Ecopsychology have important overlaps with anthropology, sociology, religion, ecology, the arts, and other fields. The value of diversity is also reflected in the program's philosophy of learning. Our program relies on an integration of experience, theory, and service. Students must demonstrate intellectual understanding and critical thinking through their participation in class discussions and written work. Sincere engagement and openness to the unfolding of personal process is also central. Students are expected to demonstrate a high level of openness, curiosity and respect for their own experience and for each other. Service is central in transpersonal psychology/ecopsychology and in this program, providing the opportunity to deepen and expand both self-understanding and compassionate, effective action.

Online Education

Naropa's online classes use the latest interactive Internet technologies with private, password-protected web pages available exclusively for the students and instructors in each class. A variety of communication tools including audio and video lectures, text, group discussions and private online journals, as well as the residential intensives, create a dynamic learning community of students in the MA Transpersonal Psychology program. Answers to frequently asked questions about distance learning may be found at www.naropa.edu/distancelearning/faq.cfm.

Contemplative Practices

As with other Naropa degree programs, the Ecopsychology program integrates meditation and awareness practices into the learning process. Such contemplative practices are at the core of transpersonal psychology. They provide the foundation for understanding, which is grounded in experience and enable more effective and compassionate application and service. Students learn and practice meditation during the summer intensives as well as through online course work with close supervision. Meditation practice courses are required in the first year of the program and may be included in a student's electives. Naropa's contemplative approach is found not only in meditation instruction and practice but throughout the program. A willingness to be in touch with one's present awareness with openness and sincerity is at the root of such a contemplative approach.

Summer Intensives

The purposes of the summer intensive courses are community building among students and faculty, exploration of core concepts, and experiential learning in transpersonal practices such as meditation, council, and ritual. Students also meet with Student Affairs staff. These intensives create a deep sense of community, intimacy, and connection that carries over into the following year's online courses. The schedule of the intensives also includes open time to explore Boulder and its beautiful mountain backdrop.

MA in Transpersonal Psychology: Ecopsychology Concentration Requirements*

First year, summer

PSYT 603e Engaged Contemplative Practices: Ecological and Social Transformation (3)	
PSYT 608 Transpersonal Psychology Intensive I (3)	
SUBTOTAL	6

First year, fall

PSYT 567e Ecopsychology (3)	
PSYT 670e Transpersonal Psychology I (3)	
SUBTOTAL	6

First year, spring

PSYT 527e Ecopsychology in Context (3)	
PSYT617e Ecology: Concepts and Applications for Ecopsychology (3)	
PSYT656w Ecology Intensive (1)	
SUBTOTAL	7

Second year, summer

PSYT520 Psychology of Wilderness Experience (3)	
PSYT 685 Ecopsychology Training (3)	
SUBTOTAL	6

Second year, fall

PSYT 738e Transpersonal Service Learning I (1.5)	
PSYT 839e Master's Paper Online I (1.5)	
SUBTOTAL	3

Second year, spring

PSYT 667 Ecopsychology Intensive II (1)	
PSYT 748e Transpersonal Service Learning II (1.5)	
PSYT 880e Master's Paper Online II (1.5)	
SUBTOTAL	4
Electives 6 (Chosen from eligible electives)	

TOTAL CREDITS 38

*This fact sheet describes the 2011-12 curriculum. 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 MA TP: Ecopsychology faculty and staff for any curricular changes that are being considered for future academic years.

Electives

Students may take electives online or on campus. Students also have options for self-designed independent study learning projects.

Examples of some recent online courses which may be taken as electives include the following:

- Authentic Leadership Compassionate Teaching
- Emotional Roots of Development
- Integral Psychology
- Meditation for Social Change Leaders Meditation
- Practicum I and II Multicultural Issues
- Perspectives in Sacred Learning
- Spiritual Roots of Development
- Transitions and Rites of Passage
- World Wisdom: Recalibrating the Mind to Serve the Emerging Spirit See www.naropa.edu/distance for the most current listing.

Transfer Credits

Students are allowed to transfer in 6 credits of prior graduate learning either from Naropa University or from another accredited institution. Admissions and MA Transpersonal Psychology with a concentration in Ecopsychology program staff will review all requests for transfer of credits and accept those that are appropriate for this degree.

MA in Transpersonal Psychology with a concentration in Ecopsychology Faculty

Frank Berliner

BA, Yale University; MA, The Naropa Institute.

Frank Berliner teaches Buddhist and Western psychology and their applications to leadership and counseling. A senior student of Naropa's founder, he has practiced sitting meditation since 1973. He served as national administrative director of Shambhala Training and, for nine years, as resident teacher of the Berkeley Shambhala Center. In addition to his faculty position at Naropa, Mr. Berliner is a psychotherapist and organizational consultant in private practice.

John Davis, PhD

BA, Wake Forest University; PhD, University of Colorado.

John Davis directs the low-residency MA in Transpersonal Psychology and its Ecopsychology concentration. He teaches transpersonal psychology, ecopsychology, and wilderness therapy. His special interest is the intersection of humans, nature, and spirit. Dr. Davis is an ordained teacher of the Diamond Approach of A. H. Almaas and a staff member in the School of Lost Borders, a training facility for wilderness rites of passage guides. Dr. Davis is the author of *The Diamond Approach: An Introduction to the Teaching of A. H. Almaas* (Shambhala) as well as a number of articles, and he is a member of the editorial boards of *Ecopsychology* and *The International Journal of Transpersonal Studies*.

Sherry Ellms

BA, University of California, Los Angeles; MA, Naropa University.

Sherry Ellms teaches a variety of contemplative practices, including meditation, and facilitates Earth-based experiences and their application to leadership, earth stewardship, and personal sustainability. Ms. Ellms is a

longtime meditation practitioner and student of the university's founder, Chögyam Trungpa Rinpoche. In addition to her contemplative scholarship and teaching, she served as Naropa University's dean of students and its contemplative practice coordinator, and she holds a faculty position in the Environmental Studies Department.

Tina Fields, PhD; Program Coordinator, Ecopsychology PhD, California Institute of Integral Studies

Tina Fields earned her Ph.D. in East-West Psychology with an independently-designed concentration in Ecopsychology from California Institute of Integral Studies (CIIS), and has taught environmental and cultural studies for the past thirteen years. Her background includes advanced training in shamanic healing; visual art, DIY skills, womens' ritual, lay herbalism, work with animals, and wilderness rites of passage. Tina's current work ties together ecopsychology, earth-based spiritual wisdoms, bioregional understanding, myth and storytelling to help people find joy instead of deprivation in the transition to planetary life-sustaining behavior. In addition to conference presentations and public lectures, Dr. Fields has written a number of book chapters and articles, including co-editing the recent book, *So What? Now What? The Anthropology of Consciousness Responds to a World in Crisis* (2009, Cambridge Scholars Press). Her chapter is titled "Kumu Pohaku (Stones as Teachers): The Spiritual Dimension of Ecosystems." Tina's other publications include essays about ecological relationship in *Tricycle: The Buddhist Review* and *Courting the Wild*, and an entry on pre-Christian Celtic spiritual beliefs and practices in the *Encyclopedia of Shamanism*. Tina has twice been an invited Inner Circle participant in SEED Institute's "Language of Spirit Dialogues," a conference that brings together Indigenous and Western thinkers. She is also a contradance caller and songleader whose recent gigs include the Colorado Harvest Moon Festival. Dr. Fields is listed in the 2011 edition of "Who's Who of American Women."

Nancy Jane

BA, Lake Erie College; BA, University of Massachusetts; MA, Naropa University.

Nancy Jane serves as academic advisor and adjunct faculty member in the MA in Transpersonal Psychology program. In addition, she leads wilderness rites of passage for youth and adults and facilitates council practice for organizations. Ms. Jane trained in wilderness rites of passage with the School of Lost Borders and Earth Rites and in the practice of council with the Center for Council Training. For many years a naturalist and forester, Nancy is also an author, editor, and instructor of English as a second language.

Jequita (JP) McDaniel, PhD

BA, Metropolitan State College; MA, Regis University, Psychology; PhD, Union Institute & University.

JP McDaniel teaches ecopsychology and master's paper courses. Her doctoral degree in ecopsychology focused on ecological identity and natural childbirth, and her interests include the development of sense of place, our connection to animals, and the biological and cultural influences of the human relationship with the natural world, including indigenous North Americans' relationships with nature. Dr. McDaniel conducts classes and retreats that help reconnect urban dwellers to the natural world, and she has been extensively involved with several environmental nonprofit organizations.

Lori Pye, PhD

BS, Texas A& M University; PhD, Pacifica Graduate Institute.

Lori Pye's background includes nonprofit environmental executive management, including the development of international environmental agreements, and academic instruction. Her teaching focuses on ecopsychology, sustainability, and myth. Dr. Pye is on the editorial board for Ecopsychology, and she is the founder and director of the Institute for Cultural Change and the Center for Ecopsychology.

Janice Wall

BS, Keene State College; MS, University of Massachusetts; MA, Atlantic University.

In addition to teaching at Naropa, Janice Wall is on the faculty at Lesley University. She co-leads summer travel programs, exploring sacred places, contemplative practices, and cross-cultural psychology and co-leads national workshops for therapists, health care professionals, and educators interested in holistic principles. Ms. Wall is completing a doctoral program with a focus on transpersonal perspectives, learning, and development in higher education.

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.

Stephanie Yuhas

BA, Naropa University; MA, Vermont College of Norwich University.

Stephanie Yuhas is completing her doctorate at the University of Denver's Iliff School of Theology through a joint program in Philosophy and Religious Studies. Her MA work focused on ecopsychology, and her doctoral work focuses on theology, philosophy, cultural theory and religion, and social change. She has also worked in the fields of peace and justice and environmental sustainability.

MA in Transpersonal Psychology with a concentration in Ecopsychology Admission Requirements

If you decide you would like to apply for admission, we prefer that you do so electronically via www.naropa.edu/apply.

Suggested Deadline

Naropa University uses a rolling admission policy. Applicants may apply as early as September for summer 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 summer semester admission (MA Transpersonal Psychology and MA Transpersonal Psychology: Ecopsychology).

A phone or in-person interview is required for all applicants who are being considered.

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 Psychology 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 statement of interest.
4. Résumé.
5. Two letters of recommendation (all must be on or attached to the forms provided and not from family members or current therapists).
6. Official transcripts of all previous college-level study that reflect the completion of a bachelor's degree, in a sealed envelope with the application, or sent directly to Naropa's Admissions Office from the registrar of previous institutions.
7. Prospective students must have excellent writing skills, as demonstrated in the admissions essay and in letters of recommendation; a demonstrated capacity for self-direction; demonstrated capacity to join in and contribute to an interactive learning community that functions most of the time at a distance and, at times, in residence; clear goals for wanting to pursue the MA in Transpersonal Psychology, which can be reasonably met by the program.

Specific admissions considerations (assessed by a written application, an interest and background statement, an interview and letters of recommendation) include the following:

Experience and Goals

- prior exposure to transpersonal psychology and ecopsychology
- realistic learning goals for the degree program

Contemplative Interest and Personal Awareness

- understanding of the value of contemplative approaches
- compatible personal views
- willingness to participate in practice requirements
- tolerance for ambiguity

Clarity of Intellect and Academic Background

- interest in and ability for academic rigor
- graduate-level writing skills
- capacity for articulation of ideas, expression with openness, interplay of intellect and intuition, and interplay of patience and curiosity

Community and Communication

- openness to relating to and learning from others
- interest in and respect for multicultural and multispecies diversity
- trust in and generosity toward self and others
- ability to collaborate and participate in community
- value for the emotional and social dimensions of learning
- interest in contributing to the Naropa community and the community at large compatibility of program's service-learning component with one's learning goals

Resourcefulness

- ability to appreciate and work with one's circumstances, gifts, and obstacles
- breadth of life experience