

# MA in Clinical Mental Health Counseling: Transpersonal Wilderness Therapy Concentration

The Transpersonal Wilderness Therapy concentration (a 60-credit, three-year program) synthesizes clinical and theoretical course work in counseling, transpersonal psychology, contemplative practice, ecotherapy, adventure therapy, and ecopsychology. The first year, students study the theoretical foundations of counseling and transpersonal psychology, wilderness therapy, counseling skills, and diversity awareness. Second-year classes are woven through a series of intensives, primarily in outdoor and wilderness settings, integrating therapeutic practice with environmental awareness and outdoor skills. In the third year, students complete an internship and a capstone project. Support for the internship year comes via classes that are partially online and partially residential. Students can expect to return to campus twice a semester in their third year of study. Courses that combine online work and on-campus intensives each semester support the internship experience and the completion of the capstone project.

## Degree Requirements

First year, fall

- CNSW609 Wilderness Therapy Intensive: Introduction to Wilderness Therapy (2)
- CNST620 Human Growth and Development (3)
- CNST621 Psychology of Meditation I: Mindfulness Training (3)
- CNSW631 Counseling & Helping Relationships I: Transpersonal Wilderness Therapy (3)
- CNST700 Assessment (3)

SUBTOTAL 14

First year, spring

- CNST610 Social & Multicultural Foundations (3)
- CNSW661 Counseling & Helping Relationships II: Transpersonal Wilderness Therapy (3)
- CNST710 Research and Program Evaluation (3)
- CNST720 Meditation Practicum I: Cultivating Awareness (1)
- CNST740 Diagnostic Psychopathology (2)

SUBTOTAL 12

Second year, fall

- CNSW707 Special Populations Interventions: Wilderness Therapy Settings (2)
- CNSW708 Outdoor Skills: Ropes Course (2)
- CNSW728 Person, Plants, and Land: Horticulture Therapy (2)
- CNSW719 Ecopsychology: Transpersonal Perspectives (2)
- CNSW751 Group Counseling I: Transpersonal Wilderness Therapy (2)

SUBTOTAL 10

Second year, spring

- CNSW629 Family Systems Interventions: Equine-Assisted Settings (2)
- CNSW790 Counseling Practicum (3)
- CNSW627 Contemplative Perspectives and Practice (1)
- CNSW743 Transitions Throughout the Life Span (3)
- CNSW761 Group Counseling II: Transpersonal Wilderness Therapy (3)

SUBTOTAL 12

Second year, summer (optional)

- CNSG871 Extended Internship I (0)
- CNSW881 Nature-Based Facilitation Experience (0)

Third year, fall

- CNSW711 Career Development I: Transpersonal Wilderness Therapy (1.5)
- CNSW801 Professional Counseling Orientation and Ethical Practice I: Transpersonal Wilderness Therapy (2.5)
- CNSW871 Internship I: Transpersonal Wilderness Therapy (2)

SUBTOTAL 6

Third year, spring

- CNSW731 Career Development II: Transpersonal Wilderness Therapy (1.5)
- CNSW802 Professional Counseling Orientation and Ethical Practice II: Transpersonal Wilderness Therapy (2.5)
- CNSW891 Internship II: Transpersonal Wilderness Therapy (2)

SUBTOTAL 6

Third year, summer (optional)

- CNSG891 Extended Internship II (0)
- CNSW881 Nature-Based Facilitation Experience (0)

**Total Credits: 60**

## Transpersonal Counseling Course Listings (CNSA, CNSM, CNST, CNSW)

### CNSA569

#### Art Therapy Perspectives for non-Majors (2.0)

Providing a detailed survey of the field of art therapy, this course covers a wide range of topics and offers broad-based exposure to the theory and practice of art therapy. MA only; BA seniors with instructor permission.

### CNSA600

#### Transpersonal Art Therapy Orientation Seminar (0.0)

This orientation seminar is designed to give new students a thoughtful and appropriate introduction to their cohort and to the

graduate Transpersonal Art Therapy program. This concentrated experience provides an opportunity for the incoming class to meet the art therapy faculty and academic advisor and to experience an introduction to the art therapy program. There is discussion on how meditation is seated in the program, the academic standards expected within the program, and resources for succeeding in the program, including navigating the library, ways of thinking about diversity, contemplative education, and the importance of a personal artist identity. Required for Art Therapy students.

### **CNSA604**

#### **Foundations of Art Therapy: Studio and Practicum (3.0)**

This course focuses on studio foundations in art therapy by investigating numerous in-class art assignments in conjunction with a studio practicum. The studio foundations course work examines practical applications of art therapy that focus on the therapeutic relationships and various artistic techniques that support change and transformation. Development of observation and therapeutic communication/counseling skills are stressed throughout the semester. The studio practicum material covers basic information on how to set up, manage, and fund an art studio. During the semester, students fulfill fifty service hours in the Naropa Community Art Studio. Active participation in socially engaged, community-based arts, along with service-learning values, is a key aspect of the course.

### **CNSA624**

#### **Art Therapy Studio: Process and Materials (2.0)**

Art-based research combined with contemplative practice are carefully integrated into the investigation of various art processes and materials throughout the semester. The open studio model is followed, allowing for students to practice mindfulness through process painting, drawing, and sculpture projects. Commitment to personal and transpersonal imagery is encouraged as an essential part of understanding one's identity as an artist, the purpose of the therapeutic community, and contemplative models for practicing studio art therapy. Prerequisites: CNSA604 and CNSA634. TAT only.

### **CNSA631**

#### **Counseling & Helping Relationships I: Transpersonal Art Therapy (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession, theoretical orientations (including family systems, ethics, and counseling skills), and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other.

### **CNSA634**

#### **History & Theory of Art Therapy (3.0)**

Students explore various historical and current theoretical trends in art therapy, focusing on the contributions of early pioneers and contemporary practitioners. Various approaches to the practice of counseling and art therapy are highlighted (depth psychology, humanistic, Gestalt, cognitive/behavioral, phenomenological, developmental, archetypal) with specific attention devoted to models of contemplative and transpersonal art therapy, creativity, future trends, and strategies to employ when looking at and responding to artwork within the therapeutic relationship. TAT only.

### **CNSA661**

#### **Counseling & Helping Relationships II: Transpersonal Art Therapy (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession, theoretical orientations (including family systems, ethics, and counseling skills), and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other. Prerequisite: CNSA631.

### **CNSA665**

#### **Civic Engagement Studio Practicum (0.0)**

A fifty-hour practicum that allows students to work with various groups from the local community in the Naropa Community Art Studio. Civic responsibility, service-learning values, and cultural/social interventions through art and the mentorship role are stressed throughout the semester. Prerequisites: CNSA604 and CNSA634. TAT only.

### **CNSA734**

#### **Counseling for Child and Adolescent Populations: Transpersonal Art Therapy (3.0)**

This course provides an examination of the psychological, psychosocial, cultural, cognitive, creative, and spiritual development of children from birth through adolescence to age nineteen as it relates to the practice of counseling and art therapy. Through readings, discussion, practice sessions with children, experiential exercises, and assignments, students focus on understanding development and assessment, including art-based assessments, attachment theory, approaches to treatment, cultural competency, and the practice of counseling and art therapy with a variety of child and adolescent populations. TAT only. Prerequisite: CNSA751.

## **CNSA751**

### **Group Counseling: Transpersonal Art Therapy (3.0)**

This course addresses the theory and practice of group counseling through various didactic and experiential methods. The following counseling and art therapy topics are addressed throughout the semester: group ethics; group dynamics and process; stages of group development; levels of intervention; curative factors of group work; contemplative practice applications; group resistance and defenses; cultural competency; termination practices; and the use of art-based interventions and processes for specific populations. Additionally, special attention is devoted to the family as a group. Prerequisites: CNSA604, CNSA631, and CNSA634. TAT only.

## **CNSA754**

### **Counseling for Adult Populations: Transpersonal Art Therapy (3.0)**

This course addresses clinical approaches to working with adult populations from specific DSM-IV categories and with families. Each class offers a population-specific lecture, case material, and general art therapy interventions. Students have the opportunity to increase their understanding of art therapy assessment by engaging in dyad/studio sessions with each other. Organization of treatment plans, session documentation, and assessment for adult populations are examined. The family systems portion of the class offers an overview of family systems theory and family art therapy. Students learn the basic concepts of systems theory, how to make Bowenian and Minuchin maps, how families are organized and structured, the life cycle of a family, and working with diverse family structures through cultural awareness. Prerequisite: CNSA661.

## **CNSA790**

### **Counseling Practicum (3.0)**

Required of all second-year students, the counseling practicum provides for the continued development of counseling skills through fieldwork at a community agency with on-site consultation and supervision. The practicum is designed to provide a supportive and instructional forum for students' initial experiences working with clients in community settings. Students also study ethical guidelines relating to the counseling profession. The course includes secondary group supervision to support the practicum fieldwork experience. In secondary group supervision, students discuss professional and personal issues as they relate to their development as beginning counselors. Discussion topics include client populations served, client transference and therapist countertransference, case presentations, agency structure and organization, and community resources. Prerequisite: CNSA631, CNSA661, and CNSA665.

## **CNSA801**

### **Professional Counseling Orientation & Ethical Practice I: Transpersonal Art Therapy (3.5)**

Professional Counseling Orientation and Ethical Practice provides an instructional, supportive forum for students practicing counseling and art therapy in agency settings. One half of each class meeting is devoted to case consultation and secondary supervision, in addition to the primary supervisory responsibilities of the on-site

supervisor. Students study the ethical codes, legal, and advocacy considerations of counseling and art therapy, including: standards of practice and clients' rights; confidentiality and mandatory reporting; informed consent; assessment and treatment planning; documentation and record keeping; boundary violations/dual relationships; therapeutic technique and style; cultural competency; transference and countertransference; and ownership of artwork. Students demonstrate the applied integration of theoretical material by preparing a written case study and regularly presenting case material during classes. Prerequisites: CNSA790 and all required Art Therapy and Transpersonal Counseling courses. TAT only.

## **CNSA802**

### **Professional Counseling Orientation & Ethical Practice II: Transpersonal Art Therapy (3.5)**

This weekly seminar continues the discussion on professional issues related to assessment, treatment planning, documentation, clarification and application of theoretical orientation, transference and countertransference, and various legal and ethical topics. One half of each class meeting is devoted to case consultation and secondary supervision, in addition to the primary supervisory responsibilities of the on-site supervisor. Throughout the semester, students present case material, eventually formulating a coherent case study to be presented at the department orals. If one fails to successfully complete this class, both professional seminars I and II must be retaken together. Prerequisites: Successful completion of all required Art Therapy and Transpersonal Counseling courses. TAT only.

## **CNSA824**

### **Internship Studio Methods I (0.5)**

This course complements the work covered in Professional Counseling Orientation and Ethical Practice by using various studio methods and virtual art techniques to explore the fieldwork experience in terms of transference and countertransference, parallel process, projective identification response, art-making, self-care, ethics, and professional role identity. TAT only.

## **CNSA844**

### **Internship Studio Methods II (0.5)**

This course complements the work covered in Professional Counseling Orientation and Ethical Practice by using various studio methods and techniques to explore the fieldwork experience in terms of transference and countertransference, parallel process, projective identification, ethics, and professional role identity. TAT only. Prerequisite: CNSA824.

## **CNSA871**

### **Internship I: Transpersonal Art Therapy (2.0)**

Students work as art therapy interns for a minimum of 700 hours in community agencies, hospitals, schools, and other institutions according to AATA guidelines. At least 350 hours of direct client contact is supplemented by treatment team meetings, documentation, clinical supervision, and in-service training. Prerequisites: CNSA790 and all required Art Therapy and Transpersonal Counseling courses.

## **CNSA891**

### **Internship II: Transpersonal Art Therapy (2.0)**

A continuation of CNSA871. If one fails to successfully complete this class, both Internship I and II must be retaken in sequence. TAT Only.

## **CNSM601**

### **Gestalt I: Awareness (3.0)**

The foundations of Gestalt awareness are explored experientially with individual, dyadic, and group exercises. Central concepts of wholeness, present-centered awareness, self-responsibility, body awareness, contact, and boundary disturbances are introduced. The basic form of a Gestalt experiment is demonstrated, and the stages of the process are learned. Transpersonal roots, community building, and development of the I-Thou relationship as the basis of therapeutic work are emphasized. Program students only.

## **CNSM601E**

### **Gestalt I: Awareness (3.0)**

The foundations of Gestalt awareness are explored experientially with individual, dyadic, and group exercises. Central concepts of wholeness, present-centered awareness, self-responsibility, body awareness, contact, and boundary disturbances are introduced. The basic form of a Gestalt experiment is demonstrated, and the stages of the process are learned. Transpersonal roots, community building, and development of the I-Thou relationship as the basis of therapeutic work are emphasized. Program students only.

## **CNSM631E**

### **Counseling and Helping Relationships I (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations, including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other.

## **CNSM651**

### **Gestalt II: Experiment (3.0)**

Demonstrations of individual and group experiments are followed by didactic learning that further explores the central Gestalt themes. The concepts of organicity, figure-ground perceptual fields, polarities, top-dog/underdog, the four explosions, contact boundary, and satisfaction/frustration are explored. The process of a therapeutic experiment is introduced, and students learn to identify stages of a Gestalt working. Students work under the supervision of the teacher. If this class is not successfully completed, both Gestalt I and Gestalt II must be retaken together. Prerequisite: CNSM601.

## **CNSM651E**

### **Gestalt II: Experiment (3.0)**

Demonstrations of individual and group experiments are followed by didactic learning that further explores the central Gestalt themes. The concepts of organicity, figure-ground perceptual fields, polarities, top-dog/underdog, the four explosions, contact boundary, and satisfaction/frustration are explored. The process of a therapeutic experiment is introduced, and students learn to identify stages of a Gestalt working. Students work under the supervision of the teacher. If this class is not successfully completed, both Gestalt I and Gestalt II must be retaken together. Prerequisite: CNSM601E.

## **CNSM661E**

### **Counseling & Helping Relationships II: Mindfulness-based Transpersonal Counseling (3.0)**

## **CNSM691E**

### **Psychology of Meditation III (2.0)**

## **CNSM751**

### **Group Counseling: Lecture- Mindfulness-based Transpersonal Counseling (1.0)**

Working with groups is both an art and a science; therefore, this lecture course is taught in conjunction with CNSM752, an experiential course. This course teaches a combination of techniques drawn from Gestalt, existential, psychodynamic, systems, and other approaches to group therapy. Topics discussed include the following: general group theory; varieties of group therapy; issues involved in starting a group; stages of group development; levels of intervention in groups (interpersonal, intrapersonal, and group); transference, countertransference, and authentic relatedness in groups; resistance and defenses in groups; use of dreams in groups; group maintenance; multicultural issues in groups; and closure exercises and experiences. Prerequisite: CNST661. Co-requisite: CNSM752.

## **CNSM751E**

### **Group Counseling: Lecture- Mindfulness-based Transpersonal Counseling (1.0)**

Working with groups is both an art and a science; therefore, this lecture course is taught in conjunction with CNSM752E, an experiential course. This course teaches a combination of techniques drawn from Gestalt, existential, psychodynamic, systems, and other approaches to group therapy. Topics discussed include the following: general group theory; varieties of group therapy; issues involved in starting a group; stages of group development; levels of intervention in groups (interpersonal, intrapersonal, and group); transference, countertransference, and authentic relatedness in groups; resistance and defenses in groups; use of dreams in groups; group maintenance; multicultural issues in groups; and closure exercises and experiences. Prerequisite: CNST661E. Co-requisite: CNSM752E.

## **CNSM752**

### **Group Counseling: Experiential- Mindfulness-based Transpersonal Counseling (2.0)**

In this course, students practice a combination of techniques drawn from Gestalt, existential, psychodynamics, systems, and other approaches to group therapy. Skills to be practiced and/or discussed follow the themes concurrently taught in CNSM751. Themes include general theory; varieties of group therapy; group start-up issues; stages of group development; levels of intervention in groups; transference, countertransference, and authentic relatedness; resistance and defenses; use of dreams; group maintenance; multicultural issues; closure exercises, and experiences. Prerequisite: CNST661. Co-requisite: CNSM751.

## **CNSM752E**

### **Group Counseling: Experiential- Mindfulness-based Transpersonal Counseling (2.0)**

In this course, students practice a combination of techniques drawn from Gestalt, existential, psychodynamics, systems, and other approaches to group therapy. Skills to be practiced and/or discussed follow the themes concurrently taught in CNSM751E. Themes include general theory; varieties of group therapy; group start-up issues; stages of group development; levels of intervention in groups; transference, countertransference, and authentic relatedness; resistance and defenses; use of dreams; group maintenance; multicultural issues; closure exercises, and experiences. Prerequisite: CNST661E. Co-requisite: CNSM751E.

## **CNSM790E**

### **Substance Use Disorders and Treatment (3.0)**

The physical, mental, emotional, and spiritual aspects of alcohol and drug dependency and other addictive behaviors are explored. Assessment, therapeutic techniques, intervention, and treatment modalities are discussed. Students explore the contributions, as well as the strengths and weaknesses, of 12-step and other self-help recovery groups. The interrelationships of alcohol and drug abuse and other addictive behaviors with attachment and bonding disruptions in early childhood and childhood trauma are also investigated. Lectures, guest lectures, discussions, role-play, and other experiential techniques are used.

## **CNSM801**

### **Professional Counseling Orientation & Ethical Practice I: Mindfulness-based (2.0)**

Professional Counseling Orientation and Ethical Practice I supports the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference,

and countertransference. Prerequisite: CNST790. Must be taken concurrently with CNSM871.

## **CNSM801E**

### **Internship Supervision and Professional Orientation I (1.0)**

Professional Counseling Orientation and Ethical Practice I supports the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference. Prerequisite: CNST790E. Must be taken concurrently with CNSM871E.

## **CNSM802**

### **Professional Counseling Orientation & Ethical Practice II: Mindfulness-based (2.0)**

Professional Orientation and Ethics II completes the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference.

## **CNSM802E**

### **Internship Supervision and Professional Orientation II (1.0)**

Professional Orientation and Ethics II completes the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference.

## **CNSM803E**

### **Internship Supervision and Professional Orientation III (2.0)**

This course is a continuation of CNSM802E.

**CNSM871****Internship I: Mindfulness-based Transpersonal Counseling (2.0)**

The student works a total of 700 hours in community agency settings. Prerequisite: CNST790.

**CNSM871E****Internship I: Mindfulness-based Transpersonal Counseling (1.0)**

The student works a total of 700 hours in community agency settings. Prerequisite: CNST790E.

**CNSM890****Special Topics in Mindfulness-Based Transpersonal Counseling (2.0)**

A course with variable topics for Mindfulness-Based Transpersonal Counseling in-residence students. Supplemental Course Description Fall 2019 Traditional Daoist Qigong comprises lineage-based practices that cultivate the body and mind simultaneously. Outer qigong techniques strengthen the muscular-skeletal system – joints, muscles, tendons, bones, and the spinal column. Inner qigong nourishes the internal organs and cultivates qi, or internal energy. Together, they support mental clarity, relaxation, and resilience. In each class, we will practice traditional qigong forms of movement and stillness, and discuss their lineage origins and their effects on health and presence. This course covers the forms and principles of Xiantienwujimen levels I-III.

**CNSM891****Internship II: Mindfulness-based Transpersonal Counseling (2.0)**

A continuation of CNSM871.

**CNSM891E****Internship II: Mindfulness-based Transpersonal Counseling (1.0)**

A continuation of CNSM871E.

**CNSM895E****Internship III: Mindfulness-based Transpersonal Counseling (1.0)**

This course is a continuation of CNSM891E.

**CNST504E****Meditation Practicum I (3.0)**

Drawing from both the Shambhala and Buddhist traditions, this course introduces students to the sitting practice and psychology of meditation. In these traditions, sitting meditation is the most direct means of training in mindfulness-awareness, which is the basis of contemplative psychotherapy and healing.

**CNST506****Jungian Dream Work (2.0)**

This course lays the foundation and develops an understanding of Jungian dream work from both a theoretical and a practical perspective. Emphasis is placed on the practical use of dreams

in therapy and in one's own personal life. Students look at the structure and process of dreams, objective and subjective interpretations, associations and amplifications complexes as seen in dreams.

**CNST510****Yoga and the Chakras (2.0)**

Chakra awareness is intrinsic to the ancient discipline of Hatha yoga. Modern day studies reveal how these centers are gateways to understanding core imprints and fundamental aspects of our physical, emotional, and spiritual health. In this class, we practice a gentle form of traditional yoga as we cultivate a felt sense of the quality of flow of life force through each chakra. We learn to support the release and rebalancing of somatically held developmental patterns that no longer serve us. Class includes lecture and experiential exercises to enhance the relevance of this practice for self-healing and enrichment.

**CNST521****Touching the Moment: Indelible Presence (2.0)**

Mindfulness meditation—the art of "coming home to ourselves"—is both a method of restoring our connection to the vitality of our own life, and a way to develop presence for our work with others. This five-day residential rural group retreat, appropriate for beginning as well as experienced meditators, includes shamatha sitting meditation, contemplative movement practice, experiential dharma art, periods of silence, work practice, mindful eating, and outdoor walking meditation. Individual meditation instruction as well as daily lectures and discussion are included. Extra fees apply.

**CNST528****Counseling Loss, Grief, and Life Transitions (2.0)**

This class familiarizes the student with grief and transition theory and trains them in individual and family grief counseling skills. Using lecture, discussion, and experiential exercises, the class supports students as they explore both their personal and family loss histories and develop a theoretical working basis for serving clients facing illness, aging, and bereavement. This class meets online for the full semester with in-person meetings on 8/25, 11/3 and 12/8, 2019.

**CNST543****Human Sexuality (2.0)**

Too often, sexuality suffers the same fate in therapy as it does in this culture: it is hidden, not to be discussed, treated as irrelevant. Students examine issues related to sexuality that clients might bring to therapy, consciously or unconsciously. Students start by looking at what they as therapists bring to their work and explore personal and cultural aspects of sex, touch, intimacy, passion, the body, erotica and pornography, developmental issues, alternative lifestyles, transpersonal elements, and more. Guest speakers are included.

**CNST575****Taming the Wild Horse: Riding the Energy of Emotions (2.0)**

Learning to work with emotions can be challenging, even for experienced meditators. This five-day residential rural group retreat

is designed to strengthen meditative tools for understanding and healing emotional struggle. Especially applicable for people working in the helping professions who wish to deepen compassion for self and others, the retreat includes "sending and taking" meditation (tonglen); mindfulness-awareness sitting practice (shamatha); contemplative interactive exercises; periods of silence; mindful eating practice; and outdoor walking meditation. Individual meditation instruction as well as daily lectures and discussions are included. This retreat can be challenging because practicing with emotions can be challenging. The instructor strongly recommends that participants have some prior meditation intensive experience (e.g., a weekend meditation program) prior to attending this retreat. Extra fees apply.

### **CNST596W**

#### **Special Topics in Transpersonal Counseling Psychology (1.0)**

Fall 2019 Supplemental Course Description Non-Suicidal Self-Injury: Etiology, Diagnosis, and Treatment This course discusses current research and theory on nonsuicidal self-injury, including studies on the etiology of this behavior. Attention will also be given to assessment and diagnosis, in line with the new diagnostic framework for this disorder, as a condition for further study in the DSM-5. Evidence-based treatment approaches will also be discussed. This course meets online for the full semester with in-person meetings the weekend of October 25-27, 2019.

### **CNST610**

#### **Social and Multicultural Foundations (3.0)**

This survey course explores the role of the counselor embedded in the milieu of the social and cultural realities of society. Issues concerning work with families from diverse cultures are discussed, including the counselor's role in social justice, advocacy and conflict resolution, cultural awareness, the nature of biases, prejudices, processes of intentional and unintentional oppression and discrimination, and other culturally supported behaviors that are detrimental to the growth of the human spirit, mind, or body.

### **CNST610E**

#### **Social and Multicultural Foundations (3.0)**

This survey course explores the role of the counselor embedded in the milieu of the social and cultural realities of society. Issues concerning work with families from diverse cultures are discussed, including the counselor's role in social justice, advocacy and conflict resolution, cultural awareness, the nature of biases, prejudices, processes of intentional and unintentional oppression and discrimination, and other culturally supported behaviors that are detrimental to the growth of the human spirit, mind, or body.

### **CNST620**

#### **Human Growth and Development (3.0)**

This course provides an advanced study of human development from prenatal experience through the life span, including individual and family development, and theories of learning and personality development, including current research of neurobiological behavior. Students develop an intellectual and theoretical knowledge of human behavior, including an understanding

of developmental crisis, disability, exceptional abilities, and psychopathology, as well as optimal wellness. Situational, cultural, and environmental factors that affect both normal and abnormal behavior are explored, including effects of crisis, disasters, and other trauma-causing events. Theories and models of individual, cultural, couples, family, and community resilience are covered. Theories and etiology of addictions, including strategies for prevention, intervention, and treatment are explored. Legal and ethical considerations are discussed throughout the course. Students deepen their understanding and use of human development in the therapeutic setting.

### **CNST620E**

#### **Human Growth and Development (3.0)**

This course provides an advanced study of human development from prenatal experience through the life span, including individual and family development, and theories of learning and personality development, including current research of neurobiological behavior. Students develop an intellectual and theoretical knowledge of human behavior, including an understanding of developmental crisis, disability, exceptional abilities, and psychopathology, as well as optimal wellness. Situational, cultural, and environmental factors that affect both normal and abnormal behavior are explored, including effects of crisis, disasters, and other trauma-causing events. Theories and models of individual, cultural, couples, family, and community resilience are covered. Theories and etiology of addictions, including strategies for prevention, intervention, and treatment are explored. Legal and ethical considerations are discussed throughout the course. Students deepen their understanding and use of human development in the therapeutic setting.

### **CNST621**

#### **Psychology of Meditation I: Mindfulness Training (3.0)**

Mindfulness, the ability to be fully present, is essential for the skillful counselor. This course introduces the practice of mindful breathing (shamatha-vipashyana) sitting meditation drawn from the Buddhist tradition as a means of developing moment-to-moment awareness. Methods for cultivating wakefulness within daily life situations are explored.

### **CNST621E**

#### **Psychology of Meditation I: Mindfulness Training (3.0)**

Mindfulness, the ability to be fully present, is essential for the skillful counselor. This course introduces the practice of mindful breathing (shamatha-vipashyana) sitting meditation drawn from the Buddhist tradition as a means of developing moment-to-moment awareness. Methods for cultivating wakefulness within daily life situations are explored.

### **CNST625E**

#### **Mindful Chakra Yoga (0.5)**

Chakra awareness is intrinsic to the ancient discipline of yoga. Modern day studies reveal how these embodied energy centers are gateways to understanding physical, mental, emotional, and

spiritual well-being. We practice gentle Hatha yoga and cultivate a felt sense of the quality of life force through each chakra.

### **CNST631**

#### **Counseling and Helping Relationships I (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations, including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other.

### **CNST631E**

#### **Counseling and Helping Relationships I (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations, including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other.

### **CNST646**

#### **Contemplative Voice Work: Sounding the Body-Mind (2.0)**

This course is designed to be primarily experiential in nature. Each class begins with breathing and movement exercises, bringing awareness to the body and releasing habitual holding patterns that can inhibit vocal expression. The remainder of the class is spent in group, dyad, and individual work, exploring techniques for vocal expression, including sounding, toning, singing, and listening as a way to access and express the full range of the authentic voice. Students explore countertransference issues connected with particular vocal qualities and will experiment with "shadow" (not me) vocal sounds in order to develop a wider range of expression. Previous experience with singing is not required.

### **CNST653**

#### **Authentic Movement/Transpersonal (2.0)**

Authentic Movement, a self-directed movement process employing the wisdom of the body as a pathway to awareness, provides direct experience of the individual and collective body as a vessel for integration, healing, transformation, and creative process. This course explores the ground form of Authentic Movement: the mover,

witness, and the relationship between them. Students explore their own process while experiencing this therapeutic movement form. Through learning how to increase the authenticity of presence, students explore the ground of the healing relationship. Authentic Movement provides a model for life lived in authentic relationship to self, others, and community.

### **CNST661**

#### **Counseling and Helping Relationships II (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other. Prerequisite: CNST631.

### **CNST661E**

#### **Counseling and Helping Relationships II: Mindfulness-based Transpersonal Counseling (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other. Prerequisite: CNST631E.

### **CNST663**

#### **Family Systems (2.0)**

An entry-level examination of family process and family counseling. Drawing from a systems approach, students learn how to shift their focus from the individual to the dynamic interplay between members of a couple or family. Major schools of family therapy are studied. Experiential exercises and role-playing complement the theoretical learning. Students explore their own family of origin as a ground for working with others. Trauma in the family, such as child abuse and domestic violence, is also covered. Prerequisite: CNST620.



### **CNST663E**

#### **Family Systems (2.0)**

An entry-level examination of family process and family counseling. Drawing from a systems approach, students learn how to shift their focus from the individual to the dynamic interplay between members of a couple or family. Major schools of family therapy are studied. Experiential exercises and role-playing complement the theoretical learning. Students explore their own family of origin as a ground for working with others. Trauma in the family, such as child abuse and domestic violence, is also covered. Prerequisite: CNST620E.

### **CNST667E**

#### **Traditional Qigong: Cultivating Body and Mind (1.0)**

Traditional Qigong comprises lineage-based practices that cultivate the body and mind simultaneously. Outer qigong techniques strengthen the muscular-skeletal system—joints, muscles, tendons, bones, and the spinal column. Inner qigong nourishes the internal organs and cultivates qi, or internal energy. Together, they support mental clarity, relaxation, and resilience. In each class, we will practice traditional qigong forms of movement and stillness, and discuss their lineage origins and their effects on health and presence.

### **CNST670**

#### **Transpersonal Psychology (3.0)**

An introduction and examination of central concepts, theories, practices, and applications of transpersonal psychology. The on-campus sections are designed for students in the transpersonal counseling programs. These sections extend counseling and psychology into transpersonal areas. The theories of the central figures in the field are discussed and compared, as well as the roots of transpersonal psychology in the world wisdom traditions and multicultural considerations. Students learn counseling applications of transpersonal psychology. The online section of this course explores foundations of transpersonal psychology and its applications to meditation, ritual, ecopsychology, psychological research, multicultural diversity, and other areas. All sections blend intellectual exploration, practice, and self-reflection.

### **CNST670E**

#### **Transpersonal Psychology (3.0)**

An introduction and examination of central concepts, theories, practices and applications of transpersonal psychology. The on-campus sections are designed for students in the transpersonal counseling programs. These sections extend counseling and psychology into transpersonal areas. The theories of the central figures in the field are discussed and compared, as well as the roots of transpersonal psychology in the world wisdom traditions and multicultural considerations. Students learn counseling applications of transpersonal psychology. The online section of this course explores foundations of transpersonal psychology and its applications to meditation, ritual, ecopsychology, psychological research, multicultural diversity, and other areas. All sections blend intellectual exploration, practice, and self-reflection.

### **CNST671**

#### **Psychology of Meditation II: Applications to Counseling (2.0)**

This course builds on the foundation provided by CNST621. Topics presented through lectures and readings deepen the understanding of essential principles of meditative awareness. The specific focus of the course is the way meditation can support the counseling relationship.

### **CNST671E**

#### **Psychology of Meditation II: Applications to Counseling (2.0)**

This course builds on the foundation provided by CNST621E. Topics presented through lectures and readings deepen the understanding of essential principles of meditative awareness. The specific focus of the course is the way meditation can support the counseling relationship.

### **CNST673**

#### **Jungian Psychology: Transpersonal Foundations and Central Concepts (3.0)**

C.G. Jung, arguably the first transpersonal psychologist, presented a complex model of the psyche, including the ego and its relationship to the unconscious and what he called the Self, which is the transpersonal component of the psyche. This course, blending Jungian transpersonal theory with applied clinical methods, examines these core precepts and other central tenets of Jung's analytic psychology. Art therapy students can choose between either this class or CNST670. Prerequisites for art therapy students: CNSA604 and CNSA634. Prerequisite for counseling track students: CNST670.

### **CNST674E**

#### **Body Awareness (0.5)**

Students engage in contemplative practices that are intended to increase their awareness of and relationship with their bodies. These may include traditional practices such as yoga or Taijiquan, or other contemplative body-based practices. Each year a different guest instructor will be invited to engage the students in a body-based contemplative practice.

### **CNST699**

#### **Independent Study: Transpersonal Counseling (0.5-4.0)**

This course offering is an opportunity for students to engage in in-depth, concentrated study with a particular faculty member for a semester. The design of study and course work are decided upon by the student and faculty member. Independent Studies will count for a standard 3 credits. If a variable credit (0.5 - 4 credits) Independent Study is desired, a student must receive additional approval. See the Independent Study Application for further details.

### **CNST700**

#### **Assessment (3.0)**

An overview of individual and group approaches to assessment and evaluation, as these have developed historically from a traditional educational and psychological perspective through a

more focused counseling perspective, with suggested applications appropriate for transpersonal and contemplative practitioners. The course covers basic topics of standardized and non-standardized testing and other assessment techniques, including inventories, observations, and computer-managed methods. Topics include psychometric statistics, factors related to the assessment and evaluation of individuals, groups, and special populations, case conceptualization, assessment, and diagnosis. Ethical and legal considerations are integrated throughout the course. Issues of diversity related to development of and selection of assessment instruments are also explored. Course fee.

### **CNST700E**

#### **Assessment (3.0)**

An overview of individual and group approaches to assessment and evaluation, as these have developed historically from a traditional educational and psychological perspective through a more focused counseling perspective, with suggested applications appropriate for transpersonal and contemplative practitioners. The course covers basic topics of standardized and non-standardized testing and other assessment techniques, including inventories, observations, and computer-managed methods. Topics include psychometric statistics, factors related to the assessment and evaluation of individuals, groups, and special populations, case conceptualization, assessment, and diagnosis. Ethical and legal considerations are integrated throughout the course. Issues of diversity related to development of and selection of assessment instruments are also explored. This course covers the same material and has the same goals, learning outcomes, and assessment process as the on-campus version of the course. It is delivered in a hybrid format, partially online and partially in-residence.

### **CNST704**

#### **Transforming Addictions (2.0)**

The physical, mental, emotional, and spiritual nature of alcohol and drug dependency and other addictive behaviors is explored. Assessment, therapeutic techniques, intervention, and in-patient and out-patient treatment are discussed. Students explore the contributions, as well as the strengths and weaknesses, of 12-step and other self-help recovery groups. The interrelationship of alcohol and drug abuse and other addictive behaviors with attachment and bonding disruptions in early childhood and childhood trauma is also investigated. Lectures, guest lectures, discussions, role-play, and other experiential techniques are used.

### **CNST710**

#### **Research and Program Evaluation (3.0)**

This course is an introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research, and opportunities and difficulties of conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action, and outcome-based are surveyed. Principles, models, and applications of needs assessment, program evaluation, and use of findings to affect program modification are discussed. Technology, statistical

methods, ethics and legal concerns, result reporting, and diversity are also topics of importance.

### **CNST710E**

#### **Research and Program Evaluation (3.0)**

This course is an introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research, and opportunities and difficulties of conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action, and outcome-based are surveyed. Principles, models, and applications of needs assessment, program evaluation, and use of findings to affect program modification are discussed. Technology, statistical methods, ethics and legal concerns, result reporting, and diversity are also topics of importance.

### **CNST711**

#### **Career Development (3.0)**

This course addresses career counseling, career planning, and adult transition from a holistic and transpersonal point of view. Students learn the central theories of career development. Key assessment instruments for life/career planning and decision-making are reviewed. Career counseling skills and processes are explored, including those applicable to specific populations. The course explores the interrelationships between work, family, and other life roles, including the role of diversity and gender in career development. Ethical and legal considerations, career development programming and evaluation, occupational and labor market information, and web-based resources are studied.

### **CNST711E**

#### **Career Development (3.0)**

This course addresses career counseling, career planning, and adult transition from a holistic and transpersonal point of view. Students learn the central theories of career development. Key assessment instruments for life/career planning and decision-making are reviewed. Career counseling skills and processes are explored, including those applicable to specific populations. The course explores the interrelationships between work, family, and other life roles, including the role of diversity and gender in career development. Ethical and legal considerations, career development programming and evaluation, occupational and labor market information, and web-based resources are studied.

### **CNST720**

#### **Meditation Practicum I: Cultivating Awareness (1.0)**

This course is designed to support students in continuing the practice of mindfulness-awareness meditation begun in CNST621. Specific topics include applications of mindful-awareness to creativity, healing, and social action. Students meet in small groups for sitting and walking meditation sessions and discussion. Individual meditation instruction is provided. Prerequisite: CNST621. Materials fee.

## **CNST720E**

### **Meditation Practicum I: Cultivating Awareness (1.0)**

This course is designed to support students in continuing the practice of mindfulness-awareness meditation begun in CNST621E. Specific topics include applications of mindful-awareness to creativity, healing, and social action. Students meet in small groups for sitting and walking meditation sessions and discussion. Individual meditation instruction is provided. Prerequisite: CNST621E.

## **CNST730**

### **Incest and Child Abuse (1.0)**

An introduction to working with clients who have the experience of sexual abuse or incest in their history. We look at the definition, assessment, history, causes, effects, and treatment of sexual abuse and incest. Students explore their own process, the process of the client, and the process of healing in this area from both a personal and systemic perspective.

## **CNST740**

### **Diagnostic Psychopathology (2.0)**

An advanced overview of clinical thinking, perspective, and comprehension related to assessment, diagnosis, and treatment planning tasks required of a psychological professional working with clients representing a wide range of distress, disorders, mental illness, life crises, spiritual dilemmas, personal and developmental transitions, and sociocultural challenges.

## **CNST740E**

### **Diagnostic Psychopathology (2.0)**

An advanced overview of clinical thinking, perspective, and comprehension related to assessment, diagnosis, and treatment planning tasks required of a psychological professional working with clients representing a wide range of distress, disorders, mental illness, life crises, spiritual dilemmas, personal and developmental transitions, and sociocultural challenges.

## **CNST753**

### **Diagnostic Psychopathology II (1.0)**

This course addresses adult development, family material, and clinical approaches to case conceptualization when working with various adult populations from specific DSM categories. Population-specific lectures address case material and clinical counseling/art therapy interventions. Organization of treatment plans, treatment implementation, documentation methods, adult development, cultural competency, and assessment for adult populations are examined throughout the semester. Prerequisite: CNST740. Materials fee.

## **CNST753E**

### **Diagnostic Psychopathology II (1.0)**

This course addresses adult development, family material, and clinical approaches to case conceptualization when working with various adult populations from specific DSM categories. Population-specific lectures address case material and clinical counseling/art therapy interventions. Organization of treatment plans, treatment implementation, documentation methods, adult development,

cultural competency, and assessment for adult populations are examined throughout the semester.

## **CNST763**

### **Gestalt Therapy and Breathwork (1.0)**

Inhalation and exhalation, expansion and contraction, emulate the movement of all life. In Gestalt theory, we utilize breath in awareness and in deepening the experiment. This class explores Gestalt theory and the use of breath in dealing with resistance, bringing about emotional presence, sustaining life's vitality, energizing, and bringing about calmness.

## **CNST770**

### **Meditation Practicum II: Developing Compassion (1.0)**

The development of compassion as the basis of the counseling relationship is explored in this course through the practice of tonglen (exchange of self and other) from the Buddhist tradition. Specific topics include the application of tonglen to the healing process, death and bereavement, social action, and preventing burnout. Group sessions of sitting and walking meditations, discussions, and individual instruction are provided.

## **CNST770E**

### **Meditation Practicum II: Developing Compassion (1.0)**

The development of compassion as the basis of the counseling relationship is explored in this course through the practice of tonglen (exchange of self and other) from the Buddhist tradition. Specific topics include the application of tonglen to the healing process, death and bereavement, social action, and preventing burnout. Group sessions of sitting and walking meditations, discussions, and individual instruction are provided.

## **CNST771**

### **Marriage and Couples Therapy (2.0)**

This class focuses on developing a working knowledge of marriage therapy using different models, with emphases on diversity and Jungian couples therapy, as well as neurobiology and gender research. Students are asked to draw from their own knowledge as they prepare to support working couples. This course meets online for the full semester with in-person meetings on 8/24, 12/7, and 12/8, 2019.

## **CNST775E**

### **Advanced Topics in Transpersonal Psychology (2.0)**

This course serves as an intermediate and advanced examination of central concepts, theories, practices, and applications of transpersonal psychology. In particular, students are exposed to intermediate and advanced models of assessment, clinical case conceptualization, and treatment methods to enhance their clinical effectiveness. Students will learn how to assess and formulate a case using methods of mind/body assessment. Students will also practice using new clinical skills such as self-hypnosis and biofeedback training. It is delivered in a hybrid format, partially online and partially in-residence.

## **CNST780**

### **Therapy with Children - Adolescents (2.0)**

This course focuses on essentials of therapy with children, adolescents, and the family system in which they live. Students have the opportunity to explore and practice directive and non-directive treatment interventions while examining issues such as emotional age, nervous system regulation, and brain development. The therapist's role and use of mindfulness, emotional congruence, and attunement are also addressed. Students have the opportunity to explore specific topics such as aggression, art, sand, puppets, and family play. Adoption, ADD and ADHD, trauma, sensory processing issues, addiction/cutting, and other issues commonly related to children and teens are also covered. Prerequisite: CNST620.

## **CNST782W**

### **Approaches to Couples Counseling (1.0)**

Intensive two-day workshop featuring various methods of couples counseling: Imago; existential; Gottman; object relations; and other approaches. One approach will be featured each semester—topics to be announced. Both didactic information and experiential exercises are presented, including concrete and effective tools for working with couples. Students gain confidence in their ability to understand and deal with relationship dynamics, including their origins in early childhood. Prerequisite: CNST631.

## **CNST790**

### **Counseling Practicum (3.0)**

Required of all second-year students, the counseling practicum provides for the continued development of counseling skills through fieldwork at a community agency with on-site consultation and supervision. The practicum is designed to provide a supportive and instructional forum for students' initial experiences working with clients in community settings. Students also study ethical guidelines relating to the counseling profession. The course includes secondary group supervision to support the practicum fieldwork experience. In secondary group supervision, students discuss professional and personal issues as they relate to their development as beginning counselors. Discussion topics include client populations served, client transference and therapist countertransference, case presentations, agency structure and organization, and community resources. Prerequisite: CNST661 or CNSW661.

## **CNST790E**

### **Counseling Practicum (3.0)**

Required of all second-year students, the practicum provides for the continued development of counseling skills through fieldwork at a community agency with on-site consultation and supervision. The practicum is designed to provide a supportive and instructional forum for students' initial experiences working with clients in community settings. Students also study ethical guidelines relating to the counseling profession. The course includes secondary group supervision to support the practicum fieldwork experience. In secondary group supervision, students discuss professional and personal issues as they relate to their development as beginning counselors. Discussion topics include client populations served,

client transference and therapist countertransference, case presentations, agency structure and organization, and community resources. Prerequisite: CNST661E or CNSM661E.

## **CNST791**

### **Advanced Child and Adolescent Therapy (1.0)**

This advanced course for working with children, adolescents, and their families focuses on turning the theory of previous classes into the practical. Many case studies and demonstrations with class members as family members are used. Students receive the opportunity to practice with other students as well as present their own "cases." The instructor uses a model that integrates developmental process, Gestalt, psychodrama, and family therapy. Prerequisite: CNST780.

## **CNST877**

### **Extended Internship Placement (0.5)**

The purpose of this course is to provide continued clinical support and guidance to students who have not completed their required clinical internship hours. This course is required for any student who has completed CNSM871 or CNSA871, and is enrolled in (or has completed) CNSM891 or CNSA891, but has more than 50 hours left of clinical internship to complete by the last day of classes in the spring semester.

## **CNSW609**

### **Wilderness Therapy Intensive: Introduction to Wilderness Therapy (2.0)**

This course will examine the distinct disciplines that define Wilderness Therapy in the Transpersonal Counseling program. We explore how diverse disciplines can be combined in an effective counseling model that serves people and environment. Students gain understanding of how their personalities and experience influence their role as therapists. The class format is a combination of experiential activities, lectures, discussion, and reflection. WT only.

## **CNSW627**

### **Contemplative Perspectives & Practice (1.0)**

This course supports students in continuing their training in mindfulness practice and explores the use of contemplative practice in the context of personal development and working with others, particularly in wilderness settings. In addition to group sitting practice, students engage in several periods of extended silent activity in order to deepen mindfulness in wilderness settings. WT only.

## **CNSW629**

### **Family Systems Interventions: Equine-Assisted Settings (2.0)**

This course examines the clinical applications of family systems and theoretical knowledge in wilderness therapy, with a focus on equine-assisted settings. Students experience various interventions and develop skill through hands-on practice. Specific family issues (e.g. divorce, blended families, abuse) are explored using family systems approaches. Students select one family therapy approach for more in-depth study. WT only.

### **CNSW631**

#### **Counseling & Helping Relationships I: Transpersonal Wilderness Therapy (3.0)**

This course provides a general framework for understanding and practicing counseling and consultation, including an understanding of counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations, including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other. WT only.

### **CNSW661**

#### **Counseling & Helping Relationships II: Transpersonal Wilderness Therapy (3.0)**

In the second semester of this yearlong course, students continue to gain a framework for understanding and practicing counseling and consultation, including counseling in a multicultural society. Crisis intervention and suicide prevention models are introduced, including the use of psychological first aid strategies. Counseling practice is founded on mindfulness and transpersonal perspectives that emphasize wellness and prevention as primary counseling goals. Other topics covered include a history of the profession; theoretical orientations, including family systems, ethics, and counseling skills; and the development and stages of a therapeutic relationship. Videotaped practice sessions demonstrate the development of students' professional skills, knowledge, and personal growth, as well as their developing awareness of the relationship between self and other. WT only. Prerequisite: CNSW631.

### **CNSW707**

#### **Special Populations Interventions: Wilderness Therapy Settings (2.0)**

This course explores therapeutic interventions, primarily from adventure therapy and ecotherapy. Focus is on issues related to trauma and addictions/substance abuse. We examine various models of addiction recovery, specifically as they apply to diverse populations. Learning happens initially through demonstration and participation, followed by students practicing with peers. WT Only.

### **CNSW708**

#### **Outdoor Skills: Ropes Course (2.0)**

Students learn and practice basic outdoor skills for backcountry travel and camping, review physical and emotional risk-management techniques, and learn how to logistically prepare food and gear for an expedition. Students learn the use of Ropes Courses as a modality for therapeutic growth. Prerequisite: CNSW661.

### **CNSW711**

#### **Career Development I: Transpersonal Wilderness Therapy (1.5)**

This course addresses career counseling, career planning and development, and adult transition from a holistic and transpersonal point of view. Students learn the central theories of career development. Key assessment instruments and techniques for life/career planning and decision-making are reviewed. Career counseling skills and processes are explored, including those applicable to specific populations. The course explores the interrelationships between work, family, and other life roles, including the role of diversity and gender in career development. Ethical and legal considerations, career development programming and evaluation, occupational and labor market information, and web-based resources for career information systems are studied. WT only.

### **CNSW719**

#### **Ecopsychology: Transpersonal Perspectives (2.0)**

This course examines the field of ecopsychology through a transpersonal lens. Major themes of ecopsychology are explored, including how culture and social structures influence the human/nature relationship, disconnection from the natural world, practices for reestablishing and deepening our connection with the natural world, and ecotherapy. Students are exposed to diverse perspectives in the field and are asked to develop and articulate their own point of view. WT only.

### **CNSW728**

#### **Person, Plants, and Land: Horticulture Therapy (2.0)**

This course focuses on the therapeutic modality of Horticulture as a tool for growth and healing. Topics include use of plants and gardening in therapeutic settings, food justice and equity, and themes of geography and land as related to personal history and psychology.

### **CNSW731**

#### **Career Development II: Transpersonal Wilderness Therapy (1.5)**

In the second semester of this yearlong course, students continue to gain an understanding of career development. This course addresses career counseling, career planning and development, and adult transition from a holistic and transpersonal point of view. Students learn the central theories of career development. Key assessment instruments and techniques for life/career planning and decision-making are reviewed. Career counseling skills and processes are explored, including those applicable to specific populations. The course explores the interrelationships between work, family, and other life roles, including the role of diversity and gender in career development. Ethical and legal considerations, career development programming and evaluation, occupational and labor market information, and web-based resources for career information systems are studied. Prerequisite: CNSW711. WT only.

### **CNSW743**

#### **Transitions Throughout the Life Span (3.0)**

This course provides a clinical foundation for working with individuals through major life transitions. The modality of rites of passage, its appropriateness with both adolescent and adult clients, and its cross-cultural dimensions are a focus. Students gain firsthand experience with ceremony, ritual, expressive arts, and vision fasts in natural settings as modalities for addressing transitions. WT only.

### **CNSW751**

#### **Group Counseling: Transpersonal Wilderness Therapy (2.0)**

This course provides theoretical and experiential understandings of group purpose, development, dynamics, counseling theories, approaches, methods, and skills. Studies include comparative models, evaluation methods, research, professional preparation, ethical and legal considerations, and applications for working creatively in outdoor and wilderness settings. WT only.

### **CNSW761**

#### **Group Counseling II: Transpersonal Wilderness Therapy (3.0)**

In the second semester, this yearlong course provides further theoretical and experiential understanding of group purpose, development, dynamics, counseling theories, approaches, methods, and skills. Studies include comparative models, evaluation methods, research, professional preparation, ethical and legal considerations, and applications for working creatively in outdoor and wilderness settings. Prerequisite: CNSW751. WT only.

### **CNSW790**

#### **Counseling Practicum (3.0)**

This course provides students secondary group supervision and ethical training to support the counseling practicum. Required of all second-year students, the counseling practicum provides for the continued development of counseling skills through fieldwork at a community agency with on-site consultation and supervision. The practicum is designed to provide a supportive and instructional forum for students' initial experiences working with clients in community settings. In this course, students also study ethical guidelines relating to the counseling profession. Students discuss professional and personal issues as they relate to their development as beginning counselors. Discussion topics include client populations served, client transference and therapist countertransference, case presentations, agency structure and organization, and community resources. Prerequisite: CNST661. WT only.

### **CNSW801**

#### **Professional Counseling Orientation & Ethical Practice I: Wilderness Therapy (2.5)**

This course supports the learning experience of students enrolled in internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of

counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. Focus is on professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference. Prerequisite: CNST790. WT only.

### **CNSW802**

#### **Professional Counseling Orientation & Ethical Practice II: Wilderness Therapy (2.5)**

In the second semester of this yearlong course, students continue to receive support in the internship placement. This course is designed to provide an instructional and supportive forum for students practicing counseling in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. Focus is on professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference. WT only. Prerequisite: CNSW801.

### **CNSW871**

#### **Internship I: Transpersonal Wilderness Therapy (2.0)**

The student works a total of 700 hours in community agency settings. Co-requisite: CNSW801. WT Only.

### **CNSW881**

#### **Nature-Based Facilitation Experience (0.0)**

This course supports Transpersonal Wilderness Therapy students who are completing their required 150-hour nature-based facilitation experience in an approved setting. Students must have successfully completed all 2nd year classes to enroll. WT only.

### **CNSW891**

#### **Internship II: Transpersonal Wilderness Therapy (2.0)**

A continuation of CNSW871. Co-requisite: CNSW802. WT only.