

Supplemental Prerequisite and Essay Form

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

Somatic Counseling Psychology Prerequisite Course Work

Please complete the form below. 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 enrollment.

Two 3-semester-credit (totaling 90 contact hours) core psychology courses of your choosing from an accredited academic institution. Suggestions include Introduction to Psychology, Abnormal Psychology, and Theories of Personality. One 3-semester-credit (totaling 45 contact hours) anatomy course from an accredited academic institution or accredited massage school.

Course Title	Date Completed/ To Be Completed	School Name	Grade	In Progress? (Y/N)

Supplemental Essays

It is our hope to ascertain your level of exposure to and experience with different forms of movement and body-based expression from your essays. Please limit your answers to a total of two pages. Note: there are two questions specific to the concentration to which you are applying and two questions that are common to both concentrations. Please make sure to address all four questions in your essays.

Dance/Movement Therapy

1. Please list and explain your formal or informal training relating to the bulleted points below and describe how this training supports your interest in working psychotherapeutically with the human body:
 - One to two years of consistent formal training with at least three dance/movement forms
 - Experience in modern dance technique and/or maturity integrating body and spatial awareness
 - Experience with improvisation and exposure to composition, choreography, performance, and dance history
2. How is your current movement practice(s) informed or supported by your awareness of internal sensation and body-based processes?
3. Exposure to fieldwork, 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 direct service to others.

Body Psychotherapy

1. Please list and explain your formal or informal training and describe how this training supports your interest in working psychotherapeutically with the human body. Illustrate your experience with one to two years of consistent training with somatic practice(s), which may include energetic healing practices; body/mind psychotherapy trainings; sports, fitness, and outdoor trainings; physical and occupational therapies; bodywork; martial arts; and yoga and movement practices.
2. How is your current somatic practice(s) informed or supported by your awareness of expressive movement, improvisation, and spatial awareness?
3. Exposure to fieldwork, 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 direct service to others.