

MASTER OF PSYCHOTHERAPY AND SPIRITUALITY REQUIREMENTS

51 credits

CORE COURSES

Choice of: SS071V Academic Writing, or SS074V Academic Skills (0cr graduate online course taken in first year)

*PPSYC581 Intro to Psychotherapy and Spirituality (3cr)

*PPSYC585 Basic Psychotherapy Skills (3cr)

*PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care (3cr)

Research course: choice of SSC571V Research Methods and Methodologies, or SSC5710 Inquiry, Research and Evaluation (3cr)

*PPSYC584V Theories of Counselling and Psychotherapy (online) (3cr)

PPSYC5869 Systems Psychotherapy Skills (3cr)

Theology course: choice of SC511 Intro to Theology, or SSC5540 Spirituality: From Contemplation to Action (3cr)

SSC589 Theological Reflection in Professional Practice (3cr)

Development course: choice of PPSYC587 Life Span Development, or PPSYC5896 Spiritually-Informed Developmental Psychology

PPSYC5812 Abnormal Psychology (3cr)

PPSYC5870 Counselling Practicum (6cr): *Counselling Practica consist of 600 hours in total, 300 of which are direct client contact, plus 60 hours of clinical supervision. Assignments include a progress report and integrative paper. The counselling practica should be arranged so as to meet the student's desired Professional Association requirements.*

Note:

Courses marked with * need to be completed prior to registering for the Practicum Course.

ELECTIVES

Two 3-credit counselling electives in areas of student interest or as required by the student's desired Professional Association. Elective courses are to be selected in consultation with the Department Associate Chair.

OPTION OF THESIS OR CAPSTONE PROJECT (9 credits) (Students must attend 'Thesis or Capstone' seminar before choosing an option.)

- **THESIS:** The thesis is an option for students who can demonstrate their readiness and ability to work independently after advisement. It is an extended piece of scholarly research, largely conducted independently, along with an appropriately credentialed supervisor, 100-150 pages in length. See Academic Calendar for details.
- **CAPSTONE PROJECT in PSYCHOTHERAPY PPSYC5892:** The Capstone Project is an investigation of an issue relevant to professional practice that arrives at a practical conclusion. It must not involve research as defined by the *Tri-Council Policy Statement on Research Involving Humans*. It is carried out under the guidance of the course instructor, approximately 40 pages in length. See course description in Academic Calendar for details.

THERAPY (0 credit, co-requisite): 40 hours of personal therapy with an approved certified counselor or psychotherapist 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 counselor or art therapist.

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. Original certificate of completion must be presented to the Registrar's Office.

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], 20 hours personal therapy Grief Support Certificate: 3 credits [electives], 10 hours personal therapy Practicum may be arranged [requires Associate Chair's approval and enrollment in PPSYC5870/5878]
Spiritual Direction Programs (Phase I & II) (eg. Jubilee Programs, Presence Program at PRC)	3 credits [elective]