

# MASTER OF PSYCHOTHERAPY AND SPIRITUALITY DEGREE PROGRAM

- MPS
- MPS (Art Therapy Specialization)
- MPS (Pastoral Counselling Specialization)



St. Stephen's  
College

# ST STEPHEN'S COLLEGE

## Master of Psychotherapy and Spirituality Program

### Program Description

The Master of Psychotherapy and Spirituality (MPS) program develops professional counsellors who are well grounded in the integration of psychological and spiritual knowledge as a holistic foundation for effective therapeutic practice. This program is open to people from any faith tradition.

The MPS program is a unique degree program developed in response to a widely felt community need for formal graduate counselling training that integrates psychology and spirituality. This academic program blends theoretical knowledge and clinical skills with particular emphasis on the individual student's ability to integrate spirituality and psychology with their personal growth and to implement this integration into effective clinical practice. The MPS program has been designed for those who see counselling as ministry and who want to include a spiritual element in their academic work.

The primary educational goals for this degree are: the capacity for critical and constructive theological reflection regarding the content and processes of the areas of specialized ministry; skill in the design, implementation and assessment of ministry in these specialized areas; an understanding of the various disciplines that undergird the area of specialized ministry; and growth in personal and spiritual maturity.

The MPS program offers a blend of academic course work with supervised clinical experience in community settings. Academic instruction is primarily offered in intensive week-long instructional periods along with collegia which give students the opportunity to develop a strong cohort group and build relationships that allow them to engage with, and learn from, the experiences and backgrounds of their classmates.

Candidates may also choose to apply to one of two specializations: the Art Therapy Specialization or the Pastoral Counselling Specialization.

St Stephen's has planned the MPS program so that it will assist students in acquiring professional counselling credentials; however the program is neither designed to, nor will it meet requirements to pursue registration as a psychologist in Alberta. The program has been designed so that with additional supervised clinical training, the student can pursue the credentialing process with some professional registering associations. However, the onus will remain on the student to consult with the registering body to meet their requirements, both during and subsequent to their

academic training. Upon completion of the educational components of the art therapy specialization, the student may be eligible to apply these components towards the process of registration as an art therapist. This may require additional supervised clinical hours and again it is the student's responsibility to consult directly with their preferred registering association. The MPS (Art Therapy Specialization) program is an approved art therapy training program with The Canadian Art Therapy Association and the MPS (Pastoral Counselling Specialization) is an approved training program with the Canadian Association for Spiritual Care (CASC/ACSS).

### MPS Admission Requirements

1. Four-Year Bachelor's Degree in psychology or substantially equivalent study (examples may include pastoral theology, the humanities and human sciences, and nursing) from a recognized university or college (Grade Average minimum 72% - see Admissions Policy)
2. Academic background in counselling and/or some experience in a helping role are desirable
3. A readiness to integrate spiritually informed training into professional practice.
4. Upon successful admission to the Program, students will be required to produce a Security Clearance Check.

### MPS (Art Therapy Specialization) Additional Admission Requirement:

5. Background in studio art and/or some experience with the artistic creative process are desirable.

Applicants will attend an admission interview on February 24, 2012 as part of the application process. Intake interviews are conducted by the MPS Program Committee for the purpose of reflecting on the applicant's learning goals and determining the applicant's appropriateness for admission to the program. Upon admission, students are expected to attend the St Stephen's College Orientation Day (April 28, 2012).

### Course Selection and Pacing

Courses will be selected in consultation with a faculty advisor in accordance with the requirements of the stream selected. Courses offered at St Stephen's College are normally delivered as one-week intensives; some courses are online. Students follow normal registration procedures as outlined in the College's Calendar. One-week intensives have pre-course preparation, one week (Mon-Fri, 9am-5pm) on site, and a post-course assignment. Further details are available in course outlines.

## Application Procedure

### **Complete Application Deadline: 1 February 2012**

Prospective students should submit the following documentation, in typed form where applicable:

1. The attached application form.
2. The non-refundable application fee.
3. Official transcripts of previous degree(s), mailed directly to St Stephen's College from the degree-granting institution. Applicants whose transcripts are in a language other than English must submit certified translations of all transcripts being submitted as part of the application.
4. Curriculum vitae that includes reference to work or other educational experience relevant to the proposed course of study.
5. If applicant has previous SPE experience, a copy of supervisor's and self-evaluation for each unit.
6. A 2-3 page statement of the applicant's professional goals and how they see the MPS degree contributing to these goals.
7. MPS and MPS-PC: a 2-3 page statement of the applicant's understanding of pastoral counselling. MPS-AT: a 2-3 page statement of the applicant's understanding of spiritually-informed art therapy.
8. If the applicant has had any personal experience with any form of psychotherapy, a two to three page statement of how that experience has contributed to their understanding of pastoral counselling.
9. A 2-3 page statement of the applicant's spiritual journey.
10. Two letters of reference (using Reference Form which is part of the application), indicating length and nature of the relationship to applicant, from persons able to comment on:
  - Character, personality, and capacity for personal growth and development
  - Academic ability
  - Capacity for work in an educational model that emphasizes reflection on experience and personal growth as well as knowledge and skill development
  - Emotional stability
  - Leadership and vocational qualities
  - General readiness for pursuing their goals by means of the proposed course of study
  - Experience and/or readiness to work with clients in a counselling setting

### **MPS (Art Therapy Specialization) Additional Application Requirement:**

11. A 2-4 page exploration, using both the written word and one other expressive medium (ie. images of applicant's own visual art, installation, photography OR self-created video of applicant's own choreography, performance art, spoken word, or theatre) of how the arts have influenced the applicant's personal development and spiritual journey.

References and official transcripts must be forwarded directly to St Stephen's College.

## Academic Standards

It is necessary that learners maintain a minimum overall average 60% to qualify for the MPS degree.

## Fee Schedule MPS Program

Effective July 1, 2011-June 30, 2012

	AMOUNT		DUE DATE
Application Fee (non-refundable)	\$190		Upon application
<b>Program Fees</b>	Year 1	\$2,990	July 31
	Year 2	\$2,990	
	Year 3	\$2,990	
	Year 4	\$2,990	
<b>Course Fees</b>	\$725 3-credit course		One month prior to course
	\$1,450 6-credit course		
Continuation Fees	Year 5+	\$875	July 31
Thesis Fee	\$940		Sept 1

Program Fees total \$11,960 and may be paid in four installments of \$2,990 each as illustrated. This **minimum tuition is payable regardless of the number of years students take to complete the program.** Annual installment of program fee is due July 31 each year. A 10% penalty is applied to payments received after the due date. Students may avoid program fee increases by paying the total amount at any time. The continuation fee applies after the scheduled time limit of four years from the onset of the program. **Course fees are charged per course and are in addition to program fees.**

Textbook costs (approx \$100-\$200/course) need to be considered when planning the program. Students are responsible for their own accommodation arrangements and costs.

All fees are subject to change without notice.

### **Funding Information**

Currently MPS students are not eligible for Government student loan funding.

Program Requirements	Master of Psychotherapy and Spirituality (51 credits)	Cr
<b>CORE COURSES</b> (36 credits)	Academic Writing SS071V (online)	0
	Intro Pastoral Psychotherapy/Spiritual Care PPSYC581	3
	Counselling Skills PPSYC585	3
	Professional Ethics for Pastoral Psychotherapy and Spiritual Care PPSYC583	3
	Research Methods SSC571V (online)	3
	Theories of Counselling and Psychotherapy PPSYC584 (online)	3
	Counselling Skills-System Interventions PPSYC5869	3
	Pastoral Theology and Counselling SSC582	3
	Theological Reflection in Professional Practice SSC589	3
	Life Span Psychology PPSYC587	3
	Abnormal Psychology PPSYC5812	3
	MPS Counselling Practicum course PPSYC5870 (Counselling Practica I and II in total, consist of 300 hours of direct client contact, and 60 hours of supervision. Practica should be arranged so as to meet the student's desired Professional Association requirements.)	6
	<b>ELECTIVES</b> (6 credits)	Elective One
Elective Two		3
Electives are taken in area of student's interest or as required by the student's desired Professional Association. Selected in consultation with Chair.		
<b>THESIS</b> (9 credits)	Thesis: 100-150 pages	9
	Thesis Proposal Collegium	0
<b>PERSONAL THERAPY</b>	40 hours of personal therapy with a certified counsellor is considered a minimum during training in order to provide an opportunity for students to address personal issues as they relate to their professional development as a counsellor. A letter from the therapist is required, stating dates the therapy took place.	0
<b>OPTIONS EQUIVALENT TO CREDIT IN THE MPS PROGRAM:</b> One Unit of Pastoral Counselling Education (PCE) = 6 credits One Unit of Clinical Pastoral Education (CPE) = 6 credits Trauma Recovery Certificate (*Taking Flight International) = 6 credits Grief Support Certificate (Taking Flight International)= 3 credits *max 6 credits from Taking Flight can be credited toward MPS-AT <b>SEE ACADEMIC CALENDAR FOR DETAILS</b>		

Program Requirements	Master of Psychotherapy and Spirituality (Art Therapy Specialization) (66 Program Credits; 9 Pre/Co-Req Credits)	Cr
<b>CORE COURSES</b> (36 credits)	Academic Writing SS071V (online)	0
	Intro Pastoral Psychotherapy and Spiritual Care PPSYC581	3
	Counselling Skills PPSYC585	3
	Professional Ethics for Pastoral Psychotherapy and Spiritual Care PPSYC583	3
	Research Methods SSC571V (online)	3
	Theories of Counselling and Psychotherapy PPSYC584 (online)	3
	Counselling Skills-System Interventions PPSYC5869	3
	Pastoral Theology and Counselling SSC582	3
	Theological Reflection in Professional Practice SSC589	3
	Life Span Psychology PPSYC587	3
	Abnormal Psychology PPSYC5812	3
	MPS Counselling Practicum (Art Therapy) PPSYC5878 (Art Therapy Counselling Practica I and II in total, consist of 350 hours of direct client contact, with supervision by a Registered Art Therapist. Practica should be arranged so as to meet the student's desired Professional Association requirements.)	6
	<b>ART THERAPY COURSES</b> (21 credits)	Introduction to Art Therapy PPSYC5841
Theories and Art Therapy Training Group I PPSYC5830		3
Theories and Art Therapy Training Group II PPSYC5828		3
Child & Adolescent Art Therapy PPSYC5845		3
Issues of Professional Practice/Interventions in Art Therapy I PPSYC5879		3
Issues of Professional Practice/Interventions in Art Therapy II PPSYC5880		3
Art Therapy History/Theoretical Foundations PPSYC5881		3
<b>THESIS</b> (9 credits)	Thesis: 100-150 pages; research within field of art therapy.	9
	Thesis Proposal Collegium	0
<b>PERSONAL THERAPY</b>	40 hours of personal therapy with a certified counsellor is considered a minimum during training in order to provide an opportunity for students to address personal issues as they relate to their professional development as a counsellor. A letter from the therapist is required, stating dates the therapy took place.	0
<b>TOTAL PROGRAM CREDITS</b>		<b>66</b>
<b>CO-REQUISITES</b>	<b>THREE STUDIO ART COURSES</b> (Pre or Co-requisite to degree) Courses in studio art/art therapy studio allow the learner to gain experience in working with art materials and processes. These courses may be taken at St Stephen's College, or at other institutions with Art Therapy Associate Chair's approval.	<b>9</b>

<b>Program Requirements</b>	<b>Master of Psychotherapy and Spirituality (Pastoral Counselling Specialization) (69 Program Credits)</b>	<b>Cr</b>	
<b>CORE COURSES</b> (36 credits)	Academic Writing SS071V (online) Co-requisite	0	
	Intro Pastoral Psychotherapy and Spiritual Care PPSYC581	3	
	Counselling Skills PPSYC585	3	
	Professional Ethics for Pastoral Psychotherapy and Spiritual Care PPSYC583	3	
	Research Methods SSC571V (online)	3	
	Theories of Counselling and Psychotherapy PPSYC584 (online)	3	
	Counselling Skills-System Interventions PPSYC5869	3	
	Pastoral Theology and Counselling SSC582	3	
	Theological Reflection in Professional Practice SSC589	3	
	Life Span Psychology PPSYC587	3	
	Abnormal Psychology PPSYC5812	3	
	MPS Counselling Practicum (Pastoral Counselling) (Pastoral Counselling Practica I and II in total, consist of 300 hours of direct client contact, and 60 hours of individual supervision.	6	
<b>PASTORAL COUNSELLING COURSES/ PROJECT</b> (24 credits)	Introduction to Theology SSC511	3	
	Introduction to Ethics SSC513	3	
	Special Topics in Diversity: Faith and Culture SSC547	3	
	Spiritual Assessment in the Promotion of Health INTD577	3	
	Applied Theological Practice SSC5884 (project)	3	
	Elective: Human Development (eg. Jungian Psych, Loss/Grief)	Electives selected in consultation with Chair.	3
	Elective: Introduction to Sacred Text (course chosen from Biblical Studies category, eg. Hebrew or Christian Scriptures, or course based on other sacred text)		3
Elective: Introduction to Sacred History (course chosen from Sacred History category; eg. Church History, Topics in Women and Religion, Theology/Hildegard)	3		
<b>THESIS</b> (9 credits)	Thesis: 100-150 pages; research within field of Pastoral Counselling.	9	
	Thesis Proposal Collegium	0	
<b>PERSONAL THERAPY</b>	40 hours of personal therapy with a certified counsellor is considered a minimum during training in order to provide an opportunity for students to address personal issues as they relate to their professional development as a counsellor. A letter from the therapist is required, stating dates the therapy took place.	0	
<b>TOTAL PROGRAM CREDITS</b>		<b>69</b>	

**ST STEPHEN'S COLLEGE  
 MASTER OF PSYCHOTHERAPY AND SPIRITUALITY  
 Program Application Form**

<b>INDICATE WHICH STREAM YOU ARE APPLYING TO:</b>	Regular MPS <input type="checkbox"/>
	Art Therapy Specialization <input type="checkbox"/>
	Pastoral Counselling Specialization <input type="checkbox"/>

**GENERAL INFORMATION** (please print)

<i>Use your legal name as shown on one of the following documents: Birth Certificate, Passport, Canadian Immigration Student Authorization document or Marriage Certificate. This name will appear on your College records and transcripts, and on your degree parchment upon graduation.</i>			
Full Legal Name			
	<i>Surname</i>	<i>First</i>	<i>Initial</i>
Previous Legal Name (if any)			
	<i>Surname</i>	<i>First</i>	<i>Initial</i>
Address			
	<i>Street</i>	<i>City/Province/Postal Code</i>	
Email			
Phone			
	<i>Home</i>	<i>Business</i>	
Birth Date			
Religious Affiliation (for statistical use only)			
How did you hear about the MPS Program?			
Have you ever been charged for an ethical violation under the codes of ethics of other legislative or institutional policies of a professional association, employer, or under provincial or federal legislation?			Yes <input type="checkbox"/> No <input type="checkbox"/>

**PROFESSIONAL EXPERIENCE**

Position	Place	Duration

**POST-SECONDARY EDUCATION** Be certain to include all institutions, regardless of length of attendance, whether or not courses were completed, or whether or not you believe the record will have a bearing on admission.

Degrees Held	Institution	Date(s)

**PREVIOUS SUPERVISED PASTORAL EDUCATION (if any)**

SPE Centre	Dates	Supervisor

**OTHER EXPERIENCE, EDUCATION OR TRAINING RELATING TO YOUR PROPOSED PROGRAM**

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Please enclose with your completed application form, all the documents referred to under Application Procedure, and a non-refundable \$190 application fee, **prior to February 1 2012**, and mail to:

**St Stephen's College  
MPS Program  
8810 112 Street  
Edmonton, Alberta T6G 2J6**

<p>I certify that the information in this application is true and complete in all respects and that I have withheld no information. I certify that I have read and understand the "Student Records: Contents, Access, Use, and Protection" policy outlined in the Academic Calendar:  <a href="http://www.ualberta.ca/ST.STEPHENS/calendar/studentinfo/policies/human_rights.html">http://www.ualberta.ca/ST.STEPHENS/calendar/studentinfo/policies/human_rights.html</a>            I understand that misrepresentation, falsification of documents, or withholding of requested information regarding this application are serious offences and may result in dismissal from the College. I agree, if admitted to St Stephen's College, to comply with the College regulations as stated in the St Stephen's College Academic Calendar.</p>	
Signature	Date

**ST STEPHEN'S COLLEGE**  
**Edmonton, Alberta**  
 Phone: 780 439 7311  
 Fax: 780 433 8875  
 Toll-free in Canada: 1 800 661 4956

**REFERENCE FORM – MPS PROGRAM**

<b>APPLICANT NAME</b>	
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The College would appreciate a confidential statement from you concerning the person named above who has applied for admission to one of the degree programs of this School of Theology. **Referees may attach a letter of reference to this form, or write comments below.** Please indicate the length and nature of your relationship to the applicant, and comment especially on the following points, as possible:

- (1) Character, personality, and capacity for personal growth and development
- (2) Academic ability
- (3) Capacity for work in an educational model that emphasizes reflection on experience and personal growth as well as knowledge and skill development
- (4) Emotional stability
- (5) Leadership and vocational qualities
- (6) General readiness for pursuing their goals by means of the proposed course of study
- (7) Experience and/or readiness to work with clients in a counselling setting

<b>MAIL or FAX DIRECTLY TO</b>  St Stephen's College MPS Program 8810 112 Street Edmonton, Alberta T6G 2J6 Fax: 780.433.8875  Do NOT return Reference to Applicant	<b>REFERENCE PROVIDED BY</b>	
	Signature	
	Name	
	Position/Title	
	Address	
	Phone	

**ST STEPHEN'S COLLEGE**  
**Edmonton, Alberta**  
 Phone: 780 439 7311  
 Fax: 780 433 8875  
 Toll-free in Canada: 1 800 661 4956

**REFERENCE FORM – MPS PROGRAM**

<b>APPLICANT NAME</b>	
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