



St. Stephen's
College

MASTER OF PSYCHOTHERAPY AND SPIRITUALITY

- **Counselling Stream**
- **Art Therapy Stream**

Application for Admission

ST. STEPHEN'S COLLEGE, UNIVERSITY OF ALBERTA CAMPUS 8810 112 STREET, EDMONTON, AB CANADA T6G 2J6
Phone: 780-439-7311, 1-800-661-4956 Email: st.stephens@ualberta.ca
www.ualberta.ca/st-stephens

MASTER OF PSYCHOTHERAPY AND SPIRITUALITY

ADMISSION REQUIREMENTS

1. Academic Requirements: Baccalaureate Degree from an institution of higher education approved by a Canadian provincial authority, or the demonstrated educational equivalent. Grade average minimum must be 72%/B/3.0 during last 60 credits of course weight. Applicants who hold a degree other than psychology must have either completed a minimum of 9 undergraduate credits in psychology, or, if they are offered admission to the program, must have completed 3 undergraduate credits in psychology prior to June 1 of their intake year, and commit to complete an additional 6 undergraduate credits as co-requisites within the first year of the program. Additional course work in religious studies, theology, and/or spirituality will be a benefit. Students who are required to complete co-requisite courses should expect to complete the program in a longer timeframe.
2. Personal Requirements: Evidence of commitment and ability to integrate spiritually-informed training into professional practice. This will be assessed through the applicant's written statements and admissions interview.
3. Professional Requirements: All applicants should be able to demonstrate work or volunteer experience in a humanities and/or social services field. For applicants to the Art Therapy Stream, demonstration of skill and experience in visual arts. These will be assessed through the CV, written statements, and (for art therapy applicants) visual art portfolio.
4. Language Requirements: All applicants must be proficient in English prior to admission. Proficiency is demonstrated by either (a) possession of a prior degree where the primary language of instruction was English, (b) demonstration of sufficient coursework completed in English, or (c) a satisfactory score on an approved English language examination (either TOEFL iBT, IELTS, CAEL, or PTE Academic). For full details, see the "English Language Proficiency" section of the St. Stephen's College Academic Calendar.

Application deadline: January 15 for Canadian and Permanent Resident applicants. November 1 for international applicants and applicants applying for a Baccalaureate equivalency review (equivalency fee \$225); if equivalency is granted, applicants then pay the normal application fee.

Interview: Applicants will attend an admission interview as part of the application process. Intake interviews will reflect on the applicant's learning goals and determine the applicant's appropriateness for admission to the program.

Upon admission, students are expected to register for the St. Stephen's College Orientation Day (in May), and begin coursework in late June/early July.

LENGTH OF PROGRAM (MPS COUNSELLING AND ART THERAPY STREAMS)

Given the formative and professional nature of the program, students can complete the MPS program in three years of fulltime study. Students who are required to complete co-requisite courses, who are accepted to write a thesis, or who need to meet external certifying requirements should expect to take additional time. Students must complete all requirements within seven years from their start date. Extensions beyond the seventh year are considered in exceptional circumstances (see Program Extensions policy). At intake each year, students may apply to be admitted into an accelerated two-year track. Admission is by special application and is reserved for students who demonstrate readiness for the accelerated path. Students completing the program in two-years are required to take a full course load.

MPS (Counselling Stream) 60 credits REQUIREMENTS	
PSYCHOLOGICAL KNOWLEDGE CONTENT (18 credits)	Credits
PPSYC585 Basic Psychotherapy Skills	3
PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care	3
PPSYC587 Life Span Development	3
PPSYC5812 Psychopathology	3
PPSYC584 Theories of Counselling and Psychotherapy	3
PPSYC5869 Systems Psychotherapy Skills	3
SPIRITUAL INTEGRATION CONTENT (12 credits)	
PPSYC581 Intro to Psychotherapy and Spirituality	3
SSC589 Spiritual and Theological Reflection in Professional Practice: An Introduction	3
Course from Spirituality and Cultural Competency Category	3
PPSYC555 Spiritual Integration Processing Group I	1.5
PPSYC556 Spiritual Integration Processing Group II	1.5
ELECTIVE CONTENT (6 credits)	
Two 3-credit counselling electives in areas of student interest or as required by the student's desired Professional Association.	6
PROFESSIONAL PRACTICE CONTENT (9 credits)	
Personal therapy (40 hours)	0
PPSYC5870 Counselling Practicum	6
Choice of: PPSYC5836 Indigenizing and Decolonizing the Self in Professional Practice, or PPSYC5823 Cultural and Spiritual Humility in Professional Practice	3
ACADEMIC CONTENT (15 credits)	
SSC579 Graduate Academic Skills	3
SSC5710 Inquiry, Research and Evaluation	3
PPSYC5892 Capstone Project in Psychotherapy ■ Prerequisite: MPS Research Seminar Students are required to complete a capstone as their final research project. The capstone is a suite of written documents (totaling approx. 70–100 pages in length), in which students investigate an issue relevant to professional practice that arrives at an applied conclusion. The Capstone Project must be grounded in the field of psychotherapy or art therapy, and must not involve research as defined by the Tri-Council Policy Statement on Research Involving Humans. The capstone project is intended to prepare students for professional practice and is carried out under the guidance of a course instructor (see Capstone Project in Psychotherapy [PPSYC5892] course description for prerequisites and details).	9
Thesis Option ■ Prerequisite: MPS Research Seminar, and permission of Department Chair Instead of completing a Capstone, students have the option to apply to write a thesis. Admission to the Thesis track is by application to the Department Chair (or designate), and is reserved for those who demonstrate their readiness and ability to work independently after advisement. The thesis is an extended piece of scholarly research, largely conducted independently, along with an appropriately credentialed supervisor. It is usually between 100–150 pages in length, and summarizes a student's research of a stated question. The thesis integrates an introduction, a thorough literature review, explication of methodology, data presentation and analysis, and a summary of findings, conclusions, and recommendations. It is intended to address not only the candidate's research interest, but to make a contribution to the body of knowledge in that field. The Thesis must be within the field of a student's professional interest, and usually involve research as defined by the Tri-Council Policy Statement on Research Involving Humans. Note: students who are accepted to write a thesis should expect to take a minimum of three years to complete the program.	

OPTIONS EQUIVALENT TO CREDIT IN MPS (Counselling Stream)

One Unit of Clinical Psychospiritual Education (CPE) is considered equivalent to 6 elective credits in the MPS Counselling Stream. Students must consult with a Department Chair prior to applying for equivalency.

MPS (Art Therapy Stream)

60 credits

REQUIREMENTS

PSYCHOLOGICAL KNOWLEDGE CONTENT (18 credits)	Credits
PPSYC585 Basic Psychotherapy Skills	3
PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care	3
PPSYC587 Life Span Development	3
PPSYC5812 Psychopathology	3
PPSYC5841 Introduction to Art Therapy: Theories of Counselling and Historical Foundations	3
PPSYC5880 Professional Issues in Art Therapy: Group, Family, and Diversity	3
SPIRITUAL INTEGRATION CONTENT (12 credits)	
PPSYC581 Intro to Psychotherapy and Spirituality	3
SSC589 Spiritual and Theological Reflection in Professional Practice: An Introduction	3
Course from Spirituality and Cultural Competency Category	3
PPSYC557 Art Therapy Spiritual Integration Processing Group I	1.5
PPSYC558 Art Therapy Spiritual Integration Processing Group II	1.5
ELECTIVE AND ADDITIONAL ART THERAPY CORE CONTENT (6 credits)	
ARTST586 Art Therapy Studio: Assessment and Application	3
Art Therapy elective	3
PROFESSIONAL PRACTICE CONTENT (9 credits)	
Personal therapy (40 hours)	0
PPSYC5878 Counselling Practicum (Art Therapy)	6
Choice of: PPSYC5837 Indigenizing and Decolonizing the Self in Professional Practice (Art Therapy), or PPSYC5824 Cultural and Spiritual Humility in Professional Practice (Art Therapy)	3
ACADEMIC CONTENT (15 credits)	
SSC579 Graduate Academic Skills	3
SSC5710 Inquiry, Research and Evaluation	3
PPSYC5893 Capstone Project in Psychotherapy (Art Therapy) ■Prerequisite: MPS Research Seminar Students are required to complete a capstone as their final research project. The capstone is a suite of written documents (totaling approx. 70–100 pages in length), in which students investigate an issue relevant to professional practice that arrives at an applied conclusion. The Capstone Project must be grounded in the field of psychotherapy or art therapy, and must not involve research as defined by the Tri-Council Policy Statement on Research Involving Humans. The capstone project is intended to prepare students for professional practice and is carried out under the guidance of a course instructor (see Capstone Project in Psychotherapy [PPSYC5892], or Capstone Project in Psychotherapy (Art Therapy) [PPSYC5893] course description for prerequisites and details).	9
Thesis Option ■Prerequisite: MPS Research Seminar, and permission of Department Chair Instead of completing a Capstone, students have the option to apply to write a thesis. Admission to the Thesis track is by application to the Department Chair (or designate), and is reserved for those who demonstrate their readiness and ability to work independently after advisement. The thesis is an extended piece of scholarly research, largely conducted independently, along with an appropriately credentialed supervisor. It is usually between 100–150 pages in length, and summarizes a student's research of a stated question. The thesis integrates an introduction, a thorough literature review, explication of methodology, data presentation and analysis, and a summary of findings, conclusions, and recommendations. It is intended to address not only the candidate's research interest, but to make a contribution to the body of knowledge in that field. The Thesis must be within the field of a student's professional interest, and usually involve research as defined by the Tri-Council Policy Statement on Research Involving Humans. Note: students who are accepted to write a thesis should expect to take a minimum of three years to complete the program.	



APPLICATION FOR ADMISSION MASTER OF PSYCHOTHERAPY AND SPIRITUALITY PROGRAM

APPLICATION PROCEDURE

All documents submitted in support of this application become the property of St. Stephen's College and are not returnable to the applicant or transferable to any third party. All materials will be kept strictly confidential. All materials must be received in order for your application to be considered complete. Keep a copy of the completed application packet for your files. For questions, please contact the Registrar's Office: 1-800-661-4956 (in Canada), 780-439-7311 or at st.stephens@ualberta.ca. Prospective students should submit the following documentation:

1. The **application form** with required statements.
2. The non-refundable **application fee**.
3. **Transcript(s)**:
Prospective program students may send unofficial transcripts of their education at other institutions as part of their application package. Upon acceptance of admission, official transcripts are required, and can be mailed, or emailed to the Registrar (st.stephens@ualberta.ca). The official transcript(s) must be sent from the issuing institution's email address or a recognized third-party transcript service. St. Stephen's College reserves the right to require that an original copy be sent by postal mail if the electronic copy does not meet our requirements. Applicants whose transcripts are in a language other than English must submit certified translations of all transcripts being submitted as part of the application. Transcripts must include all courses taken and grades received for all years attended, be complete to the last date of attendance, and where applicable state the degree and the date the degree was or will be awarded. If the degree awarded includes transfer credits from other institutions, a transcript from the credit-granting institution is also required. Baccalaureate Degree in a related area must have GPA minimum 72%/B/3.0 during last 60 credits of course weight. Applicants should submit official transcripts for all academic work put forward in support of the application (including an unofficial transcript of any courses completed at St. Stephen's College).
4. **English Language Proficiency (uploaded PDF if applicable)**
If language of instruction for prior degree was not English, proof of satisfactory score on an approved English language examination, referring to English Language Proficiency policy in Academic Calendar.
5. **Professional Work and Volunteer Experience (uploaded PDF)**
Write a clear resume or *curriculum vitae* that outlines your:
 - A. education (including continuing education)
 - B. relevant work and volunteer experience.For each relevant work or volunteer experience please describe: the demographics, setting, reasons for your interactions, direct involvement you provided and any other relevant details.
6. **Art Portfolio and Artist Statements (uploaded PDF)**
(For Applicants to the Art Therapy Specialization Only): Applicants to the art therapy specialization are also required to submit 12-15 images of their art. Format must include one page for each artwork image, the title, year it was created, size, material type and artist statement of approximately 50-100 words. An artist statement must include the intention of the art piece, the insights from the process, and the personal and/or spiritual meaning the art has had on your life. Note this is not a professional art portfolio; the artwork is not being assessed for technical aspects, but rather for personal reflection and ability to identify as an artist.
7. **Two References (emailed directly to College from Referees)**: Referees must complete the appended form. One referee must be a professional.

Application deadline: January 15 for Canadian and Permanent Resident applicants. November 1 for international applicants and applicants applying for a Baccalaureate equivalency review (equivalency fee \$225); if equivalency is granted, applicants then pay the normal application fee.

ST. STEPHEN'S COLLEGE
MASTER OF PSYCHOTHERAPY AND SPIRITUALITY

Program Application Form

INDICATE WHICH STREAM YOU ARE APPLYING TO:

- ☐ MPS Counselling
☐ MPS Art Therapy

1. Applicants must apply only to one stream, either Counselling or Art Therapy.
2. If you wish to apply to an accelerated two-year track, do not submit this form. Admission is reserved for students who demonstrate readiness. To request a 2-year track application form, email <chizen@ualberta.ca>.

GENERAL INFORMATION

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.

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, City, Province, Postal Code</i>		
Citizenship	Canadian Citizen or Permanent Resident	International Student (Study Permit required) Country of citizenship:	
Email			
Phone			
Birth Date			
Gender	Female	Male	Other/prefer not to disclose
Religious affiliation if applicable (for statistical use only)			
How did you hear about the 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
			No

PERSONAL STATEMENT OF INTEREST

Please answer the following questions in paragraph form (approximately 250-350 words for each answer):

1. Why do you want to become a spiritually-integrated counselling therapist/art therapist?

2. What personal experiences have led you to applying to become a counselling therapist/art therapist?

3. What personal qualities do you possess that would make you an effective counselling therapist/art therapist?

4. St. Stephen's College is an inclusive multi-faith and diverse spiritual community. Please describe your spirituality or meaning-making system(s) and give an example regarding how this significantly impacted your life (OR how this influenced a key decision)?

5. Describe a time that you helped someone. What was the result and if you had to change something what would it be and why?

6. What psychotherapy theories or approaches are you most interested in, and how do these connect to your professional goals as a counselling therapist/art therapist? Please include the settings, populations, or issues you are interested in working with, and why.

RESEARCH STATEMENT

Please provide a maximum 1500-word statement discussing an area of potential research focus in terms of a thesis or capstone project. Your writing should include current evidence from the field and conclude with a research question and/or statement of interest, and be appropriately referenced in APA-7 format.

(Attach a separate document in PDF format.)

REFERENCES

Name of Referee	Relationship to Applicant

The Reference is emailed directly to St. Stephen's College by the Referee, using the form appended.

APPLICATION FOR EQUIVALENCY or SPECIAL ADMISSION

Deadline: November 1

Applications from persons who do not possess a Baccalaureate Degree will be considered if the applicant possesses satisfactory alternate educational and/or life experience that has prepared them for study at the graduate level. In such cases, the Dean will require evidence of readiness to proceed; the Dean's decision whether or not to accept an application is final. Applicants should submit all supporting documentation (see Admission Requirements), together with any additional assessments, transcripts, and certificates earned. Applicants may choose to share additional information about themselves (up to two additional pages). Send completed application form and all documents to the College and pay the non-refundable **\$225 equivalency fee**. If equivalency is granted, applicants will then be required to pay the normal application fee.

REGULAR APPLICATION

Deadline: January 15 Canadian/Permanent Residents; November 1 International applicants.

Applicants who possess a Baccalaureate Degree from an institution of higher education approved by a Canadian provincial authority, or the demonstrated educational equivalent. Applicants who hold a degree other than psychology must have either completed a minimum of 9 undergraduate credits in psychology, or, if they are offered admission to the program, must have completed 3 undergraduate credits in psychology and commit to complete an additional 6 undergraduate credits as co-requisites within the first year of the program. Send your completed application form and all documents referred to under Application Procedure to the College and pay the non-refundable application fee (**\$200 Canadian or Permanent Resident applicants; \$400 International applicants**).

HOW TO PAY THE APPLICATION FEE?

Payment methods available:

<https://www.ualberta.ca/st-stephens/st-stephens-programs/how-to-study-at-ssc/tuition-fees-and-payment.html>

SEND SIGNED APPLICATION AND DOCUMENTS TO:

St. Stephen's College
University of Alberta Campus
Department of Psychotherapy and Spirituality Admissions
8810 112 Street
Edmonton, Alberta T6G 2J6
email to: st.stephens@ualberta.ca

- 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: <https://www.ualberta.ca/st-stephens/st-stephens-programs/files-cabinet/academic-calendar.html>
- I understand that students who are completing practicum requirements through partner organizations are required to abide by the policies as set out by those specific organizations.
- I understand that Students enrolled in clinical practice practicums will need to produce the results of a Criminal Record Check, and/or Vulnerable Sector Check, before being permitted to participate in the practicum.
- 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.

Signature	Date

ST. STEPHEN'S COLLEGE
Edmonton, Alberta

REFERENCE FORM – MPS PROGRAM

APPLICANT NAME

The College would appreciate a reference from you concerning the person named above who has applied for admission to the Master of Psychotherapy and Spirituality program at St. Stephen's College. Please answer the questions below (approximately 50-200 words per answer). *References for admission can be released on request to the subject of the letter, and considered valid for one year only.*

A. What is the length and nature of your relationship to the applicant?

B. Please comment on applicant's character, personality, and capacity for personal growth and development.

C. Please comment on applicant's academic ability.

D. Please comment on applicant's capacity for work in an educational model that emphasizes reflection on experience and personal growth as well as knowledge and skill development.

E. Please comment on applicant's emotional stability.

F. Please comment on applicant's leadership and vocational qualities.

G. Please give your opinion on the applicant's general readiness for pursuing their goals by means of the proposed course of study.

H. Please comment on applicant's experience and/or readiness to work with clients in a counselling setting

SEND DIRECTLY TO

St. Stephen's College
MPS Program
8810 112 Street NW
Edmonton, Alberta T6G 2J6
Email to: st.stephens@ualberta.ca

Do NOT return Reference to Applicant

REFERENCE PROVIDED BY

Signature

Name

Position/Title

Address

Phone