

MA Clinical Mental Health Counseling

Mindfulness-Based Transpersonal Counseling

Comparison of 3-year On-Campus & 2-year Hybrid Programs

3-Year On-Campus Program

Note: The 3-year on-campus program starts in the fall and the 2-year hybrid program starts in the summer

First year, fall

CNST620 Human Growth and Development (3)
CNST631 Counseling & Helping Relationships I (3)
CNST621 Psychology of Meditation I: Mindfulness Training (3)
CNST610 Social and Multicultural Foundations (3)

First year, spring

CNST700 Assessment (3)
CNST661 Counseling & Helping Relationships II (3)
CNST670 Transpersonal Psychology I (3)
CNST720 Meditation Practicum I: Cultivating Awareness (1)

First year, summer

Electives: Intensives and/or others (0-3)

2-year Hybrid Program

First year, summer

9-day intensive (Naropa campus) plus online learning
CNST631e Counseling & Helping Relationships I (3)
CNST710e Research and Program Evaluation (3)
CNST621e Psychology of Meditation I: Mindfulness Training (3)
Mindful Chakra Yoga (0.5)

First year, fall

3-day intensive (Naropa campus), 7-day intensive (Shambhala Mountain Center), plus online learning
CNST661e Counseling & Helping Relationships II (3)
CNST620e Human Growth and Development (3)
CNST670e Transpersonal Psychology I (3)
CNST720e Meditation Practicum I: Cultivating Awareness (1)

First year, spring

3-day intensive (Naropa campus), 7-day intensive (Shambhala Mountain Center), plus online learning
CNM601e Gestalt I: Awareness (3)
CNST790e Counseling Practicum (3)
CNM751e Group Counseling: Lecture - Mindfulness-based Transpersonal Counseling (1)
CNM752e Group Counseling: Experiential - Mindfulness-based Transpersonal Counseling (2)
CNST700e Assessment (3)

Second year, summer

9-day intensive (Naropa campus) plus online learning
CNM651e Gestalt II: Experiment (3)
CNST671e Psychology of Meditation II: Applications to Counseling (2)
CNST610e Social and Multicultural Foundations (3)
Qigong (1)

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3-Year On-Campus Program

Second year, fall

CNSM601 Gestalt I: Awareness (3)
CNST790 Counseling Practicum (3)
CNST671 Psychology of Meditation II: Applications to Counseling (2)
CNSM751 Group Counseling: Lecture – Mindfulness-based Transpersonal Counseling (1)
CNSM752 Group Counseling: Experiential – Mindfulness-based Transpersonal Counseling (2)

Second year, spring

CNSM651 Gestalt II: Experiment (3)
CNST710 Research and Program Evaluation (3)
CNST740 Diagnostic Psychopathology (2)
CNST770 Meditation Practicum II: Developing Compassion (1)
Elective(s) (0-3)

Second year, summer

Electives: Intensives and/or others (0-3)

Third year, fall

CNSM871 Internship I: Mindfulness-based Transpersonal Counseling (2)
CNSM801 Professional Counseling Orientation and Ethical Practice I: Mindfulness-based Transpersonal Counseling (2)
Elective(s) (0-3)

Third year, spring

CNST711 Career Development (3)
CNSM891 Internship II: Mindfulness-based Transpersonal Counseling (2)
CNSM802 Professional Counseling Orientation and Ethical Practice II: Mindfulness-based Transpersonal Counseling (2)
Elective(s) (0-3)

Body awareness course (2 credits) may be taken at any time.

TOTAL CREDITS 60

2-year Hybrid Program

Second year, fall

3-day intensive (Naropa campus), 7-day intensive (Shambhala Mountain Center), plus online learning
CNSM801e Professional Counseling Orientation and Ethical Practice I: Mindfulness-based Transpersonal Counseling (2)
CNSM871e Internship I: Mindfulness-based Transpersonal Counseling (2)
CNST740e Diagnostic Psychopathology (2)
CNST770e Meditation Practicum II: Developing Compassion (1)
Transpersonal Psychology II (3)

Second year, spring

3-day intensive (Naropa campus), 7-day intensive (Shambhala Mountain Center), plus online learning
CNSM802e Professional Counseling Orientation and Ethical Practice II: Mindfulness-based Transpersonal Counseling (2)
CNSM891e Internship II: Mindfulness-based Transpersonal Counseling (2)
CNST711e Career Development (3)
CNST663e Family Systems (2)
Body Awareness (0.5)

TOTAL CREDITS 60
