Wilderness Therapy Concentration

MA in Transpersonal Counseling Psychology

The Wilderness Therapy concentration (a 60-credit, three-year program) synthesizes clinical and theoretical course work in counseling psychology, contemplative practice, adventure therapy, and ecopsychology. The first year, students study the theoretical foundations of transpersonal counseling psychology, wilderness therapy, and a variety of counseling skills. Second-year classes are woven through a series of intensives, primarily in outdoor and wilderness settings, integrating therapeutic practice with environmental awareness and outdoor skills. The third year, students complete an internship. Courses that combine online work and an on-campus intensive each semester support the internship experience and the completion of the research project.

Degree Requirements

Wilderness Therapy Concentration

First year, fall
- PSYT609 Wilderness Therapy Intensive: Introduction to Wilderness Therapy (2)
- PSYT610 Human Growth and Development Through the Life Span (3)
- PSYT612 Helping Relationships (WT) I (3)
- PSYT621 Psychology of Meditation I: Mindfulness Training (3)
- PSYT660 Assessment and Appraisal in Counseling (3)

SUBTOTAL 14

First year, spring
- PSYT662 Helping Relationships (WT) II (3)
- PSYT700 Research and Program Evaluation (3)
- PSYT720 Meditation Practicum I: Cultivating Awareness (1)
- PSYT721 Social and Cultural Foundations in Counseling (3)
- PSYT740 Diagnostic Psychopathology (2)

SUBTOTAL 12

Second year, fall
- PSYT629 Family Systems Interventions: Equine-Assisted Settings (2)
- PSYT706 Group Dynamics and Leadership I (WT) (2)
- PSYT707 Special Populations Interventions: Wilderness Therapy Settings (2)

SUBTOTAL 10

Second year, spring
- PSYT627 Contemplative Perspectives and Practice (1)
- PSYT668 Counseling Practicum (3)
- PSYT726 Group Dynamics and Leadership II (WT) (3)
- PSYT728 Outdoor Skills II: Horticulture, River, and Rites of Passage (2)
- PSYT743 Transitions Throughout the Life Span (3)

SUBTOTAL 12

Third year, fall
- PSYT755 Theories and Practice in Career Counseling I (1.5)
- PSYT806 Internship I: Wilderness Therapy (2)
- PSYT816 Professional Orientation and Ethics I: Wilderness Therapy (2.5)

SUBTOTAL 6

Third year, spring
- PSYT765 Theories and Practice in Career Counseling II (1.5)
- PSYT856 Internship II: Wilderness Therapy (2)
- PSYT866 Professional Orientation and Ethics II: Wilderness Therapy (2.5)

SUBTOTAL 6

TOTAL CREDITS 60

Course Listings

PSYT504E Meditation Practicum I (3)
Drawing from both the Shambhala and Buddhist traditions, this course introduces students to the sitting practice and psychology of meditation. In these traditions, sitting meditation is the most direct means of training in mindfulness-awareness, which is the basis of contemplative psychotherapy and healing.

PSYT506 Jungian Dreamwork (2)
This course lays the foundations and develops an understanding of Jungian dream work from both a theoretical and a practical perspective. Emphasis is placed on the practical use of dreams in therapy and in one's own personal life. Students look at the structure and process of dreams, objective and subjective interpretations, associations and amplifications complexes as seen in dreams. Cross-listed as PSYT306.
PSYT510
Yoga and the Chakras: A Therapeutic Practice (2)
Chakra awareness is intrinsic to the ancient discipline of Hatha yoga. Modern day studies reveal how these centers are gateways to understanding core imprints and fundamental aspects of our physical, emotional and spiritual health. In this class, we practice a gentle form of traditional yoga as we cultivate a felt sense of the quality of flow of life force through each chakra. We learn to support the release and rebalancing of somatically held developmental patterns that no longer serve us. Class includes lecture and experiential exercises to enhance the relevance of this practice for self healing and enrichment.

PSYT511E
Meditation Practicum II (3)
In this class, we explore the Mahayana (Great Path) Buddhist teachings on compassion, loving-kindness, emptiness (the non-existence of a separate self), and the interconnectedness of all things. Students are introduced to the meditation practice of tonglen (exchanging oneself for others), and the warrior discipline of lojong (mind training)-first introduced in Tibet one thousand years ago and brought to the West by Naropa's founder Chogyam Trungpa Rinpoche. This training is very direct and practical rather than philosophical, and emphasizes gentleness and skillful action in our everyday dealings with other people. Prerequisite: PSYT504e.

PSYT514E
The Diamond Approach (3)
The Diamond Approach is an original, thorough and precise spiritual path developed and taught by A. H. Almaas. Introducing the main insights and concepts of the Diamond Approach, this course draws on modern psychology as well as timeless spiritual wisdom, offering a fresh approach to living fully and deeply. It provides precise descriptions of the characteristics of spiritual realization and its barriers. By understanding and working with these barriers, we are better able to fulfill our potential for a life of engagement, service, contentment, richness, depth and mystery.

PSYT516E
Transitions and Rites of Passage (3)
This course explores life transitions, both predictable and unexpected, and the role of rites of passage in giving them meaning and support. Developmental psychology, transpersonal psychology, anthropology, and ecopsychology provide foundations as the course helps students integrate theoretical and experiential perspectives.

PSYT517E
Multicultural Issues: Contemplative Approaches (3)
In traditional cultures, healing occurs within community. There is a deep understanding of shared wounds and the shared responsibility as well as a desire to work together toward healing. We begin our work from within, looking toward healing. We begin our work from within, looking at personal and family loss histories and develop a theoretical to the past for aid and guidance. From there we return to the present to bring understanding to our own personal and cultural wounds. We explore our own cultural backgrounds and, from this place, sit as compassionate witnesses to the pain and struggle of others. In community, we facilitate healing using storytelling, ritual, meditation and guided imagery. We explore new ways to experience our shared humanness through deep wisdom, caring and understanding. Required for MATE students.

PSYT520
Psychology of Wilderness Experience (3)
Through group process, experiential activities and ritual, participants experience an ancient, pan-cultural, earth-centered rite of passage in a wilderness setting. This course follows the traditional stages of a rite of passage: Severance (leaving behind what is familiar); Threshold (three days and nights of solitude/fasting); and Reincorporation (brining back gifts or insights to the community). Open to the transformative power of nature, participants have the opportunity to inquire deeply and directly into themselves and their relationship to the natural world and their community. Participants provide their own camping equipment and share food and transportation. Required for MATE students. Activity fee.

PSYT521
Touching the Moment: Indelible Presence (2)
Mindfulness meditation-the art of "coming home to ourselves"-is both a method of restoring our connection to the vitality of our own life, and a way to develop presence for our work with others. This five-day residential rural group retreat, appropriate for beginning as well as experienced meditators, includes shamatha sitting meditation, contemplative movement practice, experiential dharma art, periods of silence, work practice, mindful eating and outdoor walking meditation. Individual meditation instruction, as well as daily lectures and discussion are included. Extra fees apply.

PSYT527E
Ecopsychology in Context (3)
This online course offers an introduction to ecopsychology in historical, cultural, and philosophical contexts, including contemporary issues and currents of eco-philosophical thought such as eco-spirituality, whole-systems thinking, resilience, bioregionalism, and voluntary simplicity. Ecopsychological alternatives for addressing current ethical and ecological problems are examined along with options for effective and compassionate action. Required for MATE.

PSYT528
Counseling Loss, Grief and Life Transitions (2)
This class familiarizes the student with grief and transition theory and trains them in individual and family grief counseling skills. Using lecture, discussion and experiential exercises, the class supports students as they explore both their personal and family loss histories and develop a theoretical
working basis for serving clients facing illness, aging and bereavement. Course fee.

PSYT532
Storytelling & Mythology (2)
This course examines the history and present use of the telling of stories as a healing method for individuals, families, and groups. Case material is used to describe the value of telling stories in therapy and of listening to the mythological themes, which so often weave in and out of a client's personal story. Cross-listed as PSYT332.

PSYT543
Human Sexuality (2)
Too often, sexuality suffers the same fate in therapy as it does in this culture: it is hidden, not to be discussed, treated as irrelevant. Students examine issues related to sexuality that clients might bring to therapy, consciously or unconsciously. Students start by looking at what they as therapists bring to their work and explore personal and cultural aspects of sex, touch, intimacy, passion, the body, erotica and pornography, developmental issues, alternative lifestyles, transpersonal elements and more. Guest speakers are included.

PSYT567E
Ecopsychology I (3)
Ecopsychology is concerned with human and ecological health, and proposes that the well-being of both is intimately linked. Ecopsychology places psychology in an ecological context and draws on psychological insight for effective and sustainable environmental action. This online course integrates academic, experiential, and contemplative approaches in examining ecopsychological theory and practices. Required for MATE.

PSYT569
Art Therapy Perspectives for non Majors (2)
Providing a detailed survey of the field of art therapy, this course covers a wide range of topics and offers broad-based exposure to the theory and practice of art therapy. Open to all graduate students and undergraduate seniors with permission of the instructor. BA seniors and MA only. Materials fee. Cross-listed as PSYT369.

PSYT575
Taming the Wild Horse: Riding the Energy of Emotions (2)
Learning to work with emotions can be challenging, even for experienced meditators. This five-day residential rural group retreat is designed to strengthen meditative tools for understanding and healing emotional struggle. Especially applicable for people working in the helping professions who wish to deepen compassion for self and others, the retreat includes "sending and taking" meditation (tonglen); mindfulness-awareness sitting practice (shamatha); contemplative interactive exercises; periods of silence; mindful eating practice; and outdoor walking meditation.

Individual meditation instruction, as well as daily lectures and discussions, are included. This retreat can be challenging because practicing with emotions can be challenging. The instructor strongly recommends that participants have some prior meditation intensive experience (e.g., a weekend meditation program) prior to attending this retreat. Extra fees apply. Cross-listed as PSYT375.

PSYT596W
Special Topics in Transpersonal Counseling Psychology (1)
This course features guest presenters in the field of transpersonal psychology and focuses on the topics and issues currently shaping its practice and study. In recent years some of the topics have included Emotionally-Focused Therapy, DBT, Internal Family Systems, Psychotherapeutic Touch, Psychotherapy and Contemplative Practice, Ecopsychology, and Helping Children Heal. Topics and faculty vary from year to year. Spring 2015: Family Constellations Family Constellations is a combination of Western psychology with indigenous healing principles and practices. It shows many problems we struggle with are not fully our own. Family patterns, unconscious habits, and deeply held traumas can, when seen through the lens of Family Constellations, be let go of without extensive or months-long therapeutic intervention. We use established principles of psychology but don't reduce people to just their parts, either biological or psychological. The founder of Family Constellations, Bert Hellinger, created this therapeutic modality based on the ancestral healing practices of the Zulu people and combined these with family systems models. You will come to understand the mind and emotional trauma from a much larger perspective that includes brain, psyche, soul, energy, epigenetics, and ancestry. This is a group practice, but is adapted by many therapists to a 1 on 1 setting.

PSYT601
Gestalt I: Awareness (3)
The foundations of Gestalt awareness are explored experientially with individual, dyadic and group exercises. Central concepts of wholeness, present-centered awareness, self-responsibility, body awareness, contact and boundary disturbances are introduced. The basic form of a Gestalt experiment is demonstrated and the stages of the process are learned. Transpersonal roots, community building and development of the I-Thou relationship as the basis of therapeutic work are emphasized. Program students only.

PSYT603E
Engaged Contemplative Practices: Ecological and Societal Transformation (3)
Students develop skills that cultivate mindfulness, awareness, and compassion for social engagement. The course presents approaches and practices (e.g. sitting meditation, sensory awareness, and native based exercises) that involve personal as well as societal transformation. It includes models of engagement drawing on the work of Joanna Macy, the
nonviolent tradition of Thich Nhat Hanh (or others), and the practice of bearing witness. This is a blended course with both online and face-to-face components. Required for MATE.

**PSYT604**
Foundations of Art Therapy (3)
This course focuses on studio foundations in art therapy by investigating numerous in-class art assignments in conjunction with a studio practicum. The studio foundations course work examines practical applications of art therapy that focus on the therapeutic relationships and various artistic techniques that support change and transformation. Development of observation and therapeutic communication/counseling skills are stressed throughout the semester. The studio practicum material covers basic information on how to set up, manage and fund an art studio. During the semester, students fulfill 50 service hours in the Naropa Community Art Studio. Active participation in socially engaged, community-based arts along with service learning values is a key aspect of the course. Course and materials fee.

**PSYT607E**
Integral Psychology (3)
A course designed to take the student on a three-dimensional journey toward a deep understanding of this meta-theoretical approach to psychology. First, it involves an examination of the theory of Integral Psychology as the Fifth Force or Wave in the historical development of the discipline of psychology. Second, it includes a critical analysis of integral theory as it evolved in Ken Wilber's body of work. Throughout the course, students apply this evolutionary theory of consciousness in their own lives through the development of an ongoing Integral Life Practice.

**PSYT608**
Transpersonal Psychology Intensive I (3)
These weeklong courses introduce MATP students to transpersonal psychology and provide in-depth exposure to current issues and developments in the field. They also provide the opportunity for community building, face-to-face instruction in transpersonal processes such as meditation and ritual, and application of topics from the online courses. Students are expected to prepare for the course prior to attending and to complete a written assignment after the course. Required for MATE.

**PSYT609**
Wilderness Therapy Intensive: Introduction to Wilderness (2)
The distinct disciplines that define Wilderness Therapy in the Transpersonal Counseling Psychology program are examined. We explore how diverse disciplines can be combined in an effective therapy model that serves people and environment. Students gain understanding of how their personalities and experience influence their role as therapists. The class format is a combination of experiential activities, lectures, discussion and reflection. WT only. Field fees.

**PSYT610**
Human Growth and Development Throughout the Life Span (3)
This course provides an advanced study of human development from prenatal experience through the life span, including individual and family development and theories of learning and personality development. Students develop an intellectual and theoretical knowledge of human behavior, including an understanding of developmental crisis, disability, exceptional behavior, addiction, and psychopathology. Additionally, situational, cultural, and environmental factors that affect both normal and abnormal behavior are explored. Legal and ethical considerations are discussed throughout the course. Students deepen their understanding and use of human development in the therapeutic setting.

**PSYT611**
Helping Relationships I: (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession, theoretical orientations including family systems, ethics, counseling skills, development and stages of a therapeutic relationship and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions.

**PSYT612**
Helping Relationships I: Wilderness Therapy (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession; theoretical orientations including family systems, ethics, counseling skills, development and stages of a therapeutic relationship; and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions. WT only.

**PSYT617E**
Ecology Concepts and Applications (3)
This online course reviews fundamental concepts in ecology and explores their relevance to ecopsychology. We explore organisms in their environment, population dynamics, community ecology, ecosystem dynamics and Gaia Theory. A field component involves natural history investigations in each student's local bioregion. As a group, we develop a place-based perceptual ecology and inquire into the dynamic interrelationships between local ecology, global change, and the human psyche. Required for MATE.

**PSYT618**
Transpersonal Psychology Intensive II (3)
This weeklong courses introduce MATP students to transpersonal psychology and provides in-depth exposure to current issues and developments in the field. It also provides the opportunity for community building, face-to-face instruction in transpersonal processes such as meditation and ritual, and application of topics from the online courses.
Students are expected to prepare for the course prior to attending and to complete a written assignment after the course. MATP only.

PSYT620
Authentic Movement/Transpersonal (2)
Authentic Movement, a self-directed movement process employing the wisdom of the body as a pathway to awareness, provides direct experience of the individual and collective body as a vessel for integration, healing, transformation and creative process. This course explores the ground form of Authentic Movement: the mover, witness and the relationship between them. Students explore their own process while experiencing this therapeutic movement form. Through learning how to increase the authenticity of presence, students explore the ground of the healing relationship. Authentic Movement provides a model for life lived in authentic relationship to self, others and community.

PSYT621
Psychology of Meditation I: Mindfulness Training (3)
Mindfulness, the ability to be fully present, is essential for the skillful counselor. This course introduces the practice of mindful breathing (shamatha-vipashyana) sitting meditation drawn from the Buddhist tradition as a means of developing moment-to-moment awareness. Methods for cultivating wakefulness within daily life situations are explored.

PSYT624
Art Therapy Studio: Process and Materials (2)
Art-based research combined with contemplative practice are carefully integrated into the investigation of various art processes and materials throughout the semester. The open studio model is followed, allowing for students to practice mindfulness through process painting, drawing, and sculpture projects. Commitment to personal and transpersonal imagery is encouraged as an essential part of understanding one’s identity as an artist, the purpose of the therapeutic community and contemplative models for practicing studio art therapy. Prerequisite: PSYT604 and PSYT634. AT only. Materials Fee.

PSYT627
Contemplative Perspectives & Practice (1)
The course supports students in continuing their training in mindfulness practice and explores the use of contemplative practice in the context of personal development and working with others, particularly in wilderness settings. In addition to group sitting practice, students engage in several periods of extended silent activity in order to deepen mindfulness in wilderness settings. WT Only.

PSYT629
Family Systems Interventions: (2)
This course examines the clinical applications of family systems theoretical knowledge in wilderness therapy with a focus on equine-assisted settings. Students experience various interventions and develop skill through hands-on practice. Specific family issues (e.g. divorce, blended families, abuse) are explored using family systems approaches. Students select one family therapy approach for more in-depth study. WT only. Must be taken concurrently with PSYT708. WT only.

PSYT634
History & Theory of Art Therapy (3)
Students explore various historical and current theoretical trends in art therapy, focusing on the contributions of early pioneers and contemporary practitioners. Various approaches to the practice of counseling and art therapy are highlighted (depth psychology, humanistic, gestalt, cognitive/behavioral, phenomenological, developmental, archetypal) with specific attention devoted to models of contemplative and transpersonal art therapy, creativity, future trends, and strategies to employ when looking at and responding to artwork within the therapeutic relationship. AT only.

PSYT646
Contemplative Voice Work: Sounding the Body-Mind (2)
This course is designed to be primarily experiential in nature. Each class begins with breathing and movement exercises, bringing awareness to the body and releasing habitual holding patterns, which can inhibit vocal expression. The remainder of the class is spent in group, dyad, and individual work exploring techniques for vocal expression including sounding, toning, singing, and listening as a way to access and express the full range of the authentic voice. Students explore countertransference issues connected with particular vocal qualities and will experiment with “shadow” (not me) vocal sounds in order to develop a wider range of expression. Previous experience with singing is not required.

PSYT651
Gestalt II: Experiment (3)
Demonstrations of individual and group experiments are followed by didactic learning that further explores the central Gestalt themes. The concepts of organicity, figure-ground perceptual fields, polarities, top-dog/underdog, the four explosions, contact boundary and satisfaction/frustration are explored. The process of a therapeutic experiment is introduced, and students learn to identify stages of a Gestalt working. Students work under the supervision of the teacher. If this class is not successfully completed, both Gestalt I and Gestalt II must be retaken together. Prerequisite: PSYT601.

PSYT656W
Ecopsychology Intensive I (1)
The course focuses on advanced topics within ecopsychology, further builds community within the program and aims to teach specific skills for working with individuals and groups in an ecopsychological context. The students’ meditation practice and an understanding of its importance in ecopsychology are deepened. Prerequisites: Completion of PSYT608 and
ENV565e. Required for and only open to first-year MATE students.

PSYT660
Assessment and Appraisal in Counseling (3)
An overview of individual and group approaches to assessment and evaluation, as these have developed historically from a traditional educational and psychological perspective through a more focused counseling perspective, with suggested applications appropriate for transpersonal and contemplative practitioners. The course covers basic topics of standardized and non-standardized testing and other assessment techniques including inventories, observations, and computer managed methods. Topics include psychometric statistics, factors related to the assessment and evaluation of individuals, groups, and special populations, case conceptualization, assessment and diagnosis. Ethical and legal considerations are integrated throughout the course. Issues of diversity related to development of and selection of assessment instruments are also explored. Course fee.

PSYT661
Helping Relationships II (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession, theoretical orientations including family systems, ethics, counseling skills, development and stages of a therapeutic relationship; and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions. Prerequisite: PSYT611.

PSYT662
Helping Relationships (WT) II: (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession; theoretical orientations including family systems, ethics, counseling skills; development and stages of a therapeutic relationship; and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions. WT only. Prerequisite: PSYT612.

PSYT665
Civic Engagement Studio Practicum (0)
A 50-hour practicum that allows students to work with various groups from the local community in the Naropa Community Art Studio. Civic responsibility, service learning values, and cultural/social interventions through art and the mentorship role are stressed throughout the semester. Course and Materials fee. Prerequisites: PSYT604, PSYT634. AT only.

PSYT667W
Ecopsychology Intensive II (1)
Building on previous courses, this course teaches theories and techniques of specific applications and practices for ecopsychology facilitators. Students have a chance to both observe these practices and practice them in the intensive course. A second purpose of this course is face-to-face community building in the low-residency MATE program. An in-depth self-assessment paper is required. Prerequisite: PSYT 656W. Required for MATE.

PSYT668
Counseling Practicum (3)
Required of all second-year students, the practicum provides for the continued development of counseling skills through field work at a community agency with on-site consultation and supervision, and it is designed to provide a supportive and instructional forum for students’ initial experiences working with clients in community settings. Students also become familiar with ethical guidelines relating to the counseling profession. Students discuss, within a supportive classroom environment, professional and personal issues as they relate to their development as beginning counselors. Discussion topic include client populations served, client transference and therapist countertransference, case presentations, agency structure and organization, and community resources. Prerequisite: PSYT661 or PSYT662.

PSYT670
Transpersonal Psychology (3)
An introduction and examination of central concepts, theories, practices and applications of transpersonal psychology. The on-campus sections are designed for students in the transpersonal counseling programs. These sections extend counseling and psychology into transpersonal areas. The theories of the central figures in the field are discussed and compared as well as the roots of transpersonal psychology in the world wisdom traditions and multicultural considerations. Students learn counseling applications of transpersonal psychology. The online section of this course explores foundations of transpersonal psychology and its applications to meditation, ritual, ecopsychology, psychological research, multicultural diversity and other areas. All sections blend intellectual exploration, practice and self-reflection.

PSYT670E
Transpersonal Psychology: Foundations and Central Concepts (3)
An introduction and examination of central concepts, theories, practices and applications of transpersonal psychology. The on-campus sections are designed for students in the transpersonal counseling programs. These sections extend counseling and psychology into transpersonal areas. The theories of the central figures in the field are discussed and compared as well as the roots of transpersonal psychology in the world wisdom traditions and multicultural considerations. Students learn counseling applications of transpersonal psychology. The online section of this course explores foundations of transpersonal psychology and its applications to meditation, ritual, ecopsychology, psychological research,
multicultural diversity and other areas. All sections blend intellectual exploration, practice and self-reflection. Required for MATE.

PSYT671
Psychology of Meditation II: Applications to Counseling (2)
This course builds on the foundation provided by PSYT 621. Topics presented through lectures and readings deepen the understanding of essential principles of meditative awareness. The specific focus of the course is the way meditation can support the counseling relationship.

PSYT672E
Transpersonal Psychology II: Theorists and Applications (3)
This course serves as a continuation of Transpersonal Psychology I and focuses on particular theorists and applications of transpersonal psychology in a variety of areas. Prerequisite: PSYT670e or an equivalent introduction to transpersonal psychology. Online fees apply.

PSYT673
Jungian Psychology: Transpersonal Foundations and Central Concepts (3)
C.G. Jung, arguably the first transpersonal psychologist, presented a complex model of the psyche including the ego and its relationship to the unconscious and what he called the Self, which is the transpersonal component of the psyche. This course, blending Jungian transpersonal theory with applied clinical methods, examines these core precepts and other central tenets of Jung's analytic psychology. Art therapy students can choose between either this class or PSYT670. Interested counseling track students can take this course after completing PSYT670. Prerequisite for counseling track students: PSYT 670. Prerequisites for art therapy students: PSYT604 and PSYT634.

PSYT680
Group Dynamics & Leadership I (1)
Working with groups is both an art and a science; therefore, this lecture course is taught in conjunction with PSYT 682, an experiential course. This course teaches a combination of techniques drawn from Gestalt, existential, psychodynamic, systems and other approaches to group therapy. Topics discussed include the following: general group theory; varieties of group therapy; issues involved in starting a group; stages of group development; levels of intervention in groups (interpersonal, intrapersonal and group); transference, countertransference and authentic relatedness in groups; resistance and defenses in groups; use of dreams in groups; group maintenance; multicultural issues in groups; and closure exercises and experiences. Prerequisite: PSYT 661.

PSYT681
Gestalt Community Intensive (2)
Designed as a summer intensive in an off-campus setting, this course provides further opportunities for the integration of the Gestalt approach for the beginner and mastery of skills for the more advanced learner. Students are provided the opportunity to explore their own process in a community setting. Special fees apply. (Off-campus setting may include retreat, equine, and wilderness.)

PSYT682
Group Dynamics & Leadership (2)
In this course, students practice a combination of techniques drawn from Gestalt, existential, psychodynamics, systems and other approaches to group therapy. Skills to be practiced and/or discussed follow the themes concurrently taught in PSYT 680. Themes include general theory; varieties of group therapy; group start-up issues; stages of group development; levels of intervention in groups; transference, countertransference and authentic relatedness; resistance and defenses; use of dreams; group maintenance, multicultural issues; closure exercises and experiences. Prerequisite: PSYT681. Corequisite: PSYT680.

PSYT685
Ecopsychology Training (3)
Ecopsychology explores human-nature relationships and the implications of a deeper connection between human and nature for mental health, personal growth, environmental action and sustainable lifestyles. This advanced course assumes an understanding of the theory and practices of ecopsychology. It is directed toward the interface of ecology, transpersonal psychology and contemplative practice (i.e., nature, psyche and spirit), critical evaluation of ecopsychological thinking and the development and use of ecopsychology practices in personal and professional applications.

PSYT699
Independent Study: Transpersonal Psychology (0.5)

PSYT700
Research and Program Evaluation (3)
This course is an introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research and opportunities and difficulties of conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action and outcome based are surveyed. Principles, models and applications of needs assessment, program evaluation and use of findings to effect program modification are discussed. Technology, statistical methods, ethics and legal concerns, result reporting and diversity are also topics of importance.

PSYT704
Group Dynamics and Leadership (for Art Therapy Students) (3)
This course addresses the theory and practice of group counseling through various didactic and experiential
methods. The following counseling and art therapy topics are addressed throughout the semester: group ethics, group dynamics and process, stages of group development, levels of intervention, curative factors of group work, contemplative practice applications, group resistance and defenses, cultural competency, termination practices, and the use of art-based interventions and processes for specific populations. Additionally, special attention is devoted to the family as a group. Prerequisites: PSYT604, PSYT611, and PSYT634. Course and materials fee. AT only.

PSYT706
Group Dynamics & Leadership I: WT (2)
Group Dynamics and Leadership I provides theoretical and experiential understandings of group purpose, development, dynamics, counseling and therapy theories, approaches, methods and skills. Studies include comparative models, evaluation methods, research, professional preparation, ethical and legal considerations, and applications for working creatively in outdoor and wilderness settings. Must be taken concurrently with PSYT708.

PSYT707
Special Populations Interventions: Wilderness Therapy Settings (2)
This course explores therapeutic interventions, primarily from adventure therapy and ecotherapy. Focus is on issues related to trauma and addictions/substance abuse. We examine various models of addiction recovery, specifically as they apply to diverse populations. Learning happens initially through demonstration and participation, followed by students practicing with peers. Must be taken concurrently with PSYT708.

PSYT708
Outdoor Skills I: Equine, Mountains, Climbing, Canyons and Ropes Courses (2)
Students learn and practice basic outdoor skills for backcountry travel and camping, review physical and emotional risk-management techniques, and learn how tologistically prepare food and gear for an expedition. Students learn technical and ecological identification skills associated with a variety of outdoor settings and seasons. Field fee. Prerequisite: PSYT662.

PSYT710
Family Systems (2)
An entry-level examination of family process and family counseling. Drawing from a systems approach, the student learns how to shift his or her focus from the individual to the dynamic interplay between members of a couple or family. Major schools of family therapy are studied. Experiential exercises and role-playing complement the theoretical learning. Students explore their own family of origin as a ground for working with others. Trauma in the family, such as child abuse and domestic violence, is also covered. Prerequisite: PSYT610.

PSYT711
Transforming Addictions (2)
The physical, mental, emotional and spiritual nature of alcohol and drug dependency and other addictive behaviors is explored. Assessment, therapeutic techniques, intervention and in-patient and out-patient treatment are discussed. Students explore the contributions, as well as the strengths and weaknesses, of 12-step and other self-help recovery groups. The interrelationship of alcohol and drug abuse and other addictive behaviors with attachment and bonding disruptions in early childhood and childhood trauma is also investigated. Lectures, guest lectures, discussions, role-play and other experiential techniques are used.

PSYT718
Transpersonal Counseling Service Learning Practicum (3)
This service-learning practicum provides students the opportunity to learn about international social justice organizations during a 3-week trip to Cambodia, and particularly in partnership with Transitions, an organization in Phnom Penh that shelters and rehabilitates girls rescued from the sex trafficking industry. Emphasis is to study the diverse issues in the Cambodian culture, to learn about international NGOs, and particularly to learn about the trafficking industry so prevalent there. Students and faculty pair up with clinical staff, with the intention to bring knowledge about art therapy and its usefulness to the clients they serve, as well as provide information to staff about the usefulness of art therapy for self-care. Students become familiar with ethical guidelines relating to the counseling profession in general, but especially as it relates to multicultural issues. Students meet during the spring semester to prepare for this 3-week trip. Pre-requisites: PSYT611 and PSYT661. All student participants must go through the application process and be accepted to participate in this trip. Only second- or third-year students entering the spring semester are eligible. Course fee.

PSYT719
Ecopsychology: Transpersonal Perspectives (2)
Transpersonal psychology in the field of ecopsychology is addressed. Major themes of ecopsychology we explore include the human-nature relationship; disconnection from the natural world; practices for reestablishing and deepening our connection with the natural world; and ecotherapy. Students are exposed to diverse perspectives in the field and are asked to develop and articulate their own point of view. Must be taken concurrently with PSYT708. WT only.

PSYT720
Meditation Practicum I: Cultivating Awareness (1)
This course is designed to support students in continuing the practice of mindfulness-awareness meditation begun in PSYT 621. Specific topics include applications of mindful/awareness
to creativity, healing and social action. Students meet in small groups for sitting and walking meditation sessions and discussion. Individual meditation instruction is provided. Prerequisite: PSYT621. Materials fee.

PSYT721
Social and Cultural Foundations in Counseling (3)
This survey course explores the role of the counselor embedded in the milieu of the social and cultural realities of society. Issues concerning work with families from diverse cultures are discussed, including the counselor's role in social justice, advocacy and conflict resolution, cultural awareness, the nature of biases, prejudices, processes of intentional and unintentional oppression and discrimination, and other culturally supported behaviors that are detrimental to the growth of the human spirit, mind or body.

PSYT726
Group Dynamics and Leadership II: WT (3)
Group Dynamics and Leadership II provides further theoretical and experiential understanding of group purpose, development, dynamics, counseling and therapy theories, approaches, methods and skills. Studies include comparative models, evaluation methods, research, professional preparation, ethical and legal considerations, and applications for working creatively in outdoor and wilderness settings. Must be taken concurrently with PSYT728.

PSYT728
Outdoor Skills II: Horticulture, River, and Rites of Passage (2)
In the second semester of this yearlong class, students continue to hone outdoor skills associated with specific settings. Topics include physical and emotional safety; risk management; technical skills applicable to the setting; equipment use and maintenance; planning and organization; and travel and living within the setting. Additional focus is placed on trip planning for specific therapeutic populations. Prerequisite: PSYT708. WT. Field fee.

PSYT730
Incest and Sexual Abuse (1)
An introduction to working with clients who have the experience of sexual abuse or incest in their history. We look at the definition, assessment, history, causes, effects and treatment of sexual abuse and incest. Students explore their own process, the process of the client and the process of healing in this area from both a personal and systemic perspective.

PSYT734
Counseling for Child and Adolescent Populations (for Art Therapy Students) (3)
An examination of the psychological, psychosocial, cultural, cognitive, creative, and spiritual development of children from birth through adolescence to age nineteen as it relates to the practice of counseling and art therapy. Through readings, discussion, practice sessions with children, experiential exercises, and assignments, students focus on understanding development, assessment including art-based assessments, attachment theory, approaches to treatment, cultural competency and the practice of counseling and art therapy with a variety of child and adolescent populations. AT only. Materials fee. Prerequisite: PSYT704.

PSYT738E
Transpersonal Service Learning I (1.5)
Students apply and deepen their learning through service. With guidance from program faculty, students arrange a service-learning project in an area of their choice. Course lectures, reading and discussion support this learning by examining the nature of transpersonal approaches to service and by providing a forum for interaction and support among students and faculty. MATE students only.

PSYT740
Diagnostic Psychopathology (2)
An advanced overview of clinical thinking, perspective and comprehension related to assessment, diagnosis and treatment planning tasks required of a psychological professional working with clients representing a wide range of distress, disorders, mental illness, life crises, spiritual dilemmas, personal and developmental transitions and sociocultural challenges.

PSYT743
Transitions Throughout the Lifespan (3)
An examination of counseling individuals through major life transitions. The modality of rites of passage, its appropriateness with both adolescent and adult clients, and its cross-cultural dimensions are a focus. Students gain first-hand experience with ceremony, ritual, expressive arts, and vision fasts in natural settings as modalities for addressing transitions. Must be taken concurrently with PSYT728. WT only.

PSYT748E
Transpersonal Service Learning II (1.5)
This is the second of a two-semester sequence in which students apply and deepen their study of transpersonal psychology through service. This semester, students complete the service-learning project begun in Transpersonal Service Learning I and complete a written paper integrating their learning with theory and research in their area of service and with understanding of transpersonal service. Online lectures, reading and discussion support this learning. MATE students only. Prerequisite: PSYT738e.

PSYT753
Diagnostic Psychopathology II (1)
This course addresses adult development, family material, and clinical approaches to case conceptualization when working with various adult populations from specific DSM categories.
Population-specific lectures address case material and clinical counseling/art therapy interventions. Organization of treatment plans, treatment implementation, documentation methods, adult development, cultural competency, and assessment for adult populations are examined throughout the semester. Prerequisite: PSYT734. Materials fee. AT only.

PSYT754
Counseling for Adult Populations (for Art Therapy Students) (3)
This course addresses clinical approaches to working with adult populations from specific DSM-IV categories and with families. Each class offers a population-specific lecture, case material and general art therapy interventions. Students have the opportunity to increase their understanding of art therapy assessment by engaging in dyad/studio sessions with each other. Organization of treatment plans, session documentation and assessment for adult populations are examined. The Family Systems portion of the class offers an overview of family systems theory and family art therapy. Students learn the basic concepts of systems theory, how to make Bowenian and Minuchin maps, how families are organized and structured, the life cycle of a family and working with diverse family structures through cultural awareness.

PSYT755
Theories & Practice in Career Counseling (1.5)
This course addresses students enrolled in the Wilderness Therapy concentration with an introduction to career counseling, career development and adult transition from a transpersonal point of view. Students learn the central theories of career development and decision-making models. Interrelationships among and between work, family and other life roles and factor including the role of diversity and gender in career counseling are explored. Key assessment instruments for life/career planning and decision-making are explored through client-based practices. Technology-based applications and the utilization of the Internet in career exploration are explored. Students learn career counseling processes and techniques, including those applicable to specific populations. Ethical guidelines and legal consideration are also reviewed. Taught as a four-day intensive. WT only.

PSYT759
Transitions, Lifestyles, and Career Development (3)
This course addresses career counseling, career development and adult transition from a holistic and transpersonal point of view. Students learn the central theories of career development. Key assessment instruments for life/career planning and decision making are reviewed. Career counseling skills and processes are explored including those applicable to specific populations. The course explores the interrelationships between work, family and other life roles including the role of diversity and gender in career development. Ethical and legal considerations, career development programming and evaluation, occupational and labor market information, and web-based resources are studied.

PSYT763
Gestalt Therapy and Breathwork (1)
Inhalation and exhalation, expansion and contraction emulate the movement of all life. In Gestalt theory, we utilize breath in awareness and in deepening the experiment. This class explores Gestalt theory and the use of breath in dealing with resistance, bringing about emotional presence, sustaining life's vitality, energizing and bringing about calmness.

PSYT765
Theories & Practice in Career Counseling II (1.5)
Taught as a four-day intensive, this course addresses students enrolled in the Wilderness Therapy concentration with advanced instruction in career counseling, career development, and adult transition from a transpersonal point of view. Students learn the central theories of career development and decision-making models. Interrelationships among and between work, family, and other life roles and factors including the role of diversity and gender in career counseling are explored. Key assessment instruments for life and career planning and decision-making are explored through client-based practices. Technology-based applications and the utilization of the Internet in career exploration are explored. Students learn career counseling processes and techniques, including those applicable to specific populations. Ethical guidelines and legal consideration are also reviewed. Prerequisite: PSYT755. WT only.

PSYT770
Meditation Practicum II: Developing Compassion (1)
The development of compassion as the basis of the counseling relationship is explored in this course through the practice of tonglen (exchange of self and other) from the Buddhist tradition. Specific topics include the application of tonglen to the healing process, death and bereavement, social action and preventing burnout. Group sessions of sitting and walking meditations, discussions and individual instruction are provided.

PSYT771
Marriage and Couples Therapy (2)
This class focuses on developing a working knowledge of marriage therapy using different models, with emphasis on diversity and Jungian couple's therapy as well as neurobiology and gender research. Students are asked to draw from their own knowledge as they prepare to support working couples.

PSYT780
Therapy with Children & Adolescents (2)
This course focuses on essentials of therapy with children, adolescents, and the family system in which they live. Students have the opportunity to explore and practice directive and non-directive treatment interventions while examining
issues such as emotional age, nervous system regulation, and brain development. The therapist’s role and use of mindfulness, emotional congruence, and attunement are also addressed. Students have the opportunity to explore specific topics such as aggression, art, sand, puppets, and family play. Adoption, ADD and ADHD, trauma, sensory processing issues, addiction/cutting and other issues commonly related to children and teens are also covered. Prerequisite: PSYT610.

PSYT782
Approaches to Couples Counseling (1)
Intensive two-day workshop featuring various methods of couples counseling: Imago, Existential, Gottman, Object Relations, and other approaches. One approach is featured each semester - topics to be announced. Both didactic information and experiential exercises are presented, including concrete and effective tools for working with couples. Students gain confidence in their ability to understand and deal with relationship dynamics, including their origins in early childhood. Prerequisite: PSYT611.

PSYT782W
Approaches to Couples Counseling (1)
Intensive two-day workshop featuring various methods of couples counseling: Imago, Existential, Gottman, Object Relations, and other approaches. One approach will be featured each semester--topics to be announced. Both didactic information and experiential exercises are presented, including concrete and effective tools for working with couples. Students gain confidence in their ability to understand and deal with relationship dynamics, including their origins in early childhood. Prerequisite: PSYT611.

PSYT791
Advanced Child & Adolescent Therapy (1)
This advanced course for working with children, adolescents and their families focuses on turning the theory of previous classes into the practical. Many case studies and demonstrations with class members as family members are used. Students receive the opportunity to practice with other students as well as present their own "cases." The instructor uses a model that integrates developmental process, Gestalt, psychodrama and family therapy. Prerequisite: PSYT780.

PSYT800
Internship I (2)
The student works a total of 700 hours in community agency settings. Prerequisite: PSYT668.

PSYT804
Internship I: Art Therapy (2)
Students work as art therapy interns for a minimum of 700 hours in community agencies, hospitals, schools and other institutions according to AATA guidelines. At least 350 hours of direct client contact is supplemented by treatment team meetings, documentation, clinical supervision and in-service training. Prerequisite: PSYT668 and all required Art Therapy and Transpersonal Counseling Psychology courses.

PSYT806
Internship I: Wilderness Therapy (2)
The student works a total of 700 hours in community agency settings. Prerequisite: PSYT668.

PSYT810
Professional Orientation and Ethics I (2)
Professional Identity and Ethics I supports the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations and credentialing. Students are exposed to the ethical, legal and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical and personal issues related to the internship such as therapeutic technique and style, diversity issues, transference and counter-transference. Prerequisite: PSYT668. Must be taken concurrently with PSYT800.

PSYT814
Professional Orientation and Ethics I (for Art Therapy Students) (3.5)
Professional Orientation and Ethics provides an instructional, supportive forum for students practicing counseling and art therapy skills in agency settings. Students study the ethical codes, legal, and advocacy considerations of counseling and art therapy, including standards of practice and client's rights; confidentiality and mandatory reporting; informed consent; assessment and treatment planning; documentation and record keeping; boundary violations/dual relationships; therapeutic technique and style; cultural competency; transference and countertransference; and ownership of artwork. Students demonstrate the applied integration of theoretical material by presenting case material during class and by preparing a written case study for their Final Clinical Paper. Prerequisite: PSYT668 and all Art Therapy and Transpersonal Counseling Psychology courses. AT only.

PSYT816
Professional Orientation and Ethics I: Wilderness Therapy (2.5)
Professional Orientation and Ethics I supports the learning experience of students enrolled in internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case
studies. We are concerned with professional, theoretical, and personal issues related to the internship such as therapeutic technique and style, diversity issues, transference, and countertransference. Prerequisite: PSYT668.

**PSYT824**  
Internship Studio Methods I (0.5)  
This course complements the work covered in Professional Seminar and Ethics I by using various studio methods and virtual art techniques to explore the fieldwork experience in terms of transference and countertransference, parallel process, projective identification response, art making, self-care, ethics and professional role identity. AT only. Materials fee.

**PSYT839E**  
Master's Paper Online I (1.5)  
The first of a two-course sequence in which students apply and deepen their learning of transpersonal ecopsychology through completion of a major written paper. The final paper should provide a literature review of a particular ecopsychological topic, and critical and creative inquiry into a transpersonal approach to the topic. The paper should also include self-reflection of the student's relationship to the topic. Students work closely with the instructor, an expert reader, and classmates. The online course environment provides support for the process of writing this paper. In the first-semester course, students produce an outline and proposal for their paper and a 10-20 page literature review of their chosen topic. Online fees apply.

**PSYT844**  
Internship Studio Methods II (0.5)  
This course complements the work covered in Professional Orientation and Ethics II by using various studio methods and techniques to explore the fieldwork experience in terms of transference and countertransference, parallel process, projective identification, ethics and professional role identity. AT only. Prerequisite: PSYT824. Course fee.

**PSYT850**  
Internship II (2)  
A continuation of PSYT 800.

**PSYT854**  
Internship II: Art Therapy (2)  
A continuation of PSYT804. If one fails to successfully complete this class, both Internship I and II must be retaken in sequence. AT Only. Prerequisite: Successful completion of all required Art Therapy and Transpersonal Counseling Psychology courses and PSYT 814. AT only.

**PSYT860**  
Professional Orientation and Ethics II (2)  
Professional Orientation and Ethics II completes the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations and credentialing. Students are exposed to the ethical, legal and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical and personal issues related to the internship such as therapeutic technique and style, diversity issues, transference and countertransference.

**PSYT864**  
Professional Orientation and Ethics II (for Art Therapy Students) (3.5)  
This weekly seminar continues the discussion on professional issues related to assessment, treatment planning, documentation, clarification and application of theoretical orientation, transference and countertransference, and various legal and ethical topics. Throughout the semester, students present case material, eventually formulating a coherent case study to be presented at the department orals. If one fails to successfully complete this class, both professional seminars I and II must be retaken in sequence. Prerequisite: Successful completion of all required Art Therapy and Transpersonal Counseling Psychology courses and PSYT 814. AT only.

**PSYT866**  
Professional Orientation & Ethics II Wilderness Therapy (2.5)  
This course completes the learning experience of students enrolled in the internship placement. The Professional Orientation and Ethics II class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations and credentialing. Students are exposed to the ethical, legal and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical and personal issues related to the internship such as therapeutic technique and style, diversity issues, transference and countertransference.

**PSYT867**  
Extended Internship Placement (0.5)  
The purpose of this course is to provide continued clinical support and guidance to students who have not completed their required clinical internship hours. This course is required for any student who has completed PSYT 800 or PSYT 804, and is enrolled in (or has completed) PSYT 850 or PSYT854, but has more than 50 hours left of clinical internship to complete by the last day of classes in the spring semester.
PSYT880E
Master's Paper Online II (1.5)
The second of a two-course sequence in which students complete a major written paper on a topic of their choice. In the second-semester course, students complete the paper. Prerequisite: PSYT839e.

PSYT881
Extended Master's Paper (0.5)
Students who have not completed the paper, may qualify for extension of the paper semester. See "Special Student Status" in the Academic Information section. May be repeated.

PSYT881E
Extended Master's Paper (0.5)
An extension of the sequence of two courses leading students to complete the Master's paper. It is offered in the event that a student does not complete the paper within the given time. Prerequisite: PSYT 880e.