



Elective Concentrations

for: Counseling Psychology • Mental Health Counseling (MEd and CAGS) • School Adjustment

Holistic Counseling

9 credits

Holistic Counseling is available as a concentration to students interested in exploring Eastern and Western as well as modern and ancient ways of understanding psychology and human behavior. The program integrates knowledge from the study of body, mind, and spirit. Students will review traditional Western and Eastern ways of understanding, and examine how different perspectives fit with new information emerging from neuroscience.

The starting point for our inquiry assumes that a foundation in the biological substrates of human behavior, emotion, and consciousness is essential not only to understanding psychological disequilibrium, but to discerning the impact of various somatic therapies. The program revolves around a series of questions:

- How does our understanding of evolution, physiology, and the body inform the study of psychology?
- Can new research in neuroscience offer a fresh perspective on both traditional and modern theories of motivation and intrapsychic/interpersonal conflict?
- What are the conceptual and practical differences between reductionist and holistic approaches to working with people in psychological distress?
- Do Eastern ways of understanding human experience complement Western theories – or are the differences difficult to reconcile?
- What are the intrinsic limitations of different epistemological tools?
- Can science inform perspectives on the potential for holistic healing, self-actualization and transcendence?

Program Outcomes — In addition to general outcomes of the degree, graduates will develop a conceptual framework that informs a holistic approach to counseling in today's world.

In creating a holistic learning experience, students will spend at least one term developing an experiential practice (e.g. meditation or yoga) of their own to complement the academic work. Students will keep a journal recording reflections on their experiences with the meditative practice they choose to develop.

Careers — Holistic approaches to counseling are used in both alternative and mainstream settings: medical (e.g with pain management), community counseling, and academic settings (e.g. stress management).

Courses

- CCP681 Mind, Body, & Emotion: a Holistic Perspective
- CCP671 East & West: Self, Suffering, & Healing
- CCP652 Holistic Approaches to Psychotherapy

Pastoral Counseling

9 credits

Pastoral Counseling is available as a concentration for students interested in developing the knowledge, skills and training needed to provide effective and informed counseling services from a spiritual and/or faith-based perspective. Clinical, psychological and faith-based frameworks are integrated in order to address the multi-layered aspects of a client's experience including mental, emotional and spiritual elements. The foundational premise of this program is that when this integrative approach is used to understand, assess and provide treatment, clinical practice becomes more attuned and responsive to the needs of the whole person.

The program emphasizes inclusive, interfaith dialogue and cooperative and constructive interaction between individuals of different faiths and/or humanistic or spiritual beliefs. Throughout the curriculum, students will have many opportunities for reflective thought, applied learning, and personal and professional growth.

Program Outcomes — Graduates will possess a strong clinical background; a firm knowledge base of spiritual and faith-based perspectives; and a keen ability to integrate these understandings in their approach with diverse populations of varying faith traditions. Students will develop a deeper awareness and sensitivity for faith-based systems of meaning-making, values and beliefs; as well as an increased understanding and appreciation for the impact of religious and spiritual frameworks on the counseling process.

Careers — Graduates will be qualified for counseling positions in generalist practice; faith-based organizations; healthcare, palliative or hospice-care settings; crisis management; and counseling positions in religious communities or congregations. This program is also well-suited for religious or faith leaders who wish to understand the mental health needs of their congregations or faith communities.

Courses

- CCP642 Fundamentals of Pastoral Counseling
- CCP657 Terror, Trauma & the Sacred: Psychological & Spiritual Perspectives
- CCP653 Religious Coping from a Sociocultural Perspective

CAGS students please consult with advisor and/or program chair and enroll in the corresponding CAGS-level courses.

(All courses @ 3 credits.)