

Supplemental Application

The suggested deadline is January 15; however, we continue to accept applications beyond that date as space allows.

The MA 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 Space Awareness retreats 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 others fees associated with this program. Currently, first and second-year students pay approximately \$1,600 for maitri retreat room and board each year. Third-year students pay \$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.

In order to help us assess your suitability to commence with this course of training, please provide an answer to each of the following questions and submit them along with your completed Naropa University application for graduate admission. These may also be useful tools for self-evaluation and introspection, which will be part of the interview process. Each answer may be up to one page in length.

1. Describe what you have learned from working in service to others, as a professional or as a volunteer, in a mental health or comparable setting.
2. Describe how you have engaged in working with your own personal process. How have these experiences prepared you for completing the Contemplative Psychotherapy program and entering the psychotherapy profession?
3. Briefly describe your experiences living or working in a community environment. What do you see as your strengths and weaknesses in this area and what have you learned about yourself through working with others?
4. Describe your experience with sitting meditation and/or other body/mind awareness disciplines. What inspires you to commit to practicing sitting meditation in this program?