

Department of Psychotherapy and Spirituality

Master of Psychotherapy and Spirituality Program (inclusive of Art Therapy Specialization)

The Master of Psychotherapy and Spirituality (MPS) program develops professional counsellors and psychotherapists 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 all faith traditions.

The MPS is a unique degree program. It has been developed in response to an expressed 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 diverse learning perspectives with their personal growth, and to implement this integration into effective clinical practice. The MPS program has been designed for those who see professional counselling as both an aptitude and calling, and who want to include spiritual awareness and perspectives in their therapeutic understanding as well as their skills development.

The primary educational goals for this degree include: (1) growth in students' capacity for critical and constructive reflection on the human condition, (2) an understanding of counselling history, theory and practice that includes knowledge drawn from spirituality and the arts as well as theology and psychology, (3) competence in a wide range of therapeutic skills that can assist students to respect and engage the spiritual integrity and diversity of individuals, families and broader social systems; (4) an in-depth understanding of the specialization of art therapy for those who choose this specialization, and (5) growth in personal and spiritual maturity, and their professional formation.

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.

While all MPS students complete a core curriculum that prepares them for credentialing in several counselling associations, candidates may also choose to apply with a view to completing their MPS studies through the degree's Art Therapy Specialization (MPS-AT). Application and program requirements for the specialization differ from the regular MPS.

With regard to clinical experience in community settings, MPS students complete between 300 and 350 hours of supervised counselling and/or art therapy training. Clinical supervision fees will apply. These fees will vary depending on required supervisory credentials. While every effort will be made to provide cost equity in terms of supervision fees, those in the specialization may incur additional costs.

With regard to professional credentials, St Stephen's has designed the MPS degree program so that it can assist students in acquiring professional counselling credentials. The program does not, however, meet requirements to pursue registration as a psychologist in Alberta. For those choosing the Art Therapy Specialization, the MPS-AT program of studies is an approved training program with the Canadian Art Therapy Association (CATA). Whatever students' professional credentialing objectives, the onus will be on them to consult with their chosen professional association's registering body, acquire information about specific membership categories and specifications, and meet the expressed requirements including possible additional practicum or clinical supervision hours, both during and subsequent to their academic training.

Length of Program

The MPS program is equivalent to between two and a half and three years of full-time study. Most students complete the degree in three to seven years; after seven years students must consult with the Department Chair to implement a completion plan.

Post Master's Art Therapy Certificate Program

The Post-Master's Art Therapy Certificate program is designed for those who have previously completed a Master's or Doctoral degree in a related field. This program is open to students from any faith tradition and is intended for those interested in professional training that integrates their professional and academic learning alongside their personal development and interest in spiritually informed practice.

Upon completion of this program students will be eligible for professional membership as an art therapist. This program is an approved art therapy training program with the Canadian Art Therapy Association. Whatever students' professional credentialing objectives, the onus will be on them to consult with their chosen professional association's registering body, acquire information about specific membership categories and specifications, and meet the expressed requirements, both during and subsequent to their academic training.

Length of Program

The Post-Master's Art Therapy Certificate is equivalent to 16 months of full-time study. Students are expected to complete the certificate in two to five years; after five years students must consult with the Department Chair to implement a completion plan.

OPTIONS EQUIVALENT TO CREDIT

The following options are considered equivalent to credit in the MPS Program. Students must consult with the Department Chair prior to applying for equivalency; acceptance of equivalencies will be in accordance with program and course requirements, and will be at the discretion of the Department Chair. Equivalencies granted for work done prior to entry into the MPS program will apply to work no older than five years.

ACADEMIC WORK	EQUIVALENCY
One Unit Clinical Pastoral Education (CPE)	6 credits [one MPS elective and one of: SSC582 Theological Themes in Psychotherapy, SSC511 Intro Theology, or SSC5540 Spirituality]
Canadian Foundation for Trauma Research and Education (CFTRE) certificates in Self-Regulation Therapy® (SRT)	SRT Foundation Level Certificate: 6 credits [electives] SRT Advanced Level Certificate: 6 credits [electives] Options for Practicum Supervision and Personal Therapy are also available; consult with Department Chair
Taking Flight International Corporation certificates in Trauma Recovery and Grief Support	Trauma Recovery Certificate: 6 credits [electives] Grief Support Certificate: 3 credits [electives] Options for Practicum Supervision and Personal Therapy are also available; consult with Department Chair
Spiritual Direction Programs (Phase I & II) (eg. Jubilee Programs)	3 credits [electives]