

Contemplative Art Therapy Major (BA)

A Bachelor of Arts degree (120 credits) consists of [Core Curriculum](#) (30 credits) and at least one [major](#) (36–60 credits), as well as [minors](#) and/or elective courses of the student's choosing.

In this 51-credit major, students engage in an in-depth liberal arts education that integrates traditional and progressive approaches to the behavioral sciences, a strong introduction to art therapy theory, visual arts studio education, and community-based service learning opportunities. The innovative, carefully designed curriculum blends the intellectual and experiential traditions of East and West perspectives.

The curriculum encompasses art therapy courses as well as significant credits in visual arts, world art history, and psychology, with a field placement incorporated into the senior year. Students in this program benefit from a robust foundation leading to a sound undergraduate understanding of art therapy, the therapeutic qualities of art, and experiential appreciation for contemplative studies related to art, psychology, and social needs. This program is held in the School of the Arts to further support the development of a personal and group artist identity.

Program Highlights

The program cultivates academic excellence and contemplative awareness, fosters a framework to develop a thriving studio practice, and the educational and experiential foundation to probe more deeply into art therapy by continuing your education in Naropa's Graduate School concentration in Transpersonal Art Therapy or another art therapy graduate program.

Contemplative Art Therapy Major Requirements

Required Courses

Gateway

- [ATH230 Introduction to Art Therapy](#) (3)
- [ART101 2-D Design: Art Techniques and Experimentation](#) (3)
- [PSYB101 Introduction to Psychology](#) (3)

3-D Design

Choose 3 credits

- [ART102 Contemplative Ceramics: Form and Human Contact](#) (3)
- [ART285 New Forms in Ceramics: Advanced Skills in Historical Clay Techniques](#) (3)
- [ART180 Sculpture](#) (3)

Drawing & Perception

Choose 3 Credits

- [ART125 Introduction to Drawing](#) (3)
- [ART200 The Contemplative Artist](#) (3)

- [ART155 Figure Drawing](#) (3)
- [ART325 Drawing II: Precision, Perception, and Form](#) (3)

Painting

Choose 3 credits

- [ART245 Introduction to Painting: Realism](#) (3)
- [ART215 Watercolor](#) (3)
- [ART345 Painter's Laboratory](#) (3)

Art History

Choose 3 credits

- [ART301 World Art I: Ancient to Middle Ages](#) (3)
- [ART340 Contemporary Art History 1945 to Present](#) (3)

Milestone

- [ATH330 Art Therapy Theory and Applications](#) (3)
- [ATH430 Art Therapy Studio Methods](#) (3)
- [PSYB314 Buddhist Psychology: Mindfulness Meditation](#) (3)
- [PSYB325 Awakening Compassion: Working with Others](#) (3)
- [PSYB345 Developmental Psychology](#) (3)
- [PSYB371 Personality Theories](#) (3)
- [PSYB415 Maitri: Working with Emotions](#) (3)
- [PSYB420 Abnormal Psychology](#) (3)

Capstone

- [ART440 Warrior Artist: Risk and Revelation in Studio Art](#) (3)
- [PSYB425 Field Placement](#) (3)

Total Credits: 51

Art Course Listings

ART101

2-D Design: Art Techniques and Experimentation (3.0)

2-D Design is an introduction to a variety of technical, conceptual, and experimental methods used to make art. Students explore color theory and design principles using basic drawing, painting, and mixed materials. Intuitive, intellectual, and contemplative modes of inquiry provoke expanded possibilities and approaches to practicing studio art. Materials fee.

ART102

Contemplative Ceramics: Form and Human Contact (3.0)

For millennia, humans have used ceramics both to sustain life and for personal expression. In this hands-on class, students develop their own individual approach to the medium, using methods that include pinching, coiling, slab construction, and wheel throwing. Students find ways to embody their contemplative practice by investigating how ceramics can create meaning with forms intended to connect with others. Students deepen their artistic practice by exploring the use of ceramics in the world. Materials fee.

ART105

Art and Consciousness: Mixed Media and Self-Exploration (3.0)

Students are challenged to listen to and trust their own inner experience as the basis for the creation of authentic artwork. Through material experimentation and investigation into realms of consciousness, we create art. Acrylic painting and mixed media are explored. Students discover that art relies upon its sources in the most profound levels of human consciousness for its ability to inspire and transform. Materials fee.

ART125

Introduction to Drawing (3.0)

This studio class focuses on developing skillful use of drawing techniques, paired with an investigation of mind and perception. Drawing is presented here as a method for discovering the beauty and profundity of ordinary things. A graduated series of individual and collaborative exercises is presented for both beginning and experienced drawers. Materials fee.

ART132

3-D Ephemeral Art (3.0)

This studio course explores the fundamental principles of three-dimensional design such as form, space, shape, value, balance, proportion, and movement. Students examine contemplative ways of creating art and experience the symbiotic relationship that occurs when using ephemeral media (natural materials that erode or decay over time) as a primary medium. Materials fee.

ART155

Figure Drawing (3.0)

The structure of this course is established by centering concentration on the figurative motif. Class routine begins with gesture and warm-up drawing, followed by instruction and specific exercises, ending with extended poses or poses relative to a particular figurative study. Figure exercises are derived from an academic tradition to train the eye as well as the hand. Materials fee.

ART180

Sculpture (3.0)

This studio course explores the organizing principles of three-dimensional design as well as the nature of one's creative thoughts. Students learn to use a variety of materials and techniques, including clay, plaster, metals, mold-making, and conceptual approaches. Investigations into the history of sculptural form raise questions pertinent to contemporary art. Materials fee.

ART200

The Contemplative Artist (3.0)

At the very heart of the word "contemplative" is the activity of observing, seeing. "Contemplative," originally a term of divination, meant an open space marked out for observation. "Contemplate" implies attentive and meditative observation. Through mindfulness meditation, studio assignments, and selected readings, students explore a cosmology of art; how art arises; how seeing occurs, literally and poetically; how people navigate and appreciate the

world through sense perceptions and how perceptions are affected by culture; and how these two streams of the personal and the public join in an individual's aesthetic sense and artistic statement. Cross-listed as ART500. Materials fee.

ART215

Watercolor (3.0)

This course, open to beginners and experienced artists, is a series of exercises designed to lay the foundation for understanding this famously difficult medium. The methods presented distill the techniques practiced in the Western tradition of the past three centuries and provide the basis for a lifetime of anxious pleasure. This is a studio class with demonstrations by the instructor and a lot of painting and drawing by the students. Materials fee.

ART245

Introduction to Painting: Realism (3.0)

Students develop technical ability as painters and increase their creative options for art-making. With the still life as subject, the course focuses on color theory, the formal elements of painting, and the various surfaces, tools, techniques, and myriad effects that can be achieved with acrylic paint. Students explore the expressive potential of painting and discuss their process during class critiques. Knowledge gained enables students to be articulate about, and have a better understanding of, the paintings that they encounter in the world. Materials fee.

ART285

New Forms in Ceramics: Advanced Skills in Historical Clay Techniques (3.0)

This course presents an introduction to the art of ceramics with an overview that examines the cultural aspects of ceramics with a focus on anthropological, historical, mythical, and divination practices in clay. We will explore the properties and preparation of clay and methods for forming and firing clay. Aspects of form, design, and decoration will also be examined. Prerequisite: ART102 or by instructor permission. Course fee.

ART301

World Art I: Ancient to Middle Ages (3.0)

An introduction to the visual arts of archaic societies and of the civilizations of the Mediterranean and Middle East, Asia, Central and South America, and Africa. Viewed from a global perspective, we explore the historic and mythic lineages of vision, meaning, and craft. Materials fee.

ART311

Mixed Media (3.0)

Students engage in the creation of art made out of mixing materials and media. Investigations include formal, technical, philosophical, and experiential aspects of art-making. Sources of artistic imagery, from contemporary to traditional art, and the dynamics of aesthetic experience are examined. Students develop insights through the integration of witnessing many forms of art, critical intent, and personal creative experience. Emphasis is placed on making art,

artistic evaluation, and the dynamics of group critique. Materials fee.

ART325

Drawing II: Precision, Perception, and Form (3.0)

Beginning with an emphasis on precise observational drawing, the class proceeds through an array of exercises designed to deepen each student's native way of drawing. The working basis for this is the One Hundred Drawings project, a semester-long exploration of an individually chosen theme. Open to anyone with previous drawing experience. Prerequisite: ART125 or permission of instructor. Materials fee.

ART340

Contemporary Art History 1945 to Present (3.0)

An introduction to contemporary artists and movements from around the world. Veering from the traditional European model, we will focus on artists that challenge and inform the contemporary art scene. From major art movements to an emphasis on particular artists of that movement. Covering political, personal, and explorative art in painting, sculpture, performance, installation, video, and other alternative forms of art to later work that has social and political impact, this course will explore all world arts. With a global perspective, we explore the artist as a catalyst for meaning, and expressions through a critical and personal experience. Prerequisite: ART301.

ART345

Painter's Laboratory (3.0)

Like a science lab, the painter's laboratory is a place for practice, observation, and testing. This studio class is suitable for anyone wanting to explore and develop as a painter. The goal is to enhance seeing and to translate that highly personal skill into paint. We study and experiment with how to generate ideas, how to develop subject matter, how to build on and incorporate previous training and experience (including nonvisual), and how to engage the vastness of contemporary and historical arts as a mentor and ally. Lab skills include how to gather and use visual information for painting through collecting, drawing, and notation. This is a hands-on lab; the medium is acrylic paint. Materials fee.

ART355

Eco-Art (3.0)

This class explores ecological and environmentally related art. Studio work emphasizes recycled and natural materials, with a mixed-media emphasis. Students learn how to source art materials directly. Slide lectures; visiting artists; and trips to see, discuss, and reflect on eco-arts are included, as well as an experience with community-based art. Materials fee.

ART360

Contemplative Photography (3.0)

This course guides students to explore mindfulness in photography. Students experience the relationship between the contemplative state of mind of clear and non-conceptual awareness and the creative endeavor through photography. Students consider reality,

space, time, and illusion as ways to gain insights into photography and the meditative state. Students develop visual awareness through the use of the photographic medium. Through viewing films, readings, and research, students expand their knowledge of potent imagery. Critiques and discussions foster the advancement of students' art images. Materials fee.

ART385

Advanced Studio Practice (3.0)

Students define and manifest their own artistic voice, incorporating the media and technique of their choice. Students build a body of serious cohesive artwork, with emphasis on technical, formal, and conceptual concerns. Art and thought processes are supported by research, engaged inquiry, and a highly focused studio practice. Viewing art from contemporary and traditional cultures encourages students to realize a global understanding of what art is. Prerequisites: Open to Visual Arts majors with 60+ credits only. Others with instructor permission. Materials fee.

ART440

Warrior Artist: Risk and Revelation in Studio Art (3.0)

The artist is trained as a scholar to cultivate confidence and dignity. Students engage in the skills of speaking about art, and its concerns, with regard to inner and outer influences. Research and articulation of influences provide students a greater clarity of how their art form relates from themselves to the world. Warrior exams prompt students to talk about their art on the spot and uncover wisdom. Fundamental questions are explored to provide a larger view of the effect art creates for the viewer. Ongoing art studio practice informs the dialogue and encourages progressive art consciousness. In this class, students join their advanced studio art practice with the disciplines of speaking and writing about art. Visual Arts majors graduating seniors only; others by permission of the instructor. Materials fee.

ART455

Making Conscious Media (3.0)

Exploration of creative cinema through short production and post-production projects. The course focuses on tactics and strategies of independent cinema production, leading to the completion of a final project in either documentary, experimental, or narrative genres. Content emphasis will be on material that is socially provocative, artistically bold, or infused with content that reflects a consciously-grounded exploration of the human condition. Materials fee.

ART480

Portfolio and Gallery Presentation (3.0)

This spring course prepares students for the presentation of their senior projects in the Naropa Gallery. The course covers practical elements of designing and assembling a portfolio, marketing, copyrights, presentation of artwork, and installation of exhibitions. BA Visual Arts seniors only; others by permission of instructor. Materials fee.

ART490

Special Topics in Visual Arts (3.0)

The Special Topics seminar investigates the applications of theories and methods of visual arts specific to historical, critical, and theoretical contexts. Specific topics are announced the semester this course is offered. The seminar is open to advanced undergraduate and graduate students. Materials fee.

Spring 2019

Section A: Installation and Ritual This course is intended as a space in which we could build/dream through our materials, sensations and questions to the shrine, the ritual, and the installation. We will look at examples of each from cultures and traditions of many kinds, with a strict vow not to appropriate these forms but rather, as a way to develop our own questions about what these spaces might be for. What do they need? What do they require? What do they discharge? What kinds of images do they precipitate that were never seen before? How can writing and performance be the places where we develop or retain a memory of these images? Our work together this semester will unfold in the axial space between spirituality and art, with a focus on our own art-making, writing, and performance.

ART499

Independent Study: Visual Arts (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.

Contemplative Art Therapy Course Listings

ATH230

Introduction to Art Therapy (3.0)

This course offers an introduction to the history, major theoretical viewpoints, and applications of art therapy. Through readings, seminar style discussions, and experiential exercises, students formulate their own initial working/evolving definition of art therapy. Materials fee.

ATH330

Art Therapy Theory and Applications (3.0)

This course offers a general survey of the literature, theories, and practices of art therapy with various client populations. Students will investigate the general literature concerning the practice of art therapy and role of the art therapist when working with various populations (mental health, expressive therapies, community-based). A personal commitment to the exploration of one's own creative process is highly stressed. Materials fee. Prerequisite: ATH230

ATH430

Art Therapy: Studio Methods (3.0)

This course is designed to offer students an opportunity to engage in hands-on art experiences that often have direct relationship to art therapy methods and techniques. There is also an opportunity to explore your own creative/visualizing process throughout the course as a way to solidify your connection with your identity as an artist. Materials fee. Prerequisite: ATH230

ATH499

Independent Study: Art Therapy (1.0-3.0)

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.

Contemplative Psychology Course Listings

PSYB101

Introduction to Psychology (3.0)

This survey course explores psychology, especially as it has developed in the Western world. Students learn to better understand mental life and behavior by studying diverse approaches that range from laboratory science to the intuitive clinical work involving clients and therapist. Topics covered include brain function, consciousness, perception, learning, thought, maturation, emotion, personality, mental illness, and therapy. Understanding of these topics is deepened by critically evaluating theoretical frameworks with respect to each student's experience.

PSYB208

Embodying Process and the Individual (3.0)

The body is the vessel of emotions, the vehicle for actions, and the tool of perceptions. Culturally, we have been trained to ignore bodily processes. This class examines the role of bodily experience. By studying sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice of embodiment.

PSYB209

Herbal Medicine (3.0)

This course offers an introduction to the use of food, herbs, and other natural remedies to experience vital health. Students learn to make a few simple herbal preparations, and discuss herb safety and proper dosages. Topics include herbal history, food as medicine, reproductive health, emotional health, children's health, addictions, psychoactive plants, aromatherapy, color therapy, feng shui, and careers in natural medicine. The class has an East-West approach and enables students to use plants and other natural therapies for their own health as well as for helping others.

PSYB225

Family Systems (3.0)

An investigation of the family as a system that has a structure and organization of its own. Interactions between family members are seen from a systematic perspective, thereby deepening the student's understanding of their family of origin and the families of others. The course provides an introduction to the history of family therapy and to the major theorists in the field. A variety of family structures are explored from different therapeutic models. The course combines readings, lectures, discussions, and experiential exercises. Prerequisite: PSYB101.

PSYB234

Perception (3.0)

The senses-sight, hearing, taste, smell, touch, and bodily sensations-give our minds access to the world. Students practice contemplative sensory awareness by attending to nuances and details of their own experience. Reflections are documented in student journals. Introspection (direct observation of conscious experience) joins scientific understanding of perceptual processes in laboratory exercises, lectures, and discussion. Findings from modern research on perception and attention provide a more complete understanding of the embodied nature of subjective experience. Materials fee.

PSYB239

Nutrition (3.0)

Students learn basic human physical nutritional requirements from four perspectives: the field of nutritional anthropology; the scientific discoveries of the twentieth and twenty-first centuries; direct experience; and intuition. Students acquire information and tools to determine a diet that currently suits them, as well as how to alter that diet as personal health requirements change. We study the dietary changes in the twentieth century that underlie the most common causes of chronic disease and death. Nutritional strategies are studied to prevent those diseases.

PSYB255

Body-Mind Centering (3.0)

This class focuses on the relationship between the body and mind through basic patterns of movement. Students experience their patterns through guided development and transform movement patterns in both themselves and others. The basis of the work is Body-Mind Centering, movement re-education, and analysis developed by Bonnie Bainbridge Cohen. This class includes a study of living anatomy that brings awareness to the different body systems and developmental movements, and supports alignment and integration. Prerequisite: PSYB101.

PSYB301

Research Methods and Statistics (3.0)

This course introduces statistical analysis and research methods used to test theories within psychological science. Students learn the most common techniques for describing data and making inferences in psychological research. Students learn to develop research questions; design rigorous and ethically sound

experiments; and collect, analyze, and interpret data. Prerequisite: PSYB101.

PSYB303

Psychology of the Five Elements I (3.0)

An exploration of the Law of the Five Elements and the classical medicine System of Kings, which originated in China over five thousand years ago. The ancient Chinese viewed our body, mind, and spirit as inseparable from the world of nature around us and believed that if we observed nature closely enough, we could find the cause of any affliction of body, mind, or spirit. Through lecture and discussions, meditations, visualizations, and hands-on exercises, we work directly with our sense perceptions and the techniques of identifying color, sound, odor, and emotion as tools to perceive elemental balance or imbalance. We work directly with our current state of physical, mental, and spiritual health.

PSYB304

Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3.0)

An introduction to somatic psychology, this course presents a theoretical study of the body-mind continuum. The importance of emotions, movement, perception, and the nature of illness and healing is illustrated by recent scientific theories and findings. By studying how our bodies and psyches weave together, we become aware of their interdependence and can construct more effective therapeutic experiences-both for ourselves and for others. Students learn the fundamental principles of the somatic psychology field and explore, in depth, their relationship with advanced developmental psychology theories. Prerequisite: PSYB101 and any 300-level PSYB course. PSYB332: Human Anatomy is strongly recommended.

PSYB314

Buddhist Psychology: Mindfulness Meditation (3.0)

An introduction to the psychological principles and sitting practice of mindfulness-awareness meditation. The meditation is drawn from the Tibetan and Zen Buddhist traditions, as well as the Shambhala teachings of sacred warriorship. By exploring the many ways ego fixation creates suffering and confusion in our lives, students are trained to develop inner tranquility, insight, and loving-kindness. This develops an essential ground for working effectively with personal life challenges and those of others. Co-requisite: PSYB101. Open to Contemplative Psychology, Art Therapy, and Interdisciplinary Studies students with 45+ credits only. Others by permission of instructor.

PSYB323

Psychology of the Five Elements II (3.0)

Psychology of the Five Elements II is a continuation of the work in PSYB303. Students work more deeply with Five Element theory through practicing pulse reading and identifying color, sound, odor, and emotion as ways to uncover elemental imbalances. We study the classical Daoist system of the Five Spirits and learn how to cultivate and maintain their presence in our lives. In addition, we

study various local plants and trees to access their wisdom and healing powers. Prerequisite: PSYB303 or permission of instructor.

PSYB325

Awakening Compassion: Working with Others (3.0)

An in-depth examination of the principles of compassionate action, as taught in both the Tibetan tradition of Mahayana Buddhism (the bodhisattva path) and the Western tradition of service to others. Students learn and practice tonglen meditation and the skills of deep listening, empathic attendance, dialog, and servant leadership. Students are required to practice the skill of attending relationship. Prerequisite: PSYB314 or meditation experience with permission of instructor.

PSYB328

Gestalt: Presence (3.0)

Gestalt, a way of being, is a powerful and provocative method to understand one's body, speech, and mind. By focusing on the details of moment-to-moment experience and on the interplay between the individual and the environment, Gestalt seeks to develop self-knowledge, satisfaction, self-support, and clear boundaries. The course includes readings, lectures, discussions, and experiential exercises on "the nature of being" and ego. Prerequisite: PSYB101.

PSYB329

Approaches to Healing (3.0)

A basic overview of the theory, practice, and use of various natural approaches to health and healing. Emphasis is placed upon understanding and appreciating these modalities and discerning when and for what they are appropriate. Students research and articulate the paradigms of holistic medicine, clarifying their personal interest for future work in this field. Open to upper-division students with 60+ credits only.

PSYB330

Jungian Psychology (3.0)

A general introduction to the psychology of C.G. Jung, this course covers Jung's major contributions to dynamic psychology, including topics such as ego consciousness, complexes, libido theory, archetypes and the collective unconscious, persona and shadow, anima and animus, the self, individuation, synchronicity, active imagination, and dream analysis. Students are required to explore their own inner world and confront unconscious processes by maintaining a journal, sharing dreams, and working toward developing a "life myth." Each class combines lecture, discussion, and process, in order to bring meaning and reality to Jung's concepts. Prerequisite: PSYB101.

PSYB332

Human Anatomy (3.0)

A traditional approach to the study of normal human anatomy, rooted in the conventional science of anatomy, studying the structure and subsequent function of the major body systems: skeletal; muscular; nervous; endocrine; immune; digestive; blood; cardiovascular; respiratory; urinary; and reproductive systems.

Some practical understanding of these major systems is given from a naturopathic physician/acupuncturist's perspective. One class briefly introduces energetic systems of anatomy (e.g. meridians, chakras). Special fee to cover two optional visits to a cadaver lab. Fee will be refunded if student chooses not to participate or visit does not occur.

PSYB333

Hakomi Somatics (3.0)

Mind and body jointly express and reflect deeply held, often unconscious beliefs about oneself and others. Hakomi Somatics helps bring these beliefs to conscious awareness. The body, with its various patterns, is used to access an intelligence that underlies habitual, limiting patterns which can be recognized and understood. This process allows learning and transformation to occur with the support of mindfulness exercises. Topics include the Hakomi principles, character strategies, boundaries, resources, and somatic psychological skill building, which can be applied to daily life. Co-requisite: COR130.

PSYB343W

Contemplative Community Retreat (1.0)

This two-day retreat at Shambhala Mountain Center takes place every other fall semester. The practices of sitting and walking meditation, tonglen, Maitri Space Awareness, and contemplative play bring students, faculty, and staff together in community with a sense of purpose and friendship. Open to Contemplative Psychology students only. A required retreat orientation occurs in advance of the retreat and serves to prepare students for success in the PSYB343W retreat environment. Co-requisite: PSYB314. Special fee for room and board.

PSYB345

Developmental Psychology (3.0)

A study of theory in human development from birth through the span of life. Students are introduced to major theorists and discuss the philosophical and practical relationships of ethics to psychology, including cross-cultural issues. Students clarify, formulate, and develop their own beliefs and approaches to human development in relation to these major schools of thought and explore the relationship of these traditional approaches to the contemplative and transpersonal perspectives. Prerequisite: PSYB101.

PSYB350

Humanistic Psychology (3.0)

An exploration of the basic principles of humanistic and existential psychology and psychotherapy. This is the so-called third force in the modern Western tradition of psychology, which emerged after 1940 as an expansion of and alternative to the psychoanalytic and behavioral schools that preceded it. Humanistic psychology emphasizes the authenticity of the therapist as the key factor in promoting the client's potential for growth and healing. Focus is on the work of Adler, Rogers, and Maslow among the humanists, and the work of Yalom, May, Frankl, Perls, and Bugental among the existentialists. Prerequisite: PSYB101.

PSYB354**Transpersonal Psychology (3.0)**

An exploration of the basic principles of transpersonal psychology and psychotherapy. This is the so-called fourth force in the modern Western tradition of psychology, which emerged in the 1960s as an expansion and alternative to the psychoanalytic, behavioral, and humanistic schools that preceded it. Transpersonal, meaning "beyond the persona or mask," studies human transcendence, wholeness, and transformation. Focus is on the work of Jung, Assagioli, Grof, Wilber, Walsh, Vaughan, and others to introduce students to transpersonal theory and practice. Students also explore their personal journey through a transpersonal lens. Co-requisite: COR130.

PSYB355**Dynamics of Intimate Relationships (3.0)**

This course investigates intimate relationships using the lenses of transdisciplinary science, particularly a psychological perspective. It explores phenomena such as attraction, attachment, social cognition, communication, interdependency, love, sexuality, and relationship as spiritual path. It interrogates gendering and heteronormativizing by incorporating feminist and queer modes of inquiry. Critical thinking and contemplative introspection and reflection invite students to apply their learning to their own experiences of intimate relationships. This course occasionally contains readings/films that include sexually explicit material. Prerequisites: Any 300-level PSYB course. Strongly recommended: INTD210 Introduction to Gender and Women's Studies.

PSYB357**Cognitive Science (3.0)**

This course concerns the study of thought, conscious experience, and associated mental functions from a variety of scientific perspectives. This multidisciplinary exploration focuses on the high-level mental processes and related brain activity involved in conscious mental life and unconscious information processing. Specific topics include attention, language, intelligences, imagery, emotion, conceptual knowledge, memory, problem solving, expertise, reasoning, and decision making. This course emphasizes the perspectives of information processing, systems neuroscience, and contemplative psychology. Prerequisite: PSYB101.

PSYB359**Learning from Trauma: Understanding Its Effects and Building Personal Resources (3.0)**

Unresolved trauma affects our psychological and physical well-being. This class educates students about the after-effects of trauma, such as the inability to modulate physiological arousal, dissociation, emotional problems, and negative beliefs that often follow traumatic experiences. An experiential class, we explore somatic resources for dealing with trauma and work with the effects of trauma in a group setting. The primary focus is on accessing the body and developing somatic resources to help a person cope with and resolve the symptoms of trauma. This encourages mastery over helpless and overwhelming feelings. Prerequisite: PSYB101.

PSYB368**Psychology and Neuroscience of Emotion (3.0)**

This course explores diverse approaches to studying emotional experience and its regulation. It discusses the evolutionary origins and biological bases of emotions and emotional expressions; the universal and culturally variable aspects of emotion; emotional development in infants, children, and adults; the role of emotion in attachment relationships and social interactions; emotion-cognition relations; and applications of emotion research in clinical psychology, the health professions, education, and the business world. This course also provides an introduction to the structure and function of the human brain. Students gain firsthand experience with research findings and methods through classroom demonstrations, experience sampling and team projects. Prerequisite: PSYB101 or by permission of the instructor.

PSYB371**Personality Theories (3.0)**

Students explore the development of human personality by studying the theories of major traditional systems of psychology, including psychoanalysis, analytical psychology, behavioral, humanistic, systemic, feminist, and existential models. Students clarify, formulate, and develop their own thoughts and approaches to the psychology of personality in relation to these major theories and explore the relationship of these approaches to the contemplative and transpersonal perspectives. Prerequisite: PSYB101.

PSYB373**Social Psychology (3.0)**

How do attitudes form and change? How do group dynamics influence decision making? What factors influence altruistic behavior? This course examines concepts and research evidence from areas of social psychology, such as the social self, social influence, cultural variation, attraction, and humanitarian behavior, among others. The underlying variables of mindfulness and arousal are examined as a bridge to the contemplative perspective. Prerequisite: PSYB101.

PSYB415**Maitri: Working with Emotions (3.0)**

This course introduces the Vajrayana approach to the Five Buddha Family principles through Maitri Space Awareness practice and study. Students practice particular postures in specially designed rooms, inviting a personal exploration of psychological states of mind and emotions such as pride, passion, paranoia, ignorance, and aggressions. Approaching these emotions with curiosity and openness, there is the possibility of discovering one's inherent wisdom, compassion, and insight. The course includes weekly lectures, practice in the maitri rooms, and participation in a smaller group to process material more personally. Prerequisite: PSYB325. Materials fee for art supplies.

PSYB420**Abnormal Psychology (3.0)**

Students investigate the merits and liabilities of Western assessment and treatment approaches to psychological problems. We consider

the sociocultural contexts in which assessment and treatment approaches are variably formulated and applied. We investigate both transcultural understandings of psychological problems and the wisdom of cultural relativity. Students acquire a solid foundation in traditional Western clinical approaches to mental health as articulated and codified in the DSM-V. Prerequisite: PSYB345, PSYB357, or PSYB371.

PSYB425 **Field Placement (3.0)**

Students engage in an approved community-based volunteer project. Lectures, dialog, guest speakers, and experiential activities support students in developing their own vision of socially relevant community-based learning that is culturally sensitive and nurtured by contemplative practice. Students hone previously learned skills in diversity and contemplative practice and apply these to real-world settings. Co-requisite: PSYB415. Course fee.

PSYB430 **Exploring Dream Psychology (3.0)**

This course works with dreams in a highly experiential manner and context, using an eclectic variety of perspectives, with an emphasis on Jungian and Gestalt approaches. Students' dreams are explored in and out of the classroom individually, in small and large group contexts, and with art media. An ongoing dream practice is required, including the creation and maintenance of a dream journal. Students are asked to relate their dream work to their waking psychological life in assignments. Prerequisite: PSYB330 or PSYB354.

PSYB435 **Authentic Movement: Movement/Body Awareness Practice (3.0)**

Authentic Movement is a self-directed movement process employing the wisdom of the body as a pathway to awareness. It offers an opportunity to experience the individual and collective body as a vessel for healing and transformation and creative process. This course explores the ground form of Authentic Movement: the mover; the 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 healing relationships. Authentic Movement provides a model for life lived in authentic relationship to self, others, and community. Prerequisite: Any of the following: PSYB208, PSYB255, PSYB304, PSYB333, or PSYB359.

PSYB462 **Contemplative Neuroscience (3.0)**

This course provides training in the cognitive neuroscience of mindfulness, as well as contemplative experience beyond mindfulness. Students learn practical knowledge about research design, quantification of brain activity, scientific writing, and techniques used by contemplative neuroscientists in laboratory research. This includes training in combining neuroscientific approaches with a variety of complementary psychological research methods, including phenomenology, experimentation,

task performance, and experience sampling. Students visit one or more neuroscience laboratories for demonstration of brain electrophysiological methods and data collection. For their final project, students design a contemplative practice or experience, including practices or experiences not yet well represented in scientific literature. Prerequisite: PSYB357 or PSYB368.

PSYB482 **Senior Seminar I: Transformational Psychology: The Group Experience (3.0)**

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. Materials fee.

PSYB483 **Senior Seminar II: Transformational Psychology: The Threshold Experience (3.0)**

Senior Seminar II is the culminating phase in a multisensory, multifaceted process, that introduces and explores the topic of transition. Students utilize the lessons learned and relationships formed within the first semester as inspiration for developing their final integrative papers. Students research topics that provoke deep inquiry and challenge both their intellect and intuition. This course culminates in an event held during an extended class period on the last day of the course. Prerequisite: PSYB482. Materials fee.

PSYB490 **Special Topics in Psychology (3.0)**

An advanced examination of a topic drawn from psychology. Assignments may include reading, labs, papers, oral presentations, quizzes/exams, literature searches, and manuscript preparation. This course culminates in a public oral presentation. Topics vary by semester and section. Prerequisites include PSYB101 and any 300-level course. May be repeated.

PSYB495 **Advanced Practicum in Psychological Research (3.0)**

Curious about the different ways that people see the world? Join this research practicum to empirically explore the psychology of personal worldview. We will use quantitative self-report measurement of hundreds of worldview dimensions, and perhaps additional methods such as interviewing, to learn how values, beliefs, and attitudes work together to shape experience. Worldview, one's conception of totality, is about life meaning, purpose, people and other beings, mind and awareness, self-identity, society and community, truth and reality, behavior and morality, technology and science, spirituality and religion, and violence and death. Every "ism" can show up within a worldview.

Readings are drawn primarily from the discipline of psychology, supplemented by ancient wisdom traditions, philosophy, and neuroscience, to inform our discoveries. Topics include the composition of worldviews, and influences on worldview from meditation and other activities. To include first-person experience, students will personally engage in contemplative practices that foreground worldview.

PSYB499

Independent Study: BA Psychology (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.