

**MASTER OF PSYCHOTHERAPY AND SPIRITUALITY
(ART THERAPY SPECIALIZATION) REQUIREMENTS**

69 Credits

REQUIRED COURSES

SS071V Academic Writing, or SS074V Academic Skills (0cr grad online course; take in first year)
 *PPSYC581 Intro to Psychotherapy and Spirituality (3cr)
 *PPSYC585 Basic Psychotherapy Skills (3cr)
 *PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care (3cr)
 One of: SSC571V Research Methods/Methodologies, or SSC5710 Inquiry, Research/Evaluation (3cr)
 PPSYC584V Theories of Counselling and Psychotherapy (online) (3cr)
 PPSYC5869 Systems Psychotherapy Skills (3cr)
Choice of: SSC511 Intro Theology, or SSC5540 Spirituality: From Contemplation to Action (3cr)
 SSC589 Theological Reflection in Professional Practice (3cr)
Choice of: PPSYC587 Life Span Development, or PPSYC5896 Spiritually-Informed Developmental Psychology
 PPSYC5812 Abnormal Psychology (3cr)
 PPSYC5878 Counselling Practicum (Art Therapy) (6cr): *Counselling Practica consist of 700 hours, 350 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.

ART THERAPY COURSES

*PPSYC5841 Introduction to Art Therapy (3cr)
 *PPSYC5830 Theories and Art Therapy Studio Training Group I (3cr)
 PPSYC5833 Theories and Art Therapy Studio Training Group II (3cr)
 PPSYC5879 Issues of Professional Practice and Interventions in Art Therapy I (3cr)
 PPSYC5880 Issues of Professional Practice and Interventions in Art Therapy II (3cr)
 PPSYC5890 Special Topics in Art Therapy (3cr)
 PPSYC5881 Art Therapy History and Theoretical Foundations (3cr)

ELECTIVE: One 3-credit elective in Studio Art Therapy or Expressive Art Therapy; course may be at graduate or undergraduate level (consult with 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.
- **CAPSTONE PROJECT in PSYCHOTHERAPY (ART THERAPY) PPSYC5893:** 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. 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. A letter from the approved therapist is required, stating dates of therapy and number of hours provided.

OPTIONS EQUIVALENT TO CREDIT

The following options are considered equivalent to credit in the MPS Program. 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 program will apply to work no older than 5 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: 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 Associate Chair
Taking Flight International Corporation certificates in Trauma Recovery and Grief Support	Trauma Recovery Certificate: 6 credits [electives], 20 hours personal therapy, and 60 direct client practicum hours and 6 clinical supervision hours [requires Chair's approval and enrollment in PPSYC5870/5878] Grief Support Certificate: 3 credits [electives], 10 hours personal therapy, and 20 direct client practicum hours and 2 clinical supervision hours [requires Chair's approval and enrollment in PPSYC5870/5878]
Spiritual Direction Programs (Phase I & II) (eg. Jubilee Programs, Presence Program)	3 credits [elective]