Senior Seminar I: Transformational Psychology: The Group Experience

Senior Seminar I is the initiatory phase in a two-semester multisensory, multifaceted process, whereby students explore the nature of creativity and its fundamental relationship to psychology in the context of the classroom community. Through readings, writings, class discussions, and exercises, students uncover their relationship to creativity and learn what exposing oneself to the larger world means. By engaging their curiosity and liveliness, and developing awareness around habitual patterns and resistances, students cultivate trust in themselves and their inherent qualities of wakefulness, wisdom, and compassion. Prerequisite: PSYB325. Open to Contemplative Psychology Students with 90+ credits. Materials fee.

Course Number: PSYB482
Unit: 3.0
Program: Psych - BA Contemplative