

SOMATIC COUNSELING

Program Prerequisites

Prerequisites must be completed prior to beginning coursework, but need not be completed prior to applying. Applicants cannot take prerequisites alongside their graduate coursework at Naropa University. Thus, students can work on their prerequisites as they are in the process of applying to the program.

A grade of "C" or above is required for all prerequisite coursework.

All prerequisites are to be completed at accredited academic institutions for credit and a grade (not pass/fail or audited).

Psychology Prerequisites (6 semester credit hours)

- One 3 semester credit course in Intro to Psychology
- One 3 semester credit course in either Abnormal or Personality Psychology

Prerequisite Experience

- **Somatic Counseling:** Minimum of 2 semesters or 250 hours of training in a body-mind discipline (Examples include energetic healing practices, body/mind psychotherapy training, outdoor training, physical and occupational therapies, bodywork, martial arts, and yoga/movement practices.)
- **Somatic Counseling, Dance/Movement:**
 - Expertise in at least two different dance (or movement) forms
 - In-depth and dedicated experience in a minimum of one dance form
 - Exposure to composition, choreography, performance, and dance history

Prerequisite Tracking Guide

Required Class	Completed?	School/Location for Completion	Projected Completion Date
Intro to Psychology			
Abnormal or Personality Psychology			

*For updates related to the prerequisites, please refer to the “How to Apply” pages:
[Somatic Counseling](#) | [Dance Movement Track](#)*

Recommendations on Where to Complete

The schools and courses listed below vary in requirements, format, and cost. This is not an exhaustive list. If you have questions about a prerequisite course, contact your admissions counselor or email admissions@naropa.edu.

Study.com

Online, Self-paced, Enroll anytime

General Psychology (Psychology 101), Psychology of Personality (Psychology 310), Abnormal Psychology (Psychology 106)

Southern New Hampshire University

Online, Self-paced or 9-week sessions, Enroll anytime

Abnormal Psychology, Psychology of Personality

University of North Dakota

Online, Self-paced, Enroll anytime

Abnormal Psychology (PSYC270), Introduction to Personality (PSYC360), Introduction to Psychology (PSYC111)

Brigham Young University

Online, Self-paced, Enroll anytime

Introduction to Psychological Science (PSYCH111), Abnormal Psychology (PSYCH342), Personality (PSYC341)

Colorado Community Colleges Online

Online, Multiple start dates, 10-15 week classes

General Psychology (PSY101), Abnormal Psychology (PSY249)

University of Colorado

Online, Term-based & self-based availability

CU Boulder Continuing Education, offered both online & in-person

Colorado State University

Online, Fall, spring, summer semester start dates

Abnormal Psychology (PSY320), Psychology of Personality (PSY325), General Psychology (PSY100)