

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)

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

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

PPSYC5869 Systems Psychotherapy Skills (3cr)

Theology course: choice of SSC511 Intro 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)

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: Historical and Theoretical Foundations (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.