

Ecopsychology MA (low-residency)

Ecopsychology integrates psychology with ecology in the study of human/nature relationships. At Naropa University, contemplative practice and transpersonal psychology provide a foundation for this integration. The result is a unique contemplative and transpersonal orientation to the field of ecopsychology. The low-residency Master of Arts in Ecopsychology program is a two-year, 38-credit program that begins with a 10-day residential intensive at Shambhala Mountain Center. It then continues with students learning from their own home places online during the fall and spring semesters. Students also attend a 5-day intensive course in Boulder each January, and begin the second year with a two-week summer intensive that includes a rites of passage wilderness camping trip. Coursework integrates theory, experiential learning, and contemplative practice in the study of ecopsychology, including ecoresilience strategies. This is not a clinical program and does not lead to licensure. Students complete both written and service-learning projects.

Degree Requirements

First year, fall

- PSYE600 [Initiatory Contemplative Ecopsychology Intensive](#) (4)
- PSYE630e [Transpersonal Psychology](#) (3)
- PSYE640e [Ecopsychology](#) (3)

SUBTOTAL 10

First year, spring

- PSYE650 [Winter Ecopsychology Intensive I](#) (2)
- PSYE680e [Ecology: Concepts and Applications for Ecopsychology](#) (3)
- PSYE690e [Ecopsychology Applied in Context](#) (3)

SUBTOTAL 8

First year, summer

- PSYE700 [Ecopsychology Training Intensive](#) (2)
- PSYE750 [Psychology of Wilderness Experience Intensive](#) (4)

SUBTOTAL 6

Second year, fall

- PSYE800e [Transpersonal Service Learning](#) (3)
- PSYE850e [Master's Project I](#) (3)

SUBTOTAL 6

Second year, spring

- PSYE780 [Winter Ecopsychology Intensive II](#) (2)
- PSYE790e [Topics in Ecopsychology](#) (3)
- PSYE890e [Master's Project II](#) (3)

SUBTOTAL 8

Total Credits 38

Ecopsychology Course Listings (PSYE)

PSYE600

Initiatory Contemplative Ecopsychology Intensive (4.0)

This first intensive course introduces MA Ecopsychology students to the program and the field. It provides the opportunity for learning community building, and face-to-face instruction in ecopsychological, transpersonal, and contemplative practice processes such as nature connection exercises, ritual, meditation, and the application of topics that will appear in the coming online courses. Students are expected to prepare for the course prior to attending, and to complete a written assignment afterward. Fee for meals and lodging.

PSYE630E

Transpersonal Psychology (3.0)

An introduction and examination of central concepts, theories, practices, and applications of transpersonal psychology. 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. Students explore foundations of transpersonal psychology and its applications to meditation, ritual, ecopsychology, psychological research, multicultural diversity, and other areas. This online course blends intellectual exploration, practice, and self-reflection.

PSYE640E

Ecopsychology (3.0)

The emerging field of ecopsychology is concerned with the psychospiritual side of human and ecological health, proposing that the well-being of both is inextricably linked. Ecopsychology places psychology in an ecological context and draws on psychological insights for effective and sustainable environmental action. This course introduces and examines various aspects of ecopsychological theory and practices through an integration of intellectual exploration, experiential practices, and contemplative self-reflection.

PSYE650

Winter Contemplative Ecopsychology Intensive I (2.0)

The course focuses on advanced topics within ecopsychology, further builds community within the program, and aims to teach specific skills for working with individuals and groups in an ecopsychological context. Students' meditation practice and an understanding of its importance in ecopsychology are deepened. Open to first-year MA Ecopsychology students only.

PSYE680E

Ecology: Concepts and Applications for Ecopsychology (3.0)

This online course reviews fundamental concepts in ecology and explores their relevance to ecopsychology. We explore organisms in their environment, population dynamics, community ecology, ecosystem dynamics, and Gaia Theory. A field component involves natural history investigations in each student's local bioregion. As a group, we develop a place-based perceptual ecology and inquire into the dynamic interrelationships between local ecology, global change, and the human psyche.

PSYE690E

Ecopsychology Applied in Context (3.0)

This online course deepens understanding about the field of ecopsychology by seating its concepts in cultural and applied contexts. Application of the ecopsychological principles for addressing contemporary ecological problems and ethics are examined, along with options for effective and compassionate action. Topics may include eco-spirituality, power dynamics and diversity in ecopsychology, ecofeminism, applied myth, climate change, bioregionalism, voluntary simplicity, and resilience.

PSYE700

Ecopsychology Training Intensive (2.0)

Ecopsychology explores human/nature relationships and the implications of a deeper connection between human and nature for mental health, personal growth, environmental action, and sustainable lifestyles. This advanced course assumes an understanding of the theory and practices of ecopsychology. It is directed toward the interface of ecology, transpersonal psychology, and contemplative practice (i.e., nature, psyche, and spirit), critical evaluation of ecopsychological thinking, and the development and use of ecopsychology practices in personal and professional applications.

PSYE750

Psychology of Wilderness Experience Intensive (4.0)

Through group process, experiential activities, and ritual, participants experience an ancient, pan-cultural, earth-centered rite of passage in a wilderness setting. This course follows the traditional stages of a rite of passage: severance (leaving behind what is familiar), threshold (three days and nights of solitude/fasting), and reincorporation (bringing back gifts or insights to the community). Open to the transformative power of nature, participants have the opportunity to inquire deeply and directly into themselves and their relationship to the natural world and their community. Participants provide their own camping equipment and share food and transportation. Fee for remaining retreat expenses.

PSYE780

Winter Contemplative Ecopsychology Intensive II (2.0)

Building on previous courses, this course teaches theories and techniques of specific applications and practices for ecopsychology facilitators. Students have a chance to both observe these practices and practice them in the intensive course. A second

purpose of this course is face-to-face community building in the low-residency Ecopsychology program. An in-depth self-assessment paper is required. Prerequisite: PSYE650.

PSYE790E

Topics in Ecopsychology: Transitions and Rites of Passage (3.0)

Topics in Ecopsychology courses investigate specific applications of theories and methods of ecopsychology not offered in other courses. Specific topics are announced the semester this course is offered. Elective, open to all eligible graduate students.

Spring 2020:

Transitions and Rites of Passage: This online course explores life transitions, both predictable and unexpected, and the role of rites of passage in giving them meaning and support. Developmental psychology, transpersonal psychology, anthropology, and ecopsychology provide foundations as the course helps students integrate theoretical and experiential perspectives.

PSYE800E

Transpersonal Service Learning (3.0)

In this course, students apply and deepen their learning about transpersonal ecopsychology through service in their communities. With guidance from program faculty, students arrange a service-learning project related to an ecopsychological area of their choice. Online course lectures, reading, and discussion support learning by examining the nature of transpersonal approaches to service, and by providing a forum for interaction and support among students and faculty. A final written paper or media project integrates students' project experiences with theoretical knowledge about the area of service and understanding of transpersonal service. While the service-learning placement may be independent of the master's project topic, the department recommends that students try to connect them.

PSYE850E

Master's Project I (3.0)

This is the first of a two-course sequence in which students apply and deepen their learning through completion of a major written paper or media project on a particular ecopsychological topic of their choice. The online course environment supports this by staged assignments and providing a forum for interaction and support among students and faculty.

PSYE890E

Masters Project II (3.0)

The second of a two-course sequence in which students complete a major written or media project on an ecopsychology topic of their choice. In this second-semester course, students complete the project. Prerequisite: Successful completion of PSYE850e.

PSYE892E

Extended Masters Project (0.5)

An extension of the sequence of two courses leading students to complete the master's project. It is offered in the event that a student

does not complete the paper within the given time. Prerequisite:
PSYE890e.