



St. Stephen's  
College

# **MASTER OF PSYCHOTHERAPY AND SPIRITUALITY**

- **Counselling Stream**
- **Art Therapy Stream**

## **Application for Admission**

## MASTER OF PSYCHOTHERAPY AND SPIRITUALITY

### ADMISSION REQUIREMENTS

1. Academic Requirements: Baccalaureate Degree from an institution of higher education approved by a Canadian provincial authority, or the demonstrated educational equivalent. Grade average minimum must be 72%/B/3.0 during last 60 credits of course weight. Applicants who hold a degree other than psychology must have either completed a minimum of 9 undergraduate credits in psychology, or, if they are offered admission to the program, must have completed 3 undergraduate credits in psychology prior to June 1 of their intake year, and commit to complete an additional 6 undergraduate credits as co-requisites within the first year of the program. Additional course work in religious studies, theology, and/or spirituality will be a benefit. Students who are required to complete co-requisite courses should expect to complete the program in a longer timeframe.
2. Personal Requirements: Evidence of commitment and ability to integrate spiritually-informed training into professional practice. This will be assessed through the applicant's written statements and admissions interview.
3. Professional Requirements: All applicants should be able to demonstrate work or volunteer experience in a humanities and/or social services field. For applicants to the Art Therapy Stream, demonstration of skill and experience in visual arts. These will be assessed through the CV, written statements, and (for art therapy applicants) visual art portfolio.
4. Language Requirements: All applicants must be proficient in English prior to admission. Proficiency is demonstrated by either (a) possession of a prior degree where the primary language of instruction was English, (b) demonstration of sufficient coursework completed in English, or (c) a satisfactory score on an approved English language examination (either TOEFL iBT, IELTS, CAEL, or PTE Academic). For full details, see the "English Language Proficiency" section of the St. Stephen's College Academic Calendar.

Application deadline: February 1 for Canadian and Permanent Resident applicants. November 1 for international applicants and applicants applying for a Baccalaureate equivalency review (equivalency fee \$225); if equivalency is granted, applicants then pay the normal application fee.

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.

Upon admission, students are expected to register for the St. Stephen's College Orientation Day (in May).

## MPS (Counselling stream)

60 credits

### REQUIREMENTS

PSYCHOLOGICAL KNOWLEDGE CONTENT (18 credits)	Credits
PPSYC585 Basic Psychotherapy Skills	3
PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care	3
PPSYC587 Life Span Development	3
PPSYC5812 Psychopathology	3
PPSYC584 Theories of Counselling and Psychotherapy	3
PPSYC5869 Systems Psychotherapy Skills	3
SPIRITUAL INTEGRATION CONTENT (12 credits)	
PPSYC581 Intro to Psychotherapy and Spirituality	3
SSC589 Spiritual and Theological Reflection in Professional Practice: An Introduction	3
Course from Spirituality and Cultural Competency Category	3
PPSYC555 Spiritual Integration Processing Group I	1.5
PPSYC556 Spiritual Integration Processing Group II	1.5
ELECTIVE CONTENT (6 credits)	
Two 3-credit counselling electives in areas of student interest or as required by the student's desired Professional Association.	6
PROFESSIONAL PRACTICE CONTENT (9 credits)	
Personal therapy (40 hours)	0
PPSYC5870 Counselling Practicum	6
PPSYC5844 Topics in Professional Practice Seminar Series	3
ACADEMIC CONTENT (15 credits)	
SSC579 Graduate Academic Skills	3
SSC5710 Inquiry, Research and Evaluation	3
Thesis or Capstone Project	9
<b>THESIS OPTION</b> Prerequisite: 'Thesis or Capstone' Seminar, and permission of Department Chair The thesis is an option for students who can demonstrate their readiness and ability to work independently after advisement. The thesis is an extended piece of scholarly research, largely conducted independently, along with an appropriately credentialed supervisor. It is usually between 100-150 pages in length, and summarizes a student's research of a stated question. The thesis integrates an introduction, a thorough literature review, explication of methodology, data presentation and analysis, and a summary of findings, conclusions, and recommendations. It is intended to address not only the candidate's research interest, but to make a contribution to the body of knowledge in that field. Research must be within the field of a student's professional interest. Upon approval of the thesis proposal, students will pay the thesis fee.	
<b>CAPSTONE PROJECT OPTION</b> Prerequisite: 'Thesis or Capstone' Seminar Students have the option of completing a capstone project instead of a thesis. See Capstone Project in Psychotherapy [PPSYC5892] course description for prerequisites and details. Students meeting the prerequisites register and pay a 9-credit course fee.	

### OPTIONS EQUIVALENT TO CREDIT IN MPS (Counselling Stream)

The following options are considered equivalent to credit in the MPS Counselling Stream. Students must consult with a Department Chair prior to applying for equivalency.

ACADEMIC WORK	EQUIVALENCY
One Unit Clinical Psychospiritual Education (CPE)	6 elective 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, Presence Program at PRC)	3 elective credits

## MPS (Art Therapy stream)

60 credits

### REQUIREMENTS

PSYCHOLOGICAL KNOWLEDGE CONTENT (18 credits)	Credits
PPSYC585 Basic Psychotherapy Skills	3
PPSYC583 Professional Ethics for Psychotherapy and Spiritual Care	3
PPSYC587 Life Span Development	3
PPSYC5812 Psychopathology	3
PPSYC5841 Introduction to Art Therapy: Theories of Counselling and Historical Foundations	3
PPSYC5880 Professional Issues in Art Therapy: Group, Family, and Diversity	3
<b>SPIRITUAL INTEGRATION CONTENT (12 credits)</b>	
PPSYC581 Intro to Psychotherapy and Spirituality	3
SSC589 Spiritual and Theological Reflection in Professional Practice: An Introduction	3
Course from Spirituality and Cultural Competency Category	3
PPSYC557 Art Therapy Spiritual Integration Processing Group I	1.5
PPSYC558 Art Therapy Spiritual Integration Processing Group II	1.5
<b>ELECTIVE AND ADDITIONAL ART THERAPY CORE CONTENT (6 credits)</b>	
ARTST586 Art Therapy Studio: Assessment and Application	3
Art Therapy elective	3
<b>PROFESSIONAL PRACTICE CONTENT (9 credits)</b>	
Personal therapy (40 hours)	0
PPSYC5878 Counselling Practicum (Art Therapy)	6
PPSYC5843 Topics in Art Therapy Professional Practice Seminar Series	3
<b>ACADEMIC CONTENT (15 credits)</b>	
SSC579 Graduate Academic Skills	3
SSC5710 Inquiry, Research and Evaluation	3
Thesis or Capstone Project	9
<b>THESIS OPTION</b> Prerequisite: 'Thesis or Capstone' Seminar, and permission of Department Chair The thesis is an option for students who can demonstrate their readiness and ability to work independently after advisement. The thesis is an extended piece of scholarly research, largely conducted independently, along with an appropriately credentialed supervisor. It is usually between 100-150 pages in length, and summarizes a student's research of a stated question. The thesis integrates an introduction, a thorough literature review, explication of methodology, data presentation and analysis, and a summary of findings, conclusions, and recommendations. It is intended to address not only the candidate's research interest, but to make a contribution to the body of knowledge in that field. Research must be within the field of a student's professional interest. Upon approval of the thesis proposal, students will pay the thesis fee.	
<b>CAPSTONE PROJECT OPTION</b> Prerequisite: 'Thesis or Capstone' Seminar Students have the option of completing a capstone project instead of a thesis. See Capstone Project in Psychotherapy (Art Therapy) [PPSYC5893] course description for prerequisites and details. Students meeting the prerequisites register and pay a 9-credit course fee.	



# 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](mailto:st.stephens@ualberta.ca). Prospective students should submit the following documentation:

1. The attached **application form** with required statements.
2. The non-refundable **application fee**.
3. **Transcript(s)**: Prospective program students may send unofficial transcripts of their education at other institutions as part of their application package. Upon acceptance of admission, official transcripts are required, and can be mailed, or emailed to the Registrar ([st.stephens@ualberta.ca](mailto:st.stephens@ualberta.ca)). The official transcript(s) must be sent from the issuing institution's email address or a recognized third-party transcript service. St. Stephen's College reserves the right to require that an original copy be sent by postal mail if the electronic copy does not meet our requirements. Applicants whose transcripts are in a language other than English must submit certified translations of all transcripts being submitted as part of the application. Transcripts must include all courses taken and grades received for all years attended, be complete to the last date of attendance, and where applicable state 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 a related area must have GPA minimum 72%/B/3.0 during last 60 credits of course weight. 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. **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.
9. **Two letters of reference**, using Reference Form, forwarded directly to St. Stephen's College.

**Application deadline:** February 1 for Canadian and Permanent Resident applicants. November 1 for international applicants and applicants applying for a Baccalaureate equivalency review (equivalency fee \$225); if equivalency is granted, applicants then pay the normal application fee.

**ST. STEPHEN'S COLLEGE**  
**MASTER OF PSYCHOTHERAPY AND SPIRITUALITY**  
**Program Application Form**

INDICATE WHICH STREAM YOU ARE APPLYING TO:

<input type="checkbox"/>	MPS Counselling
<input type="checkbox"/>	MPS Art Therapy

**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.*

Full Legal Name			
	<i>Surname</i>	<i>First</i>	<i>Initial</i>
Previous Legal Name (if any)			
	<i>Surname</i>	<i>First</i>	<i>Initial</i>
Address			
	<i>Street, City, Province, Postal Code</i>		
Citizenship	Canadian Citizen or Permanent Resident		International Student (Study Permit required)
Email			
Phone			
Birth Date			
Gender	Female	Male	Other/prefer not to disclose
Religious affiliation if applicable (for statistical use only)			
How did you hear about the program?			
Have you ever been charged for an ethical violation under the codes of ethics of other legislative or institutional policies of a professional association, employer, or under provincial or federal legislation?			Yes
			No

**LETTERS OF REFERENCE**

Name of Referee	Occupation

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: November 1**

Applications from persons who do not possess a Baccalaureate Degree will be considered if the applicant possesses satisfactory alternate educational experience. 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 Baccalaureate Degree from an institution of higher education approved by a Canadian provincial authority, or the demonstrated educational equivalent. Applicants who hold a degree other than psychology must have either completed a minimum of 9 undergraduate credits in psychology, or, if they are offered admission to the program, must have completed 3 undergraduate credits in psychology and commit to complete an additional 6 undergraduate credits as co-requisites within the first year of the program. Send your completed application form and all documents referred to under Application Procedure to the College and pay the non-refundable application fee (**\$200 Canadian or Permanent Resident applicants; \$400 International applicants**).

## HOW TO PAY THE APPLICATION FEE?

Payment methods available:

<https://www.ualberta.ca/st-stephens/st-stephens-programs/how-to-study-at-ssc/tuition-fees-and-payment.html>

## SEND SIGNED APPLICATION AND DOCUMENTS TO:

St. Stephen's College  
University of Alberta Campus  
Department of Psychotherapy and Spirituality Admissions  
8810 112 Street  
Edmonton, Alberta T6G 2J6  
Or EMAIL to: [st.stephens@ualberta.ca](mailto: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: <https://www.ualberta.ca/st-stephens/st-stephens-programs/files-cabinet/academic-calendar.html>
- I understand that students who are completing practicum requirements through partner organizations are required to abide by the policies as set out by those specific organizations.
- I understand that Students enrolled in clinical practice practicums will need to produce the results of a Criminal Record Check, and/or Vulnerable Sector Check, before being permitted to participate in the practicum.
- 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.

Signature	Date

# 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

<b>APPLICANT NAME</b>	
-----------------------	--

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.**

--

<b>SEND DIRECTLY TO</b>	<b>REFERENCE PROVIDED BY</b>	
St. Stephen's College MPS Program 8810 112 Street Edmonton, Alberta T6G 2J6 <b>OR EMAIL TO: <a href="mailto:st.stephens@ualberta.ca">st.stephens@ualberta.ca</a></b>  Do NOT return Reference to Applicant	Signature	
	Name	
	Position/Title	
	Address	
	Phone	