

MASTER OF ARTS IN TRANSPERSONAL COUNSELING PSYCHOLOGY CONCENTRATION IN ART THERAPY 2010–11

Program Description

Grounded in a foundation of mindfulness/awareness training, students pursue didactic and experiential course work in art therapy and transpersonal psychology along with various opportunities to practice out in the field. The 700-hour fieldwork placement, with corresponding professional seminars, helps solidify academic learning and professional convictions. Graduates of this program are prepared for work as professional members of multidisciplinary teams within agencies and eventually, with proper supervision, in private practice.

Art Therapy

Approved by the American Art Therapy Association and accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, the Art Therapy concentration has been designed in accordance with the American Art Therapy Association guidelines for ATR training. This 62-credit program consists of 32 credits of art therapy course work combined with 30 credits of transpersonal counseling psychology and contemplative studies. Students also participate in a minimum of 180 direct contact hours of studio-based work throughout the program, including the time spent in the Naropa Community Art Studio.

Specifically designed to integrate diverse perspectives, the Art Therapy program strives to support the spiritual, artistic and academic unfolding of each student. This is accomplished through active participation with a sitting meditation practice combined with progressive approaches to the field of art therapy. With sincere intentions, we have created an innovative learning environment that strives to support each student's journey toward professional and spiritual wholeness.

Upon completion of this three-year program, all Art Therapy students will graduate with the educational requirements necessary for registration (ATR) with the American Art Therapy Association.

Licensure

The counseling programs of the Graduate School of Psychology convey the subject matter of their respective disciplines within a framework of training and education so that graduates may serve as professional counselors. Naropa University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. Thus, graduates of our program are able to inform licensing boards and potential employers that they graduated from a regionally accredited program.

Learners are strongly encouraged to carefully research the educational requirements for the intended licensure or certification in the state(s) where they will seek licensure or certification. The programs of the Graduate School of Psychology have not sought approval by the Council for Accreditation and Other Related Educational Programs (CACREP). Nevertheless, the faculty has developed the curricula with CACREP requirements, as well as other recognized professional and national standards, including the state of Colorado, in mind. Please note that the licensure requirements of state boards and licensing agencies vary

from state to state and change over time. Consequently, successful completion of degree requirements does not guarantee that a state board or licensing agency will accept a graduate's application for licensure. It is important that learners are aware of their responsibilities regarding licensure and certification; advisors are available to discuss professional and career matters with learners and graduates.

Naropa graduates have a history of success in receiving licensure/certification across the United States; faculty and advising staff will assist students in this regard, recognizing that some state requirements may include additional course work not covered in a single graduate program. Learners should monitor developments in their intended states for licensure/certification, and work with their faculty and advising staff to explore options for meeting their requirements.

Transpersonal Counseling Psychology

Transpersonal psychology is a large umbrella for many approaches that consider human experience in a spiritual context. Standing for the study and cultivation of the human potential for wholeness, the field seeks to understand the person from a nondualistic point of view. The diversity of approaches in transpersonal psychology provides a supportive environment for engaged dialogue, critical analysis and cross-fertilization of knowledge. Transpersonal psychology provides a backdrop for counseling practices that are designed to address suffering and awaken the wisdom of body and mind.

In a setting of collaborative inquiry, students engage in a process that emphasizes intellectual, emotional, social and spiritual awareness. Mindfulness and awareness practices are a foundation of the program that assists students in making compassionate contact with their own experience. Experiential learning helps to embed these qualities in the context of working with others. The program focuses on exploring the underlying orientation, development and personal journey of the counselor. Depth work is designed to open new possibilities for inner growth, enhanced relational skills and professional competence.

MA TRANSPERSONAL COUNSELING PSYCHOLOGY: ART THERAPY REQUIREMENTS*

First year, fall

PSYT 604	Foundations of Art Therapy: Studio and Practicum (3)
PSYT 611	Helping Relationships I (3)
PSYT 621	Psychology of Meditation I: Mindfulness Training (3)
PSYT 634	History and Theory of Art Therapy (3)
SUBTOTAL	12

First year, spring

PSYT 661	Helping Relationships II (3)
PSYT 670	Transpersonal Psychology (3)
PSYT 704	Group Dynamics and Leadership: AT (3)
PSYT 720	Meditation Practicum I: Cultivating Awareness (1)
SUBTOTAL	10

Second year, fall

PSYT 610	Human Growth and Development through the Life Span (3)
PSYT 721	Social and Cultural Foundations in Counseling (3)
PSYT 734	Counseling for Child and Adolescent Populations (AT only) (3)
PSYT 740	Diagnostic Psychopathology (2)
SUBTOTAL	11

Second year, spring

PSYT 624	Art Therapy Studio (2)
PSYT 660	Assessment and Appraisal in Counseling (3)
PSYT 668	Counseling Practicum (3)
PSYT 754	Art Therapy Skills IV: Adult Populations and Family Systems (4)
SUBTOTAL	12

Third year, fall

PSYT 700	Research and Program Evaluation (3)
PSYT 804	Internship I: Art Therapy (2)
PSYT 814	Professional Orientation and Ethics I: Art Therapy (3)
PSYT 824	Internship Studio Methods I (0.5)
SUBTOTAL	8.5

Third year, spring

PSYT 759	Transitions, Lifestyles and Career Development (3)
PSYT 844	Internship Studio Methods II (0.5)
PSYT 854	Internship II: Art Therapy (2)
PSYT 864	Professional Orientation and Ethics II: Art Therapy (3)
SUBTOTAL	8.5
TOTAL CREDITS	62

**This fact sheet describes the 2009–10 curriculum for the MA in Transpersonal Counseling Psychology: Art Therapy concentration. Naropa University faculty and staff are committed to regular review and revision of the curriculum, to reflect new findings and understandings in the field, feedback from alumni and the professional community, and faculty expertise. Please inquire with the Office of Admissions and/or the Department of Transpersonal Counseling Psychology for any curricular changes that are being considered for future academic years.*

Art Therapy Information Sheet

Listed below are the answers to several questions most frequently asked of the admissions staff.

- 1. Is this program approved?** Since spring 1998, this program has been approved with the American Art Therapy Association. Naropa University has been accredited since 1986 by the Higher Learning Commission of the North Central Association of Colleges and Schools (NCA).
- 2. What prerequisites do I need?** The undergraduate prerequisites are 18 semester credits (or its equivalent) in studio art from an accredited university, including 3 credits each in basic drawing, painting, sculpture or clay and 9 other elective credits in the studio arts. Twelve semester credits in psychology including 3 credits each in Developmental Psychology, Abnormal Psychology and Personality Theories, as well another elective psychology course (3 credits) are also required. We strongly encourage prospective students to apply even if they haven't completed all prerequisite courses. If this is the case, please clearly state in your application how and when you plan to complete these outstanding courses before classes begin at Naropa.
- 3. Do I have to be a successful, competent artist to be accepted into the program or to be an art therapist?** There is no expectation that students be professional artists. However, while we do not require our students to be successful professionals, we do want our students to strive to be the best artists that they are capable of becoming. Basically, the best way to learn about art therapy is to make your own art.
- 4. What about the portfolio requirements?** You will notice that a 20-slide portfolio or CD is required along with a typed summary and a brief descriptive comment for each piece. If you choose to send a CD, also include a print out copy of the slides. Understand that your work will not be subjected to a gallery-type critique. Nevertheless, the practice of art therapy presupposes a working relationship with basic art media (drawing material, paint, clay and a familiarity with the artistic journey that goes beyond classroom assignments). Please send your slides in one 8½" x 11" sleeve sheet or a CD envelope. If you would like them returned to you once admission decisions have been made, include a self-addressed return envelope (padded) and adequate postage.
- 5. How experienced do I need to be at working with others before applying to the program?** We advise, but do not require, applicants to pursue some form of working knowledge with various client populations before applying to the program. This can be accomplished through volunteer work or a paid position prior to submitting your application.
- 6. How long will it take to complete the program?** The Art Therapy concentration is a 62-credit, three-year (six-semester) program. A three-year program provides a strong sense of community among students and allows time for deeper integration of course work while offering the ability to maintain outside obligations to work and family.
- 7. What is the Counseling Experiential requirement?** The Counseling Experiential requires that you participate in a thirty-hour counseling relationship with a qualified psychotherapist of your choosing (it is recommended but not required that you fulfill this requirement with a registered art therapist). This component emphasizes the importance of self-reflection and firsthand experience in individual therapy. Subsidized counseling provided to Naropa students through Student Affairs may not be used to fulfill the Counseling Experiential requirement.
- 8. I'm not sure art therapy is the career for me. Where else can I get information about it?** Start with the American Art Therapy Association, www.arttherapy.org. Network within your state art therapy association. At the library, review these periodicals: *American Journal of Art Therapy*, *The Arts in Psychotherapy* and *Art Therapy: The Journal of the American Art Therapy Association*. Network! Ask a lot of questions.
- 9. How much do I need to know about transpersonal psychology or contemplative practice for entry into the program?** We strongly recommend that interested students inform themselves about transpersonal psychology by reading the suggested books listed on our website, particularly the three books listed on the supplemental application. We also prefer our applicants to have direct experience with some form of contemplative practice. Clearly this invitation can take many forms such as a sitting meditation practice, yoga, martial arts or a religious affiliation with a specific root tradition. The main point for us is that you practice and consider the fruits of transformation that come with sincere engagement with your chosen tradition. If you have not yet cultivated a practice, please know that you are still welcome to apply; we just want to invite you to cultivate your own commitment to a personal path of transformation.
- 10. Where do third-year students do their internships?** Third-year Art Therapy students complete their internships in a variety of sites in the Boulder/Denver area. Recent sites include: Access Counseling; The Children's Hospital-The Ponzio Creative Arts Therapy Program; Counseling and Psychological Services – University of Colorado; Eating

Disorder Clinic of Denver; Hospice Care, Family Self-Sufficiency; Denver Children's Home; Mount Saint Vincent's Home; Judy's House; Rocky Mountain Survivors Center.

Careers

Graduates of the Art Therapy program at Naropa University are working in a variety of settings, including schools, hospitals, retirement communities, mental health centers, hospice care, trauma work, residential care for children, medical rehabilitation, prisons and private practice.

Art Therapy Faculty

Christine DeMarco

MA, Lesley University; LPC; ATR.

Christine DeMarco graduated from Lesley University in 1995 with a master's degree in expressive therapies specializing in art therapy. Aside from being an adjunct faculty member at Naropa, she also works in community mental health with young children and families. Christine has been doing art therapy for the past ten years, with a variety of populations including homeless adults with mental illness; children with developmental disabilities including autism; the elderly; and children and families. Christine has been an active member of the Art Therapy Association of Colorado since 1997, including being vice president in 2003 and 2004.

Michael Franklin

MA, George Washington University; ATR-BC; PhD (cand.) Expressive Therapies, Lesley University.

Michael became the director of the Art Therapy program at Naropa University in 1997. Since 1982 he has both practiced and taught art therapy in various academic and clinical settings. He has lectured nationally and internationally, offering a wide range of research contributions to the field. As an artist, Michael actively pursues his work and continues to research the relationship between art therapy, yoga philosophy, meditation and the socially engaged artist.

Corissa Jordan-Schweitz Gold

MA, Naropa University; MFA, University of Colorado.

Corissa JS Gold completed her master's degree in fine arts from the University of Colorado and master's degree in Art Therapy from Naropa. She is currently an adjunct faculty member at Naropa and in private practice as a family art therapist specializing in adoption, multiculturalism and family care for the terminally ill. Between 2007 and 2008, Corissa served as president of the Art Therapy Association of Colorado. She believes in the holistic benefits of art making and remains committed to her own exploration and the supporting of others in this area. Corissa's artistic work ranges from conceptual exploration of the human condition to abstract wood sculptures.

Leah Friedman Spohn

MA, Naropa University; ATR.

Leah Friedman Spohn studied art therapy during both her undergraduate and graduate studies. She received her master's degree from Naropa and her love of academia keeps her at the university, continuing to work with students through academic advising and teaching. Leah also coordinates the Naropa Community Art Studio and has a private practice doing art therapy with adults and couples. She strives to maintain a balance between her love of art therapy practice and theory. She hopes to support students and alumni throughout their journey and transition into the professional community.

Sue Wallingford

MA, Naropa University; LPC; ATR-BC.

Sue Wallingford is the assistant coordinator of the Art Therapy program and a ranked faculty member. In the past twenty years, she has worked in various psychiatric facilities, a prison, a home for abused children, a residential home for the developmentally disabled, Hospice and with the elderly. Currently, Sue is in private practice offering counseling and art therapy services in the Boulder area. She continues to be dedicated to the art making process and has exhibited her work throughout the Boulder-Denver area.

Jessica Whitesel

MA, Naropa University; LPC; ATR.

Jessica Whitesel is an art therapist and painter. She currently works as a school-based therapist in Adams County, and directs the art therapy program at Colorado Heritage Camp. Her clinical experience includes work with international adoptees, homeless children, adults with aphasia, early childhood mental health and at-risk adolescents. She is particularly interested in feminist models of practice in individual therapy and supervision.

TRANSPERSONAL COUNSELING PSYCHOLOGY: ART THERAPY ADMISSION REQUIREMENTS

You are invited to visit Naropa University. Events for prospective students are scheduled every fall and spring. For more information, see www.naropa.edu/admissions/grad_events.cfm. The visitation coordinator will be happy to arrange for you to meet with an admissions counselor or a member of our faculty, visit a class or take a campus tour. Arapahoe Campus tours are offered Monday through Friday at 2 p.m. in the main lobby of the Administration Building. Tours of the Paramita Campus (MA Psychology: Contemplative Psychotherapy, MA Somatic Counseling Psychology and MA Transpersonal Counseling Psychology) are offered Mondays, Wednesdays and Fridays at 3:30 p.m. by reservation only. The visitation coordinator can be contacted at 303-546-3548 or 1-800-772-6951 (within North America) or by email at admissions@naropa.edu. You can also use the online Visitation Request form or you may view our campus from the online tour.

If you decide you would like to apply for admission, we prefer that you do so via www.naropa.edu/apply.

Suggested Deadline

Naropa University uses a rolling admission policy. Applicants may apply as early as September for summer and fall admission. Applications received between September 1 and the suggested deadline will be given equal consideration. Applications received after the suggested deadline will be reviewed on a space-available basis.

- January 15 for fall semester admission

Strong applicants will be selected from this pool of candidates and invited to campus for an interview. Notification of acceptance will be sent out by mid May.

GRADUATE ADMISSION REQUIREMENTS

A bachelor's degree from an accredited institution is required for admission to all graduate programs. A completed graduate application for Transpersonal Counseling Psychology: Art Therapy consists of the following:

1. Completed application form.
2. A \$60 nonrefundable application fee in the form of a check or money order, payable to "Naropa University." The applicant's name must be clearly indicated on the check.
3. Three-to-five-page typed, double-spaced statement of interest.
4. Resumé.
5. Three letters of recommendation (all must be on the forms provided and not from family members or current therapists).
6. Official transcripts of all previous college-level study that reflect the completion of a bachelor's degree and prerequisites, in a sealed envelope with the application, or sent directly to Naropa's Admissions Office from the registrar of previous institutions.
7. Prior work experience in a clinical setting recommended; experience in working with others essential.
8. Personal maturity and good written and verbal communication skills.
9. Prerequisites: Course work in Developmental Psychology (3 credits), Abnormal Psychology (3 credits) and Theories of Personality (3 credits).
10. Psychology course work (12 credits) including 9 credits listed above and 3 additional.
11. 18 credits of studio art classes including basic drawing (3 credits), painting (3 credits) and sculpture or clay (3 credits).
12. Supplemental application including a 20-slide portfolio representing work in a diverse selection of media including painting, drawing and three-dimensional work, as well as a description of the work.
13. An on-site interview is required for all applicants who are being considered.

MA TRANSPERSONAL COUNSELING PSYCHOLOGY: ART THERAPY 2010–11

Supplemental Application

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

Please answer the following questions as part of your application for the Art Therapy concentration in the Transpersonal Counseling Psychology master's program. This information will remain completely confidential within Admissions and the Transpersonal Counseling Psychology Department. Please use additional sheets. Return all three parts of the supplemental application to the Admissions Office (including this form).

Applications will not be reviewed until the required supplemental materials are completed in full and submitted.

All prerequisite course work must be completed before the start of the program.

Please indicate where and when you have either completed or plan to complete prerequisites prior to the start of the program in August.

Proposed equivalent course work titled differently from those listed below must be supported by a syllabus or sealed letter from the instructor verifying course content. Please attach or send this documentation under separate cover.

Undergraduate Degree:

BFA BA BS (circle one) Date Completed _____ Major _____ GPA _____

• Psychology Prerequisites

	Date Completed/ Number of Credits	School Name	Grade	In Progress? (Y/N)
Abnormal Psychology	_____/____	_____	_____	_____
Developmental Psychology	_____/____	_____	_____	_____
Theories of Personality	_____/____	_____	_____	_____
Psychology Elective <small>(course title)</small>	_____/____	_____	_____	_____

• Studio Art Prerequisites

	Date Completed/ Number of Credits	School Name	Grade	In Progress? (Y/N)
Drawing	_____/____	_____	_____	_____
Painting	_____/____	_____	_____	_____
Clay/Sculpture	_____/____	_____	_____	_____
Studio Art Elective <small>(course title)</small>	_____/____	_____	_____	_____
Studio Art Elective <small>(course title)</small>	_____/____	_____	_____	_____
Studio Art Elective <small>(course title)</small>	_____/____	_____	_____	_____

Supplemental Application (con't)

It is recommended (but not required) that you have had some experience (paid or volunteer) working with others. Please list those experiences:

Site/Agency	Population	Duties	Duration (hrs/wk)

Please list any Art Therapy and/or Transpersonal Psychology books that you have read.

- 1.
- 2.
- 3.
- 4.
- 5.

Required Reading:

Please read the following books:

Cortright, B. (1997). *Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy*. Albany: State University of New York Press.

Malchiodi, C. (2003). *Handbook of Art Therapy*. New York and London: The Guilford Press.

Malchiodi, C. (1999). *Understanding Children's Drawings*. New York and London: The Guilford Press.

Addition to the Statement of Interest (Part B):

In your statement of interest, please integrate, without directly quoting, three themes from all three books. These themes should resonate with your choice to study transpersonal counseling and art therapy.

Portfolio:

Art Therapy applicants are required to submit a well-rounded portfolio with twenty slides (If it is CD format, please include a printed copy of each piece.) of original art including:

- drawing, painting, clay and sculpture
- representational and human figure work
- any other areas of specialization

The portfolio needs to demonstrate two primary skill sets:

- demonstrated knowledge of a wide range of art materials and processes
- depth of work as an artist, showing maturity with form and content within a theme

Please do not submit work from art foundations/survey courses.

Each slide must be clearly labeled with your name, the title, medium, dimensions and date of the piece on the non-emulsion side of the slide, i.e., the "front" or the side from which you wish the slide to be viewed.

A typewritten summary listing each piece with a brief descriptive comment for each is also required.

Please send your slides in one 8½" × 11" sleeve sheet or CD envelope. If you would like the portfolio returned to you once an admissions decision has been made, please include a self-addressed return (padded) envelope with adequate postage.

Interview:

Strong candidates will be invited to attend a prescheduled interview, which will be held in February or March. Interviews are two days each and consist of an individual interview and a group/art experiential. Individual interviews are scheduled on Friday and the group/art experiential is held on the following Saturday. If you are selected to come for an interview, we require that you read, in their entirety, the above books (see Required Reading).