



MASTER OF PSYCHOTHERAPY AND SPIRITUALITY

Thesis-Track Application

St. Stephen's College, at the University of Alberta
8810 112 Street NW, Edmonton, AB Canada T6G 2J6
Phone: 780-439-7311, 1-800-661-4956 Email: st.stephens@ualberta.ca
www.ualberta.ca/st-stephens

MPS THESIS TRACK APPLICATION PREAMBLE

Master of Psychotherapy and Spirituality (MPS) students are required to participate in scholarly research as a requirement for graduation. Upon entry to the program, students are defaulted into requiring a Capstone project in order to graduate, which is a culminating document that synthesizes their learning, practicum experience, and personal development through their program. The Capstone project is a 9-credit structured course offered annually through St. Stephen's that can be completed in 8 months.

Opportunities also exist for students to engage in thesis research, which involves the in-depth development of a research question, a theoretical framework, and the utilization of a robust methodology to collect and analyze data towards the presentation and discussion of findings. Students who are interested in pursuing a thesis are required to apply to a thesis-track after a certain level of foundational coursework is completed, and, if accepted, are required to seek out a supervisor for guidance and mentorship through their thesis process. While the thesis is still 9-credits, it does not follow the same structure as the Capstone course. Instead, it requires a high level of independent work and organization, and is expected to take up to 16 months—or longer—to complete.

Given the level of rigour required to undertake a thesis, students are required to apply for the opportunity to engage in thesis research. If accepted, students will then work with the Research Director towards formulating an initial thesis proposal, seek out a thesis supervisor, and will then follow through the phases of thesis research development (e.g., ethics approval, participant recruitment, data collection and analysis, etc.)

It is important to note that not all students who meet the minimum criteria will be accepted into the thesis-track route. The department accepts a limited number of students into thesis research on the basis of annual capacity, area of research interest, ability to recruit a supervisor, etc. Decisions made by the department regarding acceptance into the thesis-track are not subject to appeal.

The below document outlines in detail the required criteria and documentation necessary to apply to the thesis track, and functions as an application package to submit to the department for consideration.

Students who are interested in applying for the thesis-track option of their degree are invited to submit a completed application package prior to August 15th after having taken *SSC5710 Inquiry, Research, and Evaluation Methodologies*.

Completed application packages can be emailed to st.stephens@ualberta.ca with the subject “Last Name, First Name, Thesis-Track Application Package” prior to August 15th.

MPS THESIS TRACK APPLICATION REQUIREMENTS CHECKLIST	
Subject Area	Completed
PSYCHOLOGICAL KNOWLEDGE CONTENT (students must complete 9 of the following 18 credits)	
PPSYC585 Basic Psychotherapy Skills (3cr)	
PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care (3cr)	
PPSYC587 Life Span Development (3cr)	
PPSYC5812 Psychopathology (3cr)	
PPSYC584 Theories of Counselling and Psychotherapy (3cr)	
PPSYC5869 Systems Psychotherapy Skills (3cr)	
SPIRITUAL INTEGRATION CONTENT (4.5 credits)	
PPSYC581 Intro to Psychotherapy and Spirituality (3cr)	
PPSYC555 Spiritual Integration Processing Group I (1.5cr)	
PROFESSIONAL PRACTICE CONTENT	
Personal therapy (students must complete 10 of required 40 hours)	
ACADEMIC CONTENT (6 credits)	
SSC579 Graduate Academic Skills (3cr)	
SSC5710 Inquiry, Research, and Evaluation Methodologies (3cr)	
Total Required = 19.5 Credits	
OTHER APPLICATION REQUIREMENTS	
Minimum MPS Coursework 80% (A-) (~GPA 3.5)	
Letter of Recommendation from two MPS Instructors (Appendix A; <i>letter cannot be from the instructor for SSC5710</i>)	
Statement of Research Interest (Appendix B)	
Statement of Readiness (Appendix C)	
List of Potential Thesis Supervisors (Appendix D)	
Example of Academic Writing (e.g. final paper from previous coursework)	

APPENDIX A
ST. STEPHEN'S COLLEGE
Edmonton, Alberta
Phone: 780.439.7311

Letter of Recommendation: MPS Thesis-Track Application

APPLICANT NAME	
-----------------------	--

The applicant named above is applying to the thesis-track of the MPS degree and would appreciate a confidential statement from you regarding their readiness for this level of research. Because successful thesis work requires a high degree of independent study, academic rigour, and strong organizational and structural skills, your insights into the applicant's strengths in the areas listed below will be valuable to the College as we consider their application.

Referees may attach a letter of reference to this form, or write comments below.

****Letters of recommendation will remain anonymous to the student****

1. The applicant's strengths and approaches to time management, organization, and contribution to a positive and productive learning environment.

--

2. Your belief in the applicant's ability to engage with the demands of graduate-level research.

--

EMAIL DIRECTLY TO st.stephens@ualberta.ca	REFERENCE PROVIDED BY
Do NOT return Reference to Applicant	Signature
	Name
	Position/Title
	Email
	Phone

APPENDIX B

Statement of Research Interest

Please prepare and submit with your application package a written document outlining your area of research interest that includes an introduction, a brief literature review on your topic area, and an introductory outline of how you would imagine going about your thesis research (e.g., what population you might be interested in studying and how/where you would recruit participants, preliminary thoughts on a methodology, how you would like to analyze and present your research, etc.). The document should meet the following criteria:

1. An appropriately referenced (APA-7) title page
2. Maximum 2400 words (~8 pages) of writing (double-spaced, 12-point Times New Roman font)
3. An appropriately referenced (APA-7) reference list

***Students are expected to complete this document independently, without substantive assistance from generative artificial intelligence.**

Your document can be submitted along with your application package as a separate .pdf file.

APPENDIX C

Statement of Readiness

Please prepare and submit with your application package a written document discussing your belief in your overall fit and readiness for the rigour required to engage in thesis research. This writing might include reflections on your approaches to staying organized, meeting strict deadlines, working under the direction of a supervisor, and/or your approach(es) to writing. The document should meet the following criteria:

1. An appropriately referenced (APA-7) title page
2. Maximum 600 words (~2 pages) of writing (double-spaced, 12-point Times New Roman font)

***Students are expected to complete this document independently, without substantive assistance from generative artificial intelligence.**

Your document can be submitted along with your application package as a separate .pdf file.

APPENDIX D

List of Potential Supervisors

If you are accepted into a thesis-track of your MPS degree, you will be required to seek out a thesis supervisor who will guide and mentor you through your thesis research. Strong supervisors are usually those considered to be experts in either your topic area, your chosen methodology, or both. Being able to have a strong, supportive working relationship with a thesis supervisor is incredibly important. It is also helpful if potential supervisors have a close affiliation (academically, geographically, or otherwise) to St. Stephen's College.

In the space below, please list in order of preference the names of up to five scholars who you feel would be effective supervisors for your proposed research. Please note that supervisors normally have a doctoral degree and research experience in the field of enquiry. **You are encouraged to reach out to potential supervisors, discuss your research, and explore their interest in potentially supervising your work. In the "Contact Made" space, please indicate whether you have reached out to each scholar and briefly summarize the outcome or level of interest expressed.**

Supervisory Candidate 1 Name	
Institution	
Position/Title	
Email	
Related Research Area	
Contact Made	
Supervisory Candidate 2 Name	
Institution	
Position/Title	
Email	
Related Research Area	
Contact Made	
Supervisory Candidate 3 Name	
Institution	
Position/Title	
Email	
Related Research Area	
Contact Made	
Supervisory Candidate 4 Name	
Institution	
Position/Title	
Email	
Related Research Area	
Contact Made	
Supervisory Candidate 5 Name	
Institution	
Position/Title	
Email	
Related Research Area	
Contact Made	