

MASTER OF ARTS IN TRANSPERSONAL PSYCHOLOGY CONCENTRATION IN ECOPSYCHOLOGY 2010–11

The MA in Transpersonal Psychology with a concentration in Ecopsychology is a low-residency program that integrates theoretical, experiential and service aspects of ecopsychology and transpersonal psychology. In addition to using this low-residency degree for personal enrichment, graduates apply it in a variety of career areas including environmental work, education, business, social services, health care, social change and community development. Professionals in clinical and counseling psychology may also use it to incorporate the natural world into their practice. This program does not prepare students for careers in psychotherapy, counseling or clinical psychology. Those interested in training in counseling psychology should inquire about the counseling programs offered by the Graduate School of Psychology.

A central feature of this program is its use of the Internet for distance learning. Especially exciting are the possibilities of combining Naropa's whole-person and contemplative educational approach with the benefits of online education. During the program, students come to Naropa's Boulder campus for either a one-week or two-week period each summer and a three-day period each winter. All other course work may be done at a distance using the Internet.

The MA Transpersonal Psychology with a concentration in Ecopsychology begins with two courses in the first summer: an online meditation course with a three-day on-campus component and a one-week on-campus intensive. Please contact us for more information. There is a three-day winter intensive in January held on the Boulder campus. During the second year, students attend a two-week summer intensive and another three-day intensive in January. Students usually take two courses a semester, including summers, and complete the program in two years through a combination of required courses and electives. It is possible to extend the program beyond two years. In addition to required courses, students may draw from a broad selection of online courses or self-designed course work through independent study. Check Naropa's website for current course offerings.

Naropa University's unique approach to ecopsychology is grounded in contemplative practice, combining experiential and conceptual learning with awareness training, including meditation and nature-based mindfulness. These practices disclose the reciprocal and seamless connections between ourselves and the world, and nurture our innate desire to contribute to the well-being of both people and planet with understanding and compassion.

What Is Ecopsychology?

Ecopsychology is a field that is developing in recognition that human health, identity and sanity are intimately linked to the health of the earth and must include sustainable and mutually enhancing relationships between humans and the nonhuman world. The aim of ecopsychology is to heal the divisions between mind and nature, humans and earth. The central concern of ecopsychology is the physical, psychological and spiritual health of both the human and nonhuman, and an understanding of the psychological processes that either bond us to the natural

world or alienate us from it. Ecology is the study of connection, of the interrelationships among all forms of life and the physical environment. Psychology is the study of the human psyche, of the human mind and soul as it perceives, feels, thinks and acts. Ecopsychology brings psychology and ecology together to create a healing context for and new understanding of the human-nature relationship.

Areas of interest to ecopsychologists include effective environmental education and action; ecotherapy; the healing and initiatory influences of encounters with wild nature; development of the ecological self; creating healthy alternatives to materialism and consumerism; nature-based spiritual practices; and education for a just and sustainable future.

Ecopsychology Program Description

The Ecopsychology concentration within the MA in Transpersonal Psychology is a two-year program, beginning in the summer. Each year, students take two courses on campus in the summer and two courses online in both fall and spring semesters. Students also attend a three-day course in Boulder each winter. The first year is devoted to the study of ecopsychology, ecology, transpersonal psychology and contemplative practices. In the second year, students complete both written and service-learning projects, in addition to taking elective courses.

Online Education

Since the MA in Transpersonal Psychology: Ecopsychology is a low-residency degree program, most of the program's courses will be taken online. Naropa's online classes use the latest interactive Internet technologies with private, password-protected web pages available exclusively for the students and instructors in each class. A variety of communication tools including written text, audio and video lectures, group discussions and private online journals, as well as the residential intensives, create a dynamic learning community of students in the MA Transpersonal Psychology program.

For answers to frequently asked questions about distance learning, see www.naropa.edu/distancelearning/faqs.cfm.

Key Features of the Program

1. Low-residency program that can be completed in two years with minimal travel.
2. Exposure to some of the world's leading faculty in ecopsychology and transpersonal psychology.
3. A wilderness course in which students receive direct experience and training in ecopsychology theory and practice.
4. Summer and January intensives on campus that allow for community building with fellow students and faculty.
5. Required courses, electives and options for self-designed learning.
6. A unique contemplative and transpersonal orientation to ecopsychology.

- A variety of online communication tools including audio and video lectures, group discussions, private online journals and chat rooms.
- Exposure to the unique and creative learning organization that is Naropa University.

Educational Objectives of the Program

- To provide a thorough overview of the intellectual, philosophical and practical aspects of ecopsychology.
- To deepen the understanding of and connection with nature and to articulate our emerging worldview of the human-nature relationship.
- To contribute in some tangible way to the earth and our communities as a result of our insights, actions and service work.
- To create a strong and bonded learning community that can support one another both in person and from a distance.
- To cultivate, understand and practice contemplative disciplines and education.
- To develop a thorough understanding of the multicultural, transpersonal and systems theory aspects of ecopsychology.
- To foster the individual growth, personal awakening and social/ environmental responsibility of all students.

Contemplative Practices

As with Naropa's other degree programs, the MA in Transpersonal Psychology with a concentration in Ecopsychology integrates meditation and awareness practices into the learning process. Such contemplative practices are at the core of ecopsychology and provide the foundation for understanding, which is grounded in experience and for more effective and compassionate application of ecopsychology. Students learn and practice meditation during the two summer and two winter intensives as well as through online course work with close supervision. Meditation practice courses are required in the first year of the program and may be included in a student's electives. Naropa's contemplative approach is found not only in meditation instruction and practice but throughout the program. The willingness to be in touch with one's present awareness with friendliness and curiosity is at the root of such a contemplative approach.

Summer Intensives

The one-to-two-week summer intensives provide an opportunity for students to learn from nationally recognized teachers as well as Naropa faculty. The winter three-day courses are focused on a special topic within ecopsychology and continue the community building process begun in the summer. In our experience, these intensives create a sense of community, intimacy and connection that carries over into the following year's online courses and discussion. There will also be opportunities for students to meet with student-affiliated staff and departments. The schedule of the intensives also includes open time to explore Boulder and its beautiful mountain backdrop.

MA TRANSPERSONAL PSYCHOLOGY: ECOPSYCHOLOGY REQUIREMENTS*

First year, summer

PSYT 603e	Meditation for Social Change Leaders (3)
PSYT 608	Transpersonal Psychology Intensive I (3)
SUBTOTAL	6

First year, fall

ENV 565e	Ecopsychology I (3)
PSYT 670e	Transpersonal Psychology I (3)
SUBTOTAL	6

First year, spring

PSYT 656	Ecopsychology Intensive I (1)
ENV 520e	Deep Ecology in Context (3)
ENV 615e	Ecology Concepts and Applications for Ecopsychology (3)
SUBTOTAL	7

Second year, summer

PSYT 520	Psychology of Wilderness Experience (3)
PSYT 685	Ecopsychology Training (3)
SUBTOTAL	6

Second year, fall

PSYT 738e	Transpersonal Service Learning I (1.5)
PSYT 839e	Master's Paper Online I (1.5)
SUBTOTAL	3

Second year, spring

PSYT 667	Ecopsychology Intensive II (1)
PSYT 748e	Transpersonal Service Learning II (1.5)
PSYT 880e	Master's Paper Online II (1.5)
SUBTOTAL	4

ELECTIVES 6 (Chosen from eligible electives)

TOTAL CREDITS 38

**This fact sheet describes the 2009–10 curriculum for the MA in Transpersonal Psychology: Ecopsychology 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.*

Elective Courses

A total of 6 hours of electives (generally two three-hour courses) are required. Students may choose to take electives online or on campus. Elective courses will be available in the summer semesters, before and after the residential intensive, as well as during fall and spring semesters. We advise students not to take an elective the first semester. Students will also have options for self-designed independent study learning projects.

Examples of recent online courses include the following. See www.naropa.edu/distance for the most current listing.

Abnormal Psychology
Aging and the Human Spirit
Authentic Leadership
Buddhism: The Way of Wisdom and Compassion
Buddhist Teachings on Mind and Emotions: The Abhidharma Tradition
Compassionate Teaching
Contemplative Teaching
The Diamond Approach
Developmental Psychology
Emotional Roots of Development
Integral Psychology
Introduction to Creation Spirituality
The Living Spirituality of Tibetan Buddhism
Personality Theories
Perspectives in Sacred Learning
Spiritual Roots of Development
World Wisdom: Recalibrating the Mind to Serve the Emerging Spirit

Transfer Credits: Students may be allowed to transfer in 6 credits of prior graduate learning either from another accredited institution or credits earned as a nondegree Naropa student. We will review all requests for transfer of credits and accept those that are appropriate for this degree.

Careers

Students enter the MA in Transpersonal Psychology program's Ecopsychology concentration to begin new careers as well as to deepen and expand what they already do. Students also choose the Ecopsychology program for personal enrichment.

Ecopsychology graduates work in a wide variety of professional settings and career areas, including environmental education and advocacy, university teaching, group facilitation and training, wilderness guiding, workshop and retreat leadership, social services, health care and healing, organizational development, coaching and community development. Professionals in clinical and counseling psychology also use the program to expand their understanding and practice of how nature can be a part of the healing process.

Some careers of graduates include:

- Physical education instructor, Fife High School, Tacoma, WA
- Wellness instructor, South Puget Sound Consortium in conjunction with Seattle University, Tacoma, WA
- Faculty, University of Wisconsin-Superior (teaching Ecopsychology, Art and Meditation and Express Arts for Change)
- Psychotherapist using ecotherapy principles and approaches in her practice on editorial board of the peer reviewed journal Ecopsychology; Faculty member Lewis & Clark Graduate School of Counseling Psychology, Portland, OR
- Student assistance coordinator/collaborative counselor, Portland Waldorf High School, Portland, OR
- Science teacher/social emotional learning specialist, Chesapeake Academy, Arnold, MD
- Director of yoga teaching and training center, WI
- Director of naturopathic clinic, Windsor, Ontario, Canada
- Owner of graphic design business, Salt Lake City, UT
- Speaker and trainer in the Transition Movement, Portland, OR

MA Transpersonal Psychology: Ecopsychology Faculty

John Davis, PhD

BA, Wake Forest University; MA, University of Colorado;
PhD, University of Colorado.

A former chair of the Transpersonal Counseling Psychology Department, John Davis currently directs the low-residency MA in Transpersonal Psychology and teaches transpersonal psychology, the Diamond Approach, ecopsychology and wilderness therapy. His special interest is the intersection of humans, nature and spirit or "transpersonal ecopsychology." He is an ordained Teacher of the Diamond Approach of A. H. Almaas and a faculty member in the School of Lost Borders, a training facility for wilderness rites of passage guides. In addition to publishing in these areas, he has also written on holistic health, stress management, research methods and higher education.

Sherry Ellms

BA, University of California, Los Angeles; MA, Naropa University.

Sherry Ellms teaches a variety of contemplative practices, including meditation and facilitates earth-based experiences and their application to leadership, earth stewardship and personal sustainability. She leads wilderness solos and other nature-based programs that facilitate a deep connection with the power and insight of the natural world. For the past twenty-five years, she has been conducting retreats and teaching meditation in secular settings such as Outward Bound, as well as in spiritual settings throughout the country. She teaches an online course, Meditation for Social Change Leaders, in the Ecopsychology concentration of the MA in Transpersonal Psychology. Sherry is a longtime meditation practitioner and student of the university's founder,

Chögyam Trungpa Rinpoche. Her master's thesis was "Tonglen as a Tool for Transformative Environmental Engagement." In addition to her contemplative scholarship, she served as Naropa University's dean of students for twelve years. She has studied with Joanna Macy and trained at the School of Lost Borders. She is committed to investigating the interdependence of landscape and the psyche and facilitating activities that transform human consciousness.

Nancy Jane

MA, University of Denver.

Nancy leads youth and adult vision fasts and has pioneered wilderness rites of passage in school settings. She is a guide/instructor for the Psychology of Wilderness Experience course at Naropa University. Nancy has trained in wilderness rites of passage with the School of Lost Borders, Earth Rites and in the Way of Council with the Center for Council Training in Ojai, California. In addition, Nancy facilitates councils for several organizations, including schools and universities. For many years a naturalist and forester, Nancy is also an author, editor and instructor of English as a second language.

Michael Jospe

MA, Prescott College.

As a therapist, educator and wilderness guide, Michael is passionate about helping people learn about themselves while being out in nature. Michael has a BA in Outdoor Recreation Leadership, an MA in Adventure Education, and a certificate in Gestalt Psychotherapy. In addition, Michael's approach to working with people has been influenced by author and educator, Tom Brown, Jr., outdoor educator, Jon Young, and Gestalt therapist, Roger Strachan. Michael believes that each person has a unique purpose in life, a purpose that is important to the health and balance of our society, as well as the environment. Michael's website is www.earthbasedinstitute.org.

Colleen Stewart

BEd, University of Alberta; MA, The Naropa Institute.

Colleen Stewart is adjunct faculty at Naropa University where she teaches transpersonal service learning. She is a graduate of Naropa University's Transpersonal Counseling Psychology Department and is currently enrolled in the End of Life Certificate Program at George Washington University. Colleen lives in Boulder, Colorado, with her husband and stepdaughter.

Soltahr Tiv-Amanda

BA, Western State College of Colorado; MA, Naropa Institute.

Soltahr is a therapist in private practice in Boulder as well as the director of the outreach program at the Safe Shelter of St. Vrain Valley in Longmont. She has taught multicultural course work in various capacities at Naropa University since 1999. She also teaches at CU-Boulder and Regis University. She has published a journal article in the *Journal of Counseling and Development*. She is a certified Reiki Master as well as a named Healing Woman in the Hopi healing tradition where she studied healing ceremony with her teacher Moonhawk. She is a certified mindfulness instructor for Naropa University and has been a priestess for the last twenty-three years in the Pagan Earth Centered Tradition. She is one of the featured healers in the 2001 book by Carol Kronwitter, *Women of Grace—Women Healers and Healing Practices*.

TRANSPERSONAL PSYCHOLOGY: ECOPSYCHOLOGY ADMISSION REQUIREMENTS

If you decide you would like to apply for admission, we prefer that you do so electronically 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 summer semester admission (MA Transpersonal Psychology with or without the concentration in Ecopsychology)

Strong applicants will be selected from this pool of candidates and invited to a phone or in-person interview.

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 Psychology: Ecopsychology 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, in a sealed envelope with the application, or sent directly to Naropa's Admissions Office from the registrar of previous institutions.
7. Prospective students must have excellent writing skills, as demonstrated on the admissions essay and in letters of recommendation; a demonstrated capacity for self-direction; a demonstrated capacity to join in and contribute to an interactive learning community that functions most of the time at a distance and, at times, in residence; clear goals for wanting to pursue the MA in Transpersonal Psychology, which can be reasonably met by the program.
8. Supplemental application technology checklist.

Specific Admissions considerations include:

Experience and Goals

- Prior exposure to ecopsychology or transpersonal psychology
- Realistic learning goals for the degree program

Contemplative Interest and Personal Awareness

- Understanding of the value of contemplative approaches
- Compatible personal views
- Willingness to participate in practice requirements
- Tolerance for ambiguity

Clarity of Intellect and Academic Background

- Interest in and ability for academic rigor
- Graduate-level writing skills
- Capacity for articulation of ideas, expression with openness, interplay of intellect and intuition, and interplay of patience and curiosity

Community and Communication

- Openness to relating to and learning from others
- Interest in and respect for multicultural diversity
- Trust in and generosity toward self and others
- Ability to collaborate and participate in community
- Value for the emotional and social dimensions of learning
- Interest in contributing to the Naropa community and the community at large
- Compatibility of service-learning component of the program with one's learning goals

Resourcefulness

- Ability to appreciate and work with one's circumstances, gifts and obstacles
- Breadth of life experience

ONLINE EDUCATION TECHNICAL REQUIREMENTS

Before or during the admissions process, students need to make sure that their computer meets the minimum hardware requirements, and that they have the appropriate level and version of software programs to access the online course materials. Occasionally, unanticipated upgrades are necessary and may take extra time. Also, students are expected to have Internet navigation skills. The supplemental application technology checklist is required before being admitted to an online program.

Minimum Technology Requirements

1. An Internet Service Provider (for example, AOL, Earthlink, MSN). Most ISP companies charge \$20 per month for unlimited access. Some ISP companies offset this price by allowing ads.
2. A valid email address.
3. The following hardware:
 - PC**
Windows 2000, XP or Vista
62 MB RAM
28.8 kbps modem (56K Recommended)
Sound Card and Speakers
 - MAC**
Mac OS X or higher (in classic mode)
32 MB RAM (64 recommended)
28.8 Modem (56k recommended)
Sound Card and Speakers
4. Real Player Basic free software downloaded and installed.
5. **PC**
Internet Explorer 6.0 (supported), 7.0 (recommended);
Firefox 3.0 (supported) or 2.0 (recommended)
- MAC**
Safari 2.0 or 3.0; Firefox 3.0 or 2.0
6. Adobe Acrobat Reader downloaded and installed.

Instructions for downloading and installing the free software plug-ins may be received from the 24-hour, 7-day-a-week technical support helpdesk. They may be reached at 303-873-0005 or by email at helpdesk@ecampus.naropa.edu.

NAROPA UNIVERSITY LOW-RESIDENCY DEGREE PROGRAMS
MA IN TRANSPERSONAL PSYCHOLOGY:
ECOPSYCHOLOGY
2010-11

Supplemental Application Technology Checklist

_____ I am an independent learner, have good writing skills and am able to learn independently without the context of a live classroom.

_____ I am aware that taking classes online may be more time consuming than attending classes on campus, and I am prepared to engage in that commitment thoughtfully.

_____ I have my own computer or access to one that I may use regularly (6-10 hours/week).

_____ I am familiar with the Internet and am able to navigate websites easily.

_____ I have an email account, and I have used this account for communications and know how to send an email with an attachment.

My email address is _____

HARDWARE REQUIREMENTS

_____ I have been to the online campus and checked the minimum technical requirements for accessing online classes at Naropa University.
My computer meets the minimum technical requirements for access through the online delivery system.

The processor speed in my computer is _____ MHz

The amount of RAM Memory available in my computer is _____ MB

The software operating system that I am using is by _____ version _____
(Microsoft Windows 2000, XP or Vista; Macintosh OS X)

My browser is _____ version _____

_____ I have taken and passed the BROWSER TEST available at the online campus, Technical Requirements Page.

_____ I have downloaded and installed the current browser necessary for access to the online campus.

_____ I have downloaded and installed the free Real Player from www.real.com.

_____ I have downloaded and installed the free Adobe Acrobat Reader from www.adobe.com.

Student Signature _____

Date _____

If you have questions about these guidelines, please email Jirka Hladiš, director of online curriculum development, at inquiry@ecampus.naropa.edu or call 303-245-4702.