

Postgraduate Certificate in Transpersonal Studies

Akamai University

Dr. Steven J. Cox

Revised: 17 March 2017



Welcome to the Akamai Transpersonal Psychology Program!

The principles of transpersonal and consciousness studies, when applied to other endeavors, can greatly improve the effectiveness of practitioners in field. This is especially true in the fields of mental and physical health, intuitional healing, organizational development, environmental concerns, education, peace and diplomacy, and various human services.

By advancing our understanding of the human experience, in terms of transpersonal and consciousness, we can enhance our relationships and knowledge, of the self, families, and our community. Research developed in this field is not speculative, but real-life conditions that have practical applications and solutions, which have demonstrated results in all aspects of the human condition.

Transpersonal and Consciousness Studies can address the special needs of the individual and community when applied to today's cultural conditions, as it addresses the personal aspects of living the human experience. This program will present students with the findings of contemporary research, and the latest evolving theories, as well as examining personal techniques which have proven most effective in making positive and lasting changes within the context of current challenges. It is our pleasure to invite serious students to join us in this quest for a fuller understanding of their internal processes (consciousness studies) and their connections to the external (transpersonal experiences)

Steven J. Cox, Ph.D.

Program Duirector

PROGRAM AUDIENCE

The Transpersonal and Consciousness Studies Program is designed to serve the needs of professionals currently in, or wishing to enter, the process of understanding personal consciousness and the relationship to transpersonal events.

Postgraduate Certificate in Transpersonal Studies

- Psychologists and Practitioners whose career or personal interests move them into the fields of Consciousness or Transpersonal Studies.
- Practitioners of mind/body relationship modalities who are interested in the nature of Consciousness.
- Teachers and Counselors who wish to add to their current understanding of Consciousness and Transpersonal Relationships.
- Professionals who need to incorporate a greater understanding of the Human Condition.
- Transpersonal Psychologists, Contemporary Alternative Practitioners, Jungian Counselors, and Archetypal Psychologists.
- Organizational Psychologists, Consultants, and Business People interested in pursuing a different course than their contemporaries - an understanding that organizations, courts, and even movements are essentially transpersonal organisms and can be understood on a deeper level than mere matrix, line-and-staff, or flat structures.
- Spiritual Psychologists, Spiritual Counselors and Pastoral Counselors interested in building their understandings and skills.
- Experimental or Research Psychologists, Practitioners of contemporary non-traditional research design and qualitative studies in alternative psychology.
- Theoreticians and Researchers interested in fields such as Jungian Studies, Dream Studies, Archetypal Research, Mythology, Religion, Theosophy, or Related Areas.
- Individuals interested in such diverse areas as; Spiritual Psychology, Metaphysics, Divinity, Parapsychology, Noetic Studies, Gnostic Studies, Shamanic Studies, Mysticism and Magickal Realities, Alternative Psychologies, Expressive States, the Death-and-Dying Process, other Contemporary Specialties, or other Transformational Processes.

LEARNING OBJECTIVES

The goals and objectives for students in the Postgraduate Certificate in Transpersonal Studies are:

1. Learn the history, theories, principles, and practices of transpersonal psychology.
2. Understand the relationship between transpersonal psychology, spiritual traditions, traditional and non-traditional practices.
3. Develop the ability to engage in critical reflections and communicate using diverse perspectives.
4. Examine human experience, in terms of transpersonal approaches, to enhance their relationships within the self, family, and the “community at large.”
5. Demonstrate the academic skills required to obtain degree completion and reach the individual goals they have personally proposed.

ENTRY REQUIREMENTS

As prerequisites for acceptance to the Postgraduate Certificate in Transpersonal Studies, applicants should have completed the equivalent of a recognized baccalaureate degree in an appropriate field of study and have several years of meaningful professional experience. Applicants are expected to be proficient in collegiate English language skills. Applicants are expected to have access to a compute, email, and the Internet and other outside library resources for the full extent of their program.

Postgraduate Certificate in Transpersonal Studies

PROGRAM REQUIREMENTS

A total of 15 credits (equivalent to a minimum of six months of full time graduate study) are required for the completion of a Postgraduate Certificate in Transpersonal and Consciousness Studies. The student will be required to enroll in two of the core courses and three courses selected from among areas of specialization. The student and faculty advisor will work to select core courses that add academic significance and continuity to the Postgraduate Certificate program and focus the remaining coursework towards the student's professional goals.

Required: 15 credits

- Core modules in Transpersonal and Consciousness Studies (6 credits required)
- Areas of specialization in Transpersonal Studies (9 credits required)

Core Modules in Transpersonal and Consciousness Studies (Required: 6 credits)

Participants select two classes from the core elements of the academic major, as outlined below:

Core Elements

TPP 501: History and Systems of Transpersonal Psychology (3 credits)

TPP 502: Modern Viewpoints in Transpersonal Psychology (3 credits)

TPP 503: Psychology of Transpersonal and Conscious Experience (3 credits)

TPP 504: Professional and Ethical Standards in Transpersonal Psychology (3 credits)

TPP 505: Advanced Perspectives in Cross-cultural Psychology (3 credits)

TPP 506: Biological Bases of Behavior (3 credits)

TPP 599: Practicum in Transpersonal Psychology (3 credits)

Major Concentrations (9 credits)

As part of the requirements for the Postgraduate Certificate in Transpersonal Studies, participants must also complete nine credits from one concentration in specialized studies selected from one of the following fields of inquiry:

Consciousness Studies
Intuitive Healing
Parapsychological and Paranormal Studies
Transpersonal Studies

Consciousness Studies (Required 9 credits)

Students completing this concentration select 9 credits from the following modules:

- TPP 530: Consciousness Development (3 credits)
- TPP 531: Individual Consciousness (3 credits)
- TPP 532: Consciousness and the Creative Life (3 credits)
- TPP 533: Social Consciousness (3 credits)

Postgraduate Certificate in Transpersonal Studies

Intuitive Healing (Required 9 credits)

Students completing this concentration select from the following modules:

- TPP540: Bio-Energetics (3 credits)
- TPP541: Systemic Integration (3 credits)
- TPP542: Developing Empathy (3 credits)
- TPP543: The Foundations of Intuitive Development (3 credits)

Parapsychological and Paranormal Studies (Required 9 credits)

Students completing this concentration select from the following modules:

- TPP550: Introduction to Paranormal Consciousness (3 credits)
- TPP551: Psychology of Mediation (3 credits)
- TPP552: The Foundations of Metaphysics (3 credits)
- TPP553: The Foundations of Transpersonal Forecasting (3 credits)

Transpersonal Studies (Required 9 credits)

Students completing this concentration select from the following modules:

- TPP543: The Foundations of Intuitive Development (3 credits)
- TPP551: Psychology of Mediation (3 credits)
- TPP562: Transcendent Realities (3 credits)
- TPP563: Principles of Assessment (3 credits)
- TPP564: Abnormal Consciousness (3 credits)
- TPP565: Transpersonal Issues in Psychology (3 credits)
- TPP566: The Clinical Aspects of Transpersonal Psychology (3 credits)

PROGRAM TIME FRAMES

Akamai University strives to create flexible programs where students can work at their own pace to accommodate professional and personal commitments while pursuing their higher education goals. The standard time frame for completion of a Postgraduate Certificate in Transpersonal and Consciousness Studies is 6 to 8 months. However, students may work at an accelerated pace and complete all course requirements in a minimum of 4 months. Likewise, students may work at a more gradual pace and complete the Postgraduate Certificate in a maximum of 12 months.

APPLICATION PROCESS

Students wishing to enroll in an Akamai University Postgraduate Certificate program should submit an Application for Admissions along with all accompanying documentation and supporting materials. A requirement for enrollment in the Postgraduate Certificate Program in Transpersonal and Consciousness Studies is the satisfactory completion of a Baccalaureate degree (BA, BS, or equivalent) from a recognized university. A Master's degree is preferred. A student's undergraduate focus should be in a relevant academic field; however, applicants with academic backgrounds not directly related to Transpersonal and Consciousness Studies may be accepted to the program, when a review of their application materials and relevant experience reveals the applicant has a high likelihood for success in the program.

Postgraduate Certificate in Transpersonal Studies

TUITION AND FEES

Course costs are determined at the rate of \$300 per credit. Total 15-credit Postgraduate Certificate program tuition is \$4,500 for enrollment to completion. Other Academic fees, including the application fee (\$50), listed in the Akamai University Student Handbook may also apply. Note that an optional \$100 library fee may apply. Other fees are listed on the University website.

TRANSFER CREDITS AND COURSE WAIVERS

Since the Postgraduate Certificate programs at Akamai University are short intense courses of study; transfer credits, course waivers, or portfolio credits are typically not offered to reduce the total credit requirements for completion. Under extraordinary circumstances, individual exceptions may be made to this standard; however, students should expect to complete the full 15 credits for award of a Postgraduate Certificate. If a student has already demonstrated a level of mastery in a particular course topic pertinent to the chosen focus area, they will work with the faculty advisor to choose another area of investigation relevant to the student's learning objectives.

Transferability

All successfully completed Postgraduate Certificate programs or individual course modules are directly transferable to Akamai University Masters or Doctoral programs within the Transpersonal Psychology Program. To be accepted for degree transfer, the Postgraduate Certificate Program enrollment should be completed within 5 years of matriculation in a graduate degree program.

COURSE DESCRIPTIONS

Core Elements of Academic Major

TPP 501: History and Systems of Transpersonal Psychology (3 credits)

This course is designed to provide a greater comprehension of the field of transpersonal psychology, by examining previous and current issues in the field. Students explore the nature of transpersonal consciousness through a review of documents, written articles, and personal experiences. Topics include the history and philosophy of transpersonal psychology, professional identity, the roles of the transpersonal counselor, professional ethics, managed care, various contexts of practice and organizational structures, crisis intervention services, prevention, consultation, and an understanding of how diversity influences the practice of transpersonal psychology.

TPP 502: Modern Viewpoints in Transpersonal Psychology (3 credits)

Examines modern Transpersonal understandings, principles and practices, viewed as the conceptions of experience and understanding, styles of theorizing and investigative strategies; critically evaluating the more influential theories and research.

Postgraduate Certificate in Transpersonal Studies

TPP 503: Psychology of Transpersonal Experience (3 credits)

The course covers the principles of psychology with emphasis upon the diagnostic procedures, therapeutic processes, research approaches, and ethical issues. Students also cover topics in assessment, psychotherapeutic processes, and current trends in consciousness and its relationship with psychology.

TPP 504: Professional & Ethical Standards in Transpersonal Psychology (3 credits)

The purpose of this course is to create awareness among counselors-in-training of their contribution in the therapeutic process and helping relationship. Topics include foundations for an ethical perspective; models for ethical decision making; ethical codes of professional organizations; client rights and counselor responsibilities; ethical concerns in multicultural Transpersonal and with special client populations; ethical issues in specific modalities (i.e., group, marriage and family).

TPP 505: Advanced Perspectives in Cross-cultural Psychology (3 credits)

This advanced course addresses the role of Consciousness in a multicultural society. Topics examine importance, influence, historical perspectives and contemporary issues of cross-cultural Transpersonal. Students will address cross-cultural differences in major variables, including perception, motivation, expression, social behavior, verbal and non-verbal behavior, values and meaning systems, research biases and their implications in Transpersonal and Consciousness Studies.

TPP506: Biological Bases of Behavior (3 credits)

In-depth examination of the biological/physiological and neurological bases of behavior and experience, covering the principles of nervous and endocrine system function in relation to thinking, learning, perception, memory, activity and sleep, and emotion. This is a scientific investigation of the biological bases for behavior.

TPP 599: Practicum in Transpersonal Psychology (3 credits)

Students investigate core aspects of Transpersonal Psychology within the professional environment through close contact with practitioners and real world situations. Students pursue field study through a supervised practice, apprenticeship, professional practice, advanced field study or other external exploration under the direction of a qualified mentor and an approved field site sponsor. Students participate in the field study for a minimum of 120 contact hours. The field placement is expected to afford students appropriate practical hands on experience and in-depth knowledge of their professions. Students complete a daily journal and prepare a scholarly paper about their field study.

Consciousness Studies Modules

TPP530: Consciousness Development (3 credits)

This course examines major theories of consciousness development, social learning, individual differences in development, and outcomes of social development, applications to school, home, and other field settings. Study of consciousness emphasizing active participation in designing, conducting, analyzing, and presenting of research; lectures concern the practical aspects of

Postgraduate Certificate in Transpersonal Studies

research methodology and the philosophy of consciousness research; and laboratory involves conducting research in small groups.

TPP531: Individual Consciousness (3 credits)

This course examines the field of individual Consciousness. Topics explore psychology's influence on Consciousness its affects on marital and couples relationships, parent-child relationships, family relationships, and group relationships, in addition to child guidance, work-place Consciousness, and parenting education. Students examine the meaning of various concepts such as inferiority complex, will to power, sibling rivalry, compensation and over-compensation. Students may chose among competing theories. Students will develop the exact content of the course and its method of evaluation in conjunction with

TPP532: Consciousness and the Creative Life (3 credits)

Students will investigate major life areas in which Consciousness and the Transpersonal intersect. Areas covered include historical, current, and exploratory examinations into the connections between the personal conscious mind and the creative aspects of life. Analysis of theory and research on the consciousness states related to the creative and artistic process. Topics include impression formation, integration, determinants of interpersonal creativity, and the attribution processes of the artist.

TPP533: Social Consciousness (3 credits)

This course examines the social factors in individual and group behavior. Students conduct a critical examination and analysis of major topics, dominant approaches, models, theory and research in the area of social Consciousness, including methodologies used by social Psychologists to investigate social behavior. Topics explore the methods used by social Psychologists to investigate social behavior with attention to social perception, motivation, and learning, attitudes, norms, and social influence processes, the development and dynamics of groups, and the effects of social and cultural factors on the individual.

Intuitive Healing Modules

TPP540: Bio-Energetics (3 credits)

Students will learn to read body energy patterns in themselves and others. Bio-energetic exercises and physical alteration will be practiced and will provide an experiential reframing of previous unhealthy developmental patterns. Exercises in altering energy patterns will be learned as well as breathwork techniques to open the body to be a vehicle for one's individual expression.

TPP541: Systemic Integration (3 credits)

Several foundational systems approaches presenting holistic paradigms for spirit/mind integration will be studied. This will include Systems Theory as practiced on a personal and organizational level. Students will study their own systems as well as their personal integration patterns. Topics include historical, current, and experiential practices in the field of integration.

TPP542: Developing Empathy (3 credits)

This course examines the creation of higher levels of Empathy – the ability to feel the states of others, whether that be physical (health), emotional, mental, or spiritual/creative. The

Postgraduate Certificate in Transpersonal Studies

exploration moves the student from personal internalized processes toward that of an other mentality. Protecting oneself from external unhealthy energies is included as part of the coursework.

TPP543: The Foundations of Intuitive Development (3 credits)

This course examines the principles, mechanisms, and tools through which intuition can be developed. Topics include the historical, current, and future possibilities of creating the conditions by which perception can be expanded. Together with his/her mentor, the student will determine the exact scope of this research, and the evaluation procedure to be adopted.

Parapsychological and Paranormal Studies Modules

TPP550: Introduction to Paranormal Consciousness (3 credits)

Students survey dominant theories, models and methods of paranormal Consciousness, including the social, emotional and intellectual correlates of awareness-related change throughout the lifespan. Topics cover social, emotional and intellectual correlates of awareness-related change through succeeding stages of the lifespan. Topics also include the relevant topics of this new awareness, its social and political ramifications along with its interactions with the scientific world.

TPP551: Psychology of Meditation (3 credits)

This course explores the creation of the various states surrounding meditative practices. The students will explore various methodologies surrounding the practice of meditation as well as its impacts on health, creativity, and personal development.

TPP552: The Foundations of Metaphysics (3 credits)

Metaphysics includes the study of reality. Students are encouraged to explore various themes and metaphors regarding the nature of reality and their subsequent outcomes. Students undertake a historical, current, and future possibility approach to the various themes they use in their studies. Together with his/her mentor, the student will determine the exact scope of this research, and the evaluation procedure to be adopted.

TPP553: The Foundations of Transpersonal Forecasting (3 credits)

This course provides an intensive review of the various systems of forecasting used by many historical and contemporary seers. Students explore various systems such as numerology, astrology, remote viewing, in an effort to gain valuable insights into the creative unconsciousness and its ability to forecast remote events. Together with his/her mentor, the student will determine the exact scope of this research, and the evaluation procedure to be adopted.

Transpersonal Studies Modules

TPP543: The Foundations of Intuitive Development (3 credits)

This course examines the principles, mechanisms, and tools through which intuition can be developed. Topics include the historical, current, and future possibilities of creating the

Postgraduate Certificate in Transpersonal Studies

conditions by which perception can be expanded. Together with his/her mentor, the student will determine the exact scope of this research, and the evaluation procedure to be adopted.

TPP551: Psychology of Meditation (3 credits)

This course explores the creation of the various states surrounding meditative practices. The students will explore various methodologies surrounding the practice of meditation as well as its impacts on health, creativity, and personal development.

TPP562: Transcendent Realities (3 credits)

This catch all course allows students to explore other realities beyond those involved in other courses. Students are encouraged to explore alternative realities that do not correspond well with courses like futurism, or magickal realities, or myths, or legends. There are realities that occur at odd times within the life experiences of individuals. Students will explore these situations and their ramifications and outcomes. Students will develop the exact content of the course and its method of evaluation in conjunction with the mentor.

TPP563: Principles of Assessment (3 credits)

This course conducts a survey of standardized tests used in assessing aptitudes, interests, and personality traits. The course covers technical and methodological principles and social, ethical, and legal implications of Psychological testing.

TPP565: Transpersonal Issues in Psychology (3 credits)

This course was designed to provide a greater comprehension of the field of Transpersonal Psychology by examining previous and current issues in the field. Students explore the nature of Transpersonal consciousness through a review of documents, written articles, and personal experiences. Students will develop the exact content of the course and its method of evaluation in conjunction with the mentor.

TPP566: The Clinical Aspects of Transpersonal Psychology (3 credits)

This course is designed around a requirement of 1,000 hours of clinical observations and experiences to demonstrate a knowledge base in the field. Students may work with individuals practicing in their area or under the supervision of an individual acceptable by their mentor. Students will develop the exact content of the course and its method of evaluation in conjunction with the mentor.

===End of Program Details===