MASTER OF PSYCHOTHERAPY AND SPIRITUALITY

MPS

Application for Admission
MASTER OF PSYCHOTHERAPY AND SPIRITUALITY
ADMISSION REQUIREMENTS

1. Baccalaureate Degree from an institution of higher education approved by a Canadian provincial authority, or the demonstrated educational equivalent, in the area of theology, psychology, pastoral theology, fine arts, counselling, social work, or the humanities and human sciences. Grade average minimum must be 72%/B/3.0 during last 60 credits of course weight.

2. The academic ability to engage in graduate education; academic background in counselling and/or some experience in a helping role are desirable.

3. Those wishing to pursue the art therapy specialization will need background experience in the fine arts, studio art, and the artistic creative process.

4. Evidence of commitment and ability to integrate spiritually-informed training into professional practice.

5. Upon successful admission to the Program, students will be required to produce a Security Clearance/Vulnerable Sector Check.

Interview: Applicants will attend an admission interview as part of the application process. Intake interviews will reflect on the applicant’s learning goals and determine the applicant’s appropriateness for admission to the program.

Orientation: Upon admission, students are expected to register for the St Stephen’s College Orientation Day (in early June). One of the required courses, Intro to Psychotherapy and Spirituality, takes place Monday through Friday immediately following Orientation Day.
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.

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 Core Program. Students must consult with a Department Associate 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 Associate 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.

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<tr>
<th>ACADEMIC WORK</th>
<th>EQUIVALENCY</th>
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<tr>
<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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<tr>
<td>Canadian Foundation for Trauma Research and Education (CFTRE) certificates in Self-Regulation Therapy® (SRT)</td>
<td>SRT Foundation Level Certificate: 6 credits [electives] SRT Advanced Level Certificate: 6 credits [electives] Options for practicum supervision and personal therapy available; consult with Dept Associate Chair.</td>
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<tr>
<td>Taking Flight International Corporation certificates in Trauma Recovery and Grief Support</td>
<td>Trauma Recovery Certificate=6 credits [electives] &amp; 20 hours personal therapy Grief Support Certificate=3 credits [electives] &amp; 10 hours personal therapy Practicum may be arranged [requires Associate Chair’s approval and enrollment in PPSYC5870/S878]</td>
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<tr>
<td>Spiritual Direction Programs (Phase I &amp; II) (eg. Jubilee Programs, Presence Program at PRC)</td>
<td>3 credits [elective]</td>
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APPLICATION FOR ADMISSION
MASTER OF PSYCHOTHERAPY AND SPIRITUALITY PROGRAM

APPLICATION PROCEDURE
All documents submitted in support of this application become the property of St Stephen’s College and are not returnable to the applicant or transferable to any third party, with the exception of original art work which will be returned to the applicant if digital copies are provided. All materials will be kept strictly confidential. All materials must be received in order for your application to be considered complete. Keep a copy of the completed application packet for your files. For questions, please contact the Registrar’s Office: 1.800.661.4956 (in Canada), 780.439.7311 or at st.stephens@ualberta.ca. Prospective students should submit the following documentation, in typed form where applicable:

1. The attached application form with required statements.
2. The non-refundable application fee.
3. Transcript(s): Official and Complete Transcript issued by the institution awarding the degree and certified by an authorized officer of that institution mailed directly to St Stephen’s College; includes all courses taken and grades received for all years attended, is complete to the last date of attendance, and where applicable states the degree and the date the degree was or will be awarded. If the degree awarded includes transfer credits from other institutions, a transcript from the credit-granting institution is also required. Baccalaureate Degree in related area must have GPA minimum 72%/B/3.0 during last 60 credits of course weight. Applicants whose transcripts are in a language other than English must submit certified translations of all transcripts being submitted as part of the application. Applicants should submit official transcripts for all academic work put forward in support of the application (including an unofficial transcript of any courses completed at St. Stephen’s College).
4. If language of instruction for prior degree was not English, proof of satisfactory score on an approved English language examination, referring to English Language Proficiency policy in Academic Calendar.
5. Curriculum vitae in summary form. This document should include:
   - Professional experience: Position, place, and duration
   - Post-secondary education: Degrees, diplomas and certificates held, with institutions and dates
   - Other experience, education or training in art, psychotherapy, counselling and/or spirituality related to proposed program
6. Personal Statement: A 3-page (maximum) statement outlining the applicant's reasons for applying to the MPS program, indicating qualifications, qualities, or circumstances the applicant feels to be significant. Within this statement, all applicants are required to address their viewpoint on the integration of psychotherapy and spirituality.
7. Research Statement: A 2-page (maximum) statement outlining possible research and potential clinical interests, preparedness for academic writing and completion of a thesis or Capstone Project. Any cited literature should be appropriately referenced (APA format). Please note that this statement will also be used to evaluate your potential for academic writing.
8. A sample of an academic paper or published article or other recent professional writing which demonstrates a capacity to integrate theory with practice. This writing should demonstrate ability to write at the Master's level in terms of scholarship. Any cited literature should be appropriately referenced (APA format).
9. For Applicants to the Art Therapy Specialization Only: Applicants to the art therapy specialization are also required to submit a 3-5 page document that includes an artist statement and a visual arts portfolio. Examples of expressive arts may also be included. Applicants are asked to address how the arts have influenced their personal development and spiritual journey. Applicants are required to include 5-10 examples of artwork (paper copies and/or digital versions are acceptable) with descriptions. Original art work which will be returned to the applicant if digital copies are provided.
10. Two letters of reference, using Reference Form, forwarded directly to St Stephen’s College.

Application deadline: Applications can be submitted throughout the year, with an annual application deadline of Feb 1 for Canadian applicants and Nov 1 for international applicants (next business day if date falls on a weekend). Applicants who do not possess a Baccalaureate Degree and who are applying for an evaluation of academic equivalency must submit their completed application to the College by Dec 1 for Canadian applicants and Sep 1 for international applicants. If equivalency is granted, applicants pay the normal application fee by Feb 1.

NOTE
MPS students at St. Stephen’s College are not eligible for Government student loan funding.
**ST STEPHEN’S COLLEGE**  
**MASTER OF PSYCHOTHERAPY AND SPIRITUALITY**  
Program Application Form

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<tr>
<th>INDICATE WHICH STREAM YOU ARE APPLYING TO:</th>
<th>MPS Core Program without Specialization</th>
<th>MPS (Art Therapy Specialization)</th>
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**GENERAL INFORMATION**

*Use your legal name as shown on one of the following documents: Birth Certificate, Passport, Canadian Immigration Student Authorization document or Marriage Certificate. This name will appear on your College records and transcripts, and on your degree parchment upon graduation.*

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<tr>
<th>Field</th>
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<td>Full Legal Name</td>
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<td>Previous Legal Name (if any)</td>
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<td>City/Province/Postal Code</td>
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<tr>
<td>Citizenship</td>
<td>□ Canadian Citizen or Permanent Resident □ International Student (International Students must obtain a Study Permit)</td>
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<td>Birth Date</td>
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<td>Social Insurance Number</td>
<td>DO NOT EMAIL YOUR SOCIAL INSURANCE NUMBER. Phone St. Stephen’s College Assistant Registrar (780-439-7311#30) with your number.</td>
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**LETTERS OF REFERENCE**

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<th>Name of Referee</th>
<th>Occupation</th>
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Letters of Reference are mailed directly to St Stephen’s College, using the form appended to this application.

**APPLICATION FOR EQUIVALENCY or SPECIAL ADMISSION:**

*Deadline: Dec 1 Canadian/Permanent Residents; Sep 1 International applicants.*

Applications from persons who do not possess a Baccalaureate Degree, or who possess an unrelated Baccalaureate Degree will be considered if the applicant possesses satisfactory alternate educational experience in the area of psychology, pastoral theology, fine arts, counseling, social work, or the humanities and human sciences. In such cases, the Dean will require evidence of readiness to proceed; the Dean's decision whether or not to accept an application is final. Applicants should submit all supporting documentation (see Admission Requirements), together with any additional assessments, transcripts, and certificates earned. Send completed application form and all documents to the College and pay the non-refundable **$225 equivalency fee**. If equivalency is granted, applicants will then be required to pay the normal application fee.
REGULAR APPLICATION:
Deadline: Feb 1 Canadian/Permanent Residents; Nov 1 International applicants.
Applicants who possess a related Baccalaureate Degree (in the area of psychology, pastoral theology, fine arts, counseling, social work, or the humanities and human sciences): Send your completed application form and all documents referred to under Application Procedure to the College and pay the non-refundable application fee ($195 Canadian or Permanent Resident applicants; $390 International applicants).

HOW TO PAY THE APPLICATION FEE?
Payment methods available:
http://ststephenscollege.ca/students/tuition/#sthash.alagqzl2.dpbs

MAIL APPLICATION TO:
St Stephen’s College
University of Alberta Campus
Department of Psychotherapy and Spirituality Admissions
8810 112 Street
Edmonton, Alberta T6G 2J6
Or EMAIL signed application form and documents to: st.stephens@ualberta.ca

I certify that the information in this application is true and complete in all respects and that I have withheld no information. I certify that I have read and understand the “Student Records: Contents, Access, Use, and Protection” policy outlined in the Academic Calendar: http://stephen.srv.ualberta.ca/publications. I understand that misrepresentation, falsification of documents, or withholding of requested information regarding this application are serious offences and may result in dismissal from the College.
I agree, if admitted to St Stephen’s College, to comply with the College regulations as stated in the St Stephen’s College Academic Calendar.

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<th>Signature</th>
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St Stephen’s College, Edmonton, AB CANADA www.ualberta.ca/ST.STEPHENS MPS Program (Intake 2020)
ST STEPHEN’S COLLEGE
Edmonton, Alberta
Phone: 780.439.7311
Fax: 780.433.8875
Toll-free in Canada: 1.800.661.4956

REFERENCE FORM – MPS PROGRAM

APPLICANT NAME

The College would appreciate a confidential statement from you concerning the person named above who has applied for admission to one of the degree programs of this School of Theology. Referees may attach a letter of reference to this form, or write comments below. Please indicate the length and nature of your relationship to the applicant, and comment especially on the following points, as possible:

1. Character, personality, and capacity for personal growth and development
2. Academic ability
3. Capacity for work in an educational model that emphasizes reflection on experience and personal growth as well as knowledge and skill development
4. Emotional stability
5. Leadership and vocational qualities
6. General readiness for pursuing their goals by means of the proposed course of study
7. Experience and/or readiness to work with clients in a counselling setting

Letters of recommendation for admission can be released on request to the subject of the letter. They are considered valid for one year only.

MAIL or FAX DIRECTLY TO

St Stephen’s College
MPS Program
8810 112 Street
Edmonton, Alberta T6G 2J6
Fax: 780.433.8875

OR EMAIL TO: st.stephens@ualberta.ca

Do NOT return Reference to Applicant

REFERENCE PROVIDED BY

Signature

Name

Position/Title

Address

Phone