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 300 hours of supervised counselling and/or art therapy training. Art Therapy 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. All practicum placements must take place in Canada.

With regard to professional credentials, St. Stephen’s has designed the MPS degree program to 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 meets the Educational Standards of 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 a Department Co-Chair to implement a completion plan.

**Post Master's Art Therapy Diploma Program**
The Post-Master's Art Therapy Diploma 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 meets the Educational Standards of 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 Diploma 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 a Department Co-Chair to implement a completion plan.

**Graduate Certificate in Spiritually-Informed Creative Arts (GCSICA)**
The Graduate Certificate in Spiritually-Informed Creative Arts (GCSICA) is an introductory program which may be taken either as a stand-alone certificate or as a bridge to the Master of Psychotherapy and Spirituality – Art Therapy Specialization (MPS-AT). The GCSICA provides a flexible, yet structured, course of study for the adult learner who wishes to explore creative arts and spirituality. It is open to persons who are interested in the integration of creative arts and spiritual knowledge as a holistic way to understand others. This program is open to people from all faith traditions.

The GCSICA may be used as a ladder into the Master of Psychotherapy and Spirituality specialization in Art Therapy (MPS-AT), the Master of Psychotherapy and Spirituality (MPS), the Post-Master’s Art Therapy Diploma (PMATD), or the Master of Theological Studies (MTS) at St. Stephen’s College. The electives can be taken in an area of specialization, and must be selected in consultation with the Department Co-Chairs. If the certificate is intended to ladder into another St. Stephen’s graduate program, attention to the requirements of that program should be given, and students should
consult with the appropriate Co-Chair. Students wishing to continue on to another graduate program after completing the GCSICA must apply and meet admission requirements of that program. Successfully completed GCSICA coursework can be transferred if coursework has been completed within the last five years, or at the Co-Chair’s discretion. Completion of the GCSICA does not guarantee admission into a master’s degree or other graduate program. Refer to ‘Laddering Graduate Certificates and Diplomas into a Master's Degree’ policy in the Academic Policies section of the SSC Academic Calendar.

**Length of Program**
The GCSICA is equivalent to six months of full-time study. Students must complete the program within four years.

The required courses must be taken at St. Stephen’s College; Transfer Credits are not accepted.

**Graduate Certificate in Spiritually-Informed Psychotherapy (GCSIP)**
The Graduate Certificate in Spiritually-Informed Psychotherapy (GCSIP) is an introductory program which may be taken either as a stand-alone certificate or as a ladder into the Master of Psychotherapy and Spirituality (MPS). The GCSIP provides a flexible, yet structured, course of study for the adult learner who wishes to explore spiritual concepts and therapeutic practice. It is open to persons who are interested in the integration of psychological and spiritual knowledge as a holistic way to understand others and those who want to include spiritual awareness and perspectives in their therapeutic understanding and skill development. This program is open to people from all faith traditions.

The GCSIP may be used as a ladder into the Master of Psychotherapy and Spirituality (MPS), Master of Psychotherapy and Spirituality specialization in Art Therapy (MPS-AT), the Post-Master’s Art Therapy Diploma (PMATD), or the Master of Theological Studies (MTS) at St. Stephen’s College. The electives can be taken in an area of specialization and must be selected in consultation with the Department Co-Chairs. If the certificate is intended to ladder into another St. Stephen’s graduate program, attention to the requirements of that program should be given, and students should consult with the appropriate Co-Chair. Students wishing to continue on to another graduate program after completing the GCSIP must apply and meet admission requirements of that program. Successfully completed GCSIP coursework can be transferred if coursework has been completed within the last five years, or at the Co-Chair’s discretion. Completion of the GCSIP does not guarantee admission into a master’s degree or other graduate program. Refer to ‘Laddering Graduate Certificates and Diplomas into a Master's Degree’ policy in the Academic Policies section of the SSC Academic Calendar.

**Length of Program**
The GCSIP is equivalent to six months of full-time study. Students must complete the program within four years.

The required courses must be taken at St. Stephen’s College; Transfer Credits are not accepted.
OPTIONS EQUIVALENT TO CREDIT

The following options are considered equivalent to credit in the MPS Program. Students must consult with the Department Co-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 Co-Chair. Equivalencies granted for work done prior to entry into the MPS program will apply to work no older than five years.

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<th>ACADEMIC WORK</th>
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<td>One Unit Clinical Pastoral Education (CPE)</td>
<td>6 credits [one MPS elective and one of: SSC511 Intro Theology, or SSC5540 Spirituality]</td>
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| 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 Co-Chair |
| Taking Flight International Corporation certificates in Trauma Recovery and Grief Support | Trauma Recovery Certificate: 6 credits [electives] and 20 hours personal therapy  
Grief Support Certificate: 3 credits [electives] and 10 hours personal therapy  
Practicum may be arranged [requires Co-Chair's approval and enrollment in PPSYC5870/5878] |
| Spiritual Direction Programs (Phase I & II) (eg. Jubilee Programs, Presence Program at PRC) | 3 credits [electives]  |