

Department of Psychotherapy and Spirituality

Master of Psychotherapy and Spirituality Program (inclusive of Art Therapy Specialization)

The Master of Psychotherapy and Spirituality (MPS) is an academic-professional degree that develops spiritually integrated counsellors, psychotherapists, and art therapists. The program enables students to integrate psychological and spiritual knowledge for effective therapeutic practice. Students in the MPS program will have the ability to integrate diverse learning with their own personal growth, awareness, and spirituality. This program is open to people from all faith traditions, spiritual practices, and/or worldviews.

The program is 60-credits and can be taken as either a Counselling stream or an Art Therapy stream, both of which are delivered through a blend of academic coursework, supervised clinical experience in community settings, and a final research project. Academic instruction includes a combination of intensive week-long courses and traditional semester long online courses. This blend provides students the opportunity to develop strong cohort groups and learn from the experiences and backgrounds of their peers.

The primary educational goals for the degrees include:

1. The development of a mature profession identity as a psychotherapist, which includes an ongoing, process of spiritual discover, growth, and integration;
2. Development of critical reflection and competence in the delivery of psychotherapy by understanding history, theory, assessment, and intervention, and apply these to psychotherapy practice;
3. Integration of spirituality into professional psychotherapy practice;
4. Development and maintenance of a culturally competent, ethical, and anti-oppressive professional practice; and
5. Contribution to knowledge and field advancement through a capstone or these project.

For those in the Art Therapy Stream:

6. Develop competency in the delivery of art therapy by understanding art therapy history, theory, and intervention and apply both of these to art therapy practice; and
7. Recognition of the inherently spiritual nature of the creative process in clinical practice.

Personal therapy and/or spiritual direction is also a component of the program to allow students to explore their personal, spiritual, and professional development.

The MPS degree programs offer a blend of academic coursework with supervised clinical experience in community settings. Students complete a minimum of 300 hours of supervised counselling training along with 60 hours of clinical supervision. Art Therapy students require 35 of the total 60 hours to be with a Registered Canadian Art Therapist (RCAT); supervision fees apply and will vary depending on required supervisory credentials.

With regard to professional credentials, graduates of the MPS program go on to work in contexts of professional counselling, psychotherapy, art therapy, spiritual care, chaplaincy, pastoral counselling, and other therapeutic and ministry contexts. Graduates may apply to

become professional, certified and registered members of various professional counselling, psychotherapy, and art therapy associations (including CCPA and CATA) and are prepared to qualify for provincial regulatory colleges including the CRPO (College of Registered Psychotherapists of Ontario).

The MPS program curriculum is designed to assist students in acquiring professional counselling credentials in several associations and regulatory bodies, please note that students are not guaranteed licensure or professional registration upon graduation. It is the student's responsibility to ensure that their course and practicum work meets the requirements for the licensing or registration body relevant to the jurisdiction in which they intend to practice. The program does not meet requirements to pursue registration as a psychologist in Alberta.

Length of Degree Programs

Students taking a full course load can complete the MPS in two years, though students can take longer if they desire. Students entering the program without all the required pre-requisite courses should expect to complete the program in three or more years. Students must complete all requirements within seven years from their start date.

Graduate Certificate in Spiritually-Informed Creative Arts (GCSICA)

The Graduate Certificate in Spiritually-Informed Creative Arts (GCSICA) is an introductory program which may be taken either as a stand-alone certificate or as a bridge to the Master of Psychotherapy and Spirituality – Art Therapy Specialization (MPS-AT). The GCSICA provides a flexible, yet structured, course of study for the adult learner who wishes to explore creative arts and spirituality. It is open to persons who are interested in the integration of creative arts and spiritual knowledge as a holistic way to understand others. This program is open to people from all faith traditions.

The GCSICA may be used as a ladder into the Master of Psychotherapy and Spirituality specialization in Art Therapy (MPS-AT), the Master of Psychotherapy and Spirituality (MPS), or the Master of Theological Studies (MTS) at St. Stephen's College. The electives can be taken in an area of specialization, and must be selected in consultation with the Department Co-Chairs.

If the certificate is intended to ladder into another St. Stephen's graduate program, attention to the requirements of that program should be given, and students should consult with the appropriate Co-Chair. Students wishing to continue on to another graduate program after completing the GCSICA must apply and meet admission requirements of that program. Successfully completed GCSICA coursework can be transferred if coursework has been completed within the last five years, or at the Co-Chair's discretion. Completion of the GCSICA does not guarantee admission into a master's degree or other graduate program. Refer to 'Laddering Graduate Certificates and Diplomas into a Master's Degree' policy in the Academic Policies section of the [SSC Academic Calendar](#).

Length of Program

Students taking a full course load can complete the GCSICA in one year. Students must complete all requirements within four years from the date on which they register in the program.

The required courses must be taken at St. Stephen's College; Transfer Credits are not accepted.

Graduate Certificate in Spiritually-Informed Psychotherapy (GCSIP)

The Graduate Certificate in Spiritually-Informed Psychotherapy (GCSIP) is an introductory program which may be taken either as a stand-alone certificate or as a ladder into the Master of Psychotherapy and Spirituality (MPS). The GCSIP provides a flexible, yet structured, course of study for the adult learner who wishes to explore spiritual concepts and therapeutic practice. It is open to persons who are interested in the integration of psychological and spiritual knowledge as a holistic way to understand others and those who want to include spiritual awareness and perspectives in their therapeutic understanding and skill development. This program is open to people from all faith traditions.

The GCSIP may be used as a ladder into the Master of Psychotherapy and Spirituality (MPS), Master of Psychotherapy and Spirituality specialization in Art Therapy (MPS-AT), or the Master of Theological Studies (MTS) at St. Stephen's College. The electives can be taken in an area of specialization and must be selected in consultation with the Department Co-Chairs. If the certificate is intended to ladder into another St. Stephen's graduate program, attention to the requirements of that program should be given, and students should consult with the appropriate Co-Chair. Students wishing to continue on to another graduate program after completing the GCSIP must apply and meet admission requirements of that program. Successfully completed GCSIP coursework can be transferred if coursework has been completed within the last five years, or at the Co-Chair's discretion. Completion of the GCSIP does not guarantee admission into a master's degree or other graduate program. Refer to 'Laddering Graduate Certificates and Diplomas into a Master's Degree' policy in the Academic Policies section of the [SSC Academic Calendar](#).

Length of Program

Students taking a full course load can complete the GCSICA in one year. Students must complete all requirements within four years from the date on which they register in the program.

The required courses must be taken at St. Stephen's College; Transfer Credits are not accepted.

OPTIONS EQUIVALENT TO CREDIT

The following options are considered equivalent to credit in the *MPS Counselling Program*. Students must consult with the Department Co-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 Co-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 [for CPE completed outside of a College/University; CPE completed at a College/University would be considered transfer credit]
Spiritual Direction Programs (Phase I & II) (eg. Jubilee Programs, PRC Presence Program)	6 credits [electives]