

Supplemental Application

(To be completed by both concentrations)

Name:

Date:

Please answer the following questions on a separate piece of paper as part of your application for the master's degree in Somatic Counseling Psychology. This information will remain completely confidential within the Somatic Counseling Psychology Department and the Office of Admissions.

1. What is your interest and background in Somatic Counseling Psychology?
2. Please indicate how your movement experience or somatic practices have prepared you for graduate training as a dance/movement therapist or body psychotherapist by discussing how these practices inform your own embodied experience of yourself. In addition, share how that understanding informs your relationship to being of service and to relating with others professionally.
3. a.) Describe your experience working in service to others, as a professional or volunteer, in a mental health or comparable setting.
 b.) As discussed in our materials, this is a very rigorous program.
 - 1.) Describe how you have engaged in working with your own personal process and what you have learned about yourself through working with others.
 - 2.) How have these experiences prepared you for pursuing graduate training in Somatic Counseling Psychology and for entering the psychotherapy profession?
4. We feel that basic skills in mindfulness are essential for training therapeutic attention, and our program has a contemplative component that involves course work in both sitting and movement-based meditation practices. What is your experience with a mindfulness practice such as meditation, yoga, etc.? What is your understanding, at this point, of the connection between contemplative practice and therapeutic training?
5. Tell us about a transformative experience in your life that resulted in significant personal change. Discuss how you approached the change process and discuss its relationship to your professional intentions.
6. Give us an example of a moment in your life where you had to creatively and spontaneously generate an inspired solution.

Prerequisite Course Work

The following are prerequisites for the program. How do you fulfill each of these? All prerequisites should be completed prior to fall enrollment in the program. If you are currently in the process of completing the prerequisites, please state where and when you will complete them prior to fall.

1. BA degree preferably in a field related to somatic psychotherapy, psychology, human services or the mental health professions.

Major: _____ Date Completed: _____ GPA: _____

2. One 3-credit (45 contact hours) college-level course from an accredited institution in each of the following areas: Introduction to Psychology, Abnormal Psychology, Theories of Personality and Anatomy. (Please include official transcripts that contain the number of hours you studied and the grade you received.)

	<i>Date Completed/ To Be Completed</i>	<i>Number of Credits</i>	<i>School Name</i>	<i>Grade</i>
Introduction to Psychology	_____	_____	_____	_____
Abnormal Psychology	_____	_____	_____	_____
Theories of Personality	_____	_____	_____	_____
Anatomy	_____	_____	_____	_____

MA SOMATIC COUNSELING PSYCHOLOGY:
BODY PSYCHOTHERAPY
2010–11

Supplemental Prerequisite Form

Name:

Date:

Please answer the following questions on a separate piece of paper as part of your application for the master's degree in Somatic Counseling Psychology: Body Psychotherapy.

- I. This question is constructed to help us ascertain your level of exposure to and experience with different forms of movement and body-based expression. Because there are many avenues into these practices, please address any or all of the following that are pertinent to your life experience:
 - A. Please list and explain your **formal and/or informal training** (identified by transcript, certificate or other form of official documentation) demonstrating a strong interest in work focused on the human body by illustrating your experience with somatic practice(s).

Some possibilities include: Rolfing® and Structural Integration, Bartenieff Fundamentals™, Aston-Patterning®, Ortho-Bionomy, Body-Mind Centering®, aikido, Body-Mind Psychotherapy, Somato Respiratory Integration™, Lomi, Gestalt training, Hakomi, Laban Movement Analysis, Sensorimotor Psychotherapy, Reichian therapy, Alexander Technique, bioenergetics, Feldenkrais®, Radix, Polarity Therapy, acupuncture, acupressure, Qi Gong, physical therapy, occupational therapy, Biodynamic Training, Somatic Experiencing®, some types of fitness trainings, some Reiki trainings, some yoga instructor trainings, some yoga therapy trainings, some Pilates trainings and some massage certifications (other forms will be evaluated by the department if necessary).
 - B. Please list and explain your **informal training** (undocumented classes, workshops, experience in community-based settings, mentoring, etc.) with regard to the somatic practice(s) with which you have experience.
 - C. How is your current somatic practice(s) informed or supported by expressive movement, improvisation and spatial awareness?
2. Exposure to fieldwork experience, ideally, gives you a basis of experience from which to begin to understand the mental health fields, clarify career goals and determine potential populations of interest. Please describe what you have done to complete the 100 hours of required **fieldwork experience** in service to others (i.e. mental health work, hospital work, hospice, volunteering, community projects, etc.).

International Student Video Application Requirements
Dance/Movement Therapy and Body Psychotherapy

(Video should only be submitted if you are unable to attend an interview at Naropa University, if invited.)

Please record and submit documentation of all the following:

While speaking to the camera:

1. Please describe your interest in the field of dance/movement therapy or body psychotherapy.

2. Please address an area of interest in your life that you are passionate about or inspired by.

3. Please introduce the viewer to your movement background/somatic practices and to any movement styles the viewer will see within the video with a thorough explanation of your orientation to the field of somatic counseling psychology.

4. Please demonstrate the broadest range of your movement repertoire and expressive style by giving us a sample of yourself engaged in each of the following:
 - a. Your primary modality of movement or somatic practice
 - b. Natural movement improvisation
 - c. Leading/guiding/participating in either a class, a lesson, a group, a practice session, a performance or an interaction with another person.

We hope that making the video becomes a creative and enjoyable process for you. We look forward to learning about you.