

Transpersonal and Consciousness Studies
Master of Science
Akamai University
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Approved: 09 February 2016

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).

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.

- 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.

Entry Requirements

As prerequisites for acceptance to the Master's Program, applicants should have completed the equivalent of a recognized baccalaureate degree and have several years of meaningful career experience. Applicants are expected to be proficient in collegiate English language skills and are expected to have access to a computer, email, and the internet and outside library resources for the full extent of their program. Academic prerequisites for study in transpersonal psychology are integrated within the core elements, assuring participants have the clarity needed to succeed in the program.

Degree Requirements

Master of Science in Transpersonal Psychology

Students will complete a minimum of 40 credits above the baccalaureate level including academic coursework, comprehensive examination and thesis project. Coursework requirements include the core elements of the academic major, a set of course modules comprising a major concentration, and study in research methodology. Master's students complete a comprehensive examination at the conclusion of their academic studies, prepare a formal thesis proposal, complete the thesis project, and prepare the manuscript for faculty review. Students also complete an oral review of thesis at the conclusion of the faculty's physical review of the manuscript.

Core Elements of Academic Major (Required: 18 credits minimum)

Major Concentration (Required: 9 credits minimum)

Research Preparation (Required: 3 credits minimum)

Comprehensive Examination (Required: 2 credits)

Thesis Proposal (Required: 2 credits)

Thesis (Required: 4 credits)

Oral Review of Thesis (Required: 2 credits)

Core Elements of the Academic Major (18 credits)

Participants complete core elements of the academic major comprised of 18 credits of mandated studies, selected from the classes outlined below:

Required (select 18 credits):

- 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)

Students complete a major concentration comprised of nine credits of specialized studies selected from one of the following fields of inquiry:

-  Consciousness Studies
-  Intuitive Healing
-  Parapsychological and Paranormal Studies
-  Transpersonal Studies

Requirements for Major Concentrations

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)

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 Meditation (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)

Research Preparation (Required: 3 credits minimum)

Master's students must pursue studies providing advanced research knowledge necessary for success in their final projects (thesis or major project in lieu of thesis). At least three semester credits of research preparation coursework is required and this might focus upon quantitative and qualitative methods or participatory action research techniques including subject selection, research design, and statistical analysis, as appropriate to each student's proposed project.

Through this requirement, students learn to effectively define applied problems or theoretical issues and articulate the rationale for the study. They should learn to present an effective scholarly review of the academic literature and implement quantitative, qualitative or participatory action methods for evaluating academic issues.

Required: Minimum of three credits selected from among the following:

- RES 500: Survey of Research Methods (3 credits)
- RES 502: Understanding Research Journal Articles (3 credits)
- RES 504: Research Statistics (3 credits)
- RES 508: Qualitative Research (3 credits)
- RES 520: Social Science Research Methods (3 credits)

Comprehensive Examination (Required: 2 credits)

Once students have completed the coursework elements of their degree, they will be asked to schedule the Comprehensive Examination. The primary mentor and a faculty member representing the secondary academic area conduct both the written and oral components of the examination. The written portion is open book style with selected essay questions requiring creative responses that reach for the higher levels of cognition. Your answers are expected to draw from both the primary and secondary competencies of your program with proper referencing of the scholarly literature. The oral component of the examination is normally completed by telephone conference and is intended to allow detailed investigation of your written responses.

Required: EXM 880: Comprehensive Examination (Required: 2 credits)

Thesis Proposal (Required: 2 credits)

You are expected to prepare a formal proposal related to your concept for research under the direction of your primary faculty advisor and according to University expectations. At a minimum, your research proposal should clarify the thesis statement and methodology (including the data gathering instruments and data analysis techniques) and provide an effective overview of the scholarly literature that sets the foundation for the thesis. Your research proposal should also include a brief manuscript outline that demonstrates how you will present in written form the various elements of the research project.

Required: RES 885: Thesis Proposal (Required: 2 credits)

Thesis Project (Required: 4 credits)

Following approval of your thesis proposal, you will begin your research project. Your thesis may take the form of a traditional research project or it may be a major scholarly project of the type appropriate to the discipline. Whichever approach to the thesis is chosen, the resulting project must demonstrate mastery of a body of knowledge in the major field of study, be your original work and represent a meaningful contribution to the betterment of the human condition or an improvement to the professional field.

Your thesis research may be conducted via quantitative, qualitative, or participatory action research. The body of your thesis manuscript, structured according to a set of approved manuscript guidelines, should exceed 75 double spaced, typewritten pages. If your thesis takes the form of a scholarly project, it must follow the guidelines provided by the University for such projects.

Required: RES 890: Thesis Project (Required: 4 credits)

Oral Review of Thesis (Required: 2 credits)

Once you have prepared the thesis manuscript, you will be asked to schedule the formal review process. Your primary faculty advisor and a faculty member representing the secondary academic area will conduct both the formal physical review of the thesis manuscript and the oral review of thesis.

The physical review of the thesis manuscript usually takes the review committee four to six weeks. Each reviewer will prepare questions and commentary relative to your underlying review of the literature, the thesis methodology, the mechanics of your project, and your presentation of the findings, conclusions and recommendations.

The Oral Review of Thesis is conducted under the direction of your primary faculty advisor with the assistance of one qualified member of the faculty. The examination is carried out by telephone conference call and is designed to allow detailed investigation of your thesis. The faculty reviewers explore with you issues related to your thesis including methodology, review of literature and interpretation of the findings.

One outcome of the thesis review process is a set of final expectations directing you through the remaining tasks for completing the thesis manuscript. Once your final

manuscript is approved, you will submit the formal document to an approved bindery and later ship the bound thesis to the University for permanent archival storage.

Required: EXM 895: Oral Review of Thesis (Required: 2 credits)

The Thesis Committee

Formation of Thesis Committee

Master's students have a Thesis Committee of two qualified graduate faculty appointed to oversee and govern the student's program structure, progress of studies, comprehensive examinations and thesis project

Responsibilities of Thesis Committee

The responsibilities of the Thesis Committee, under the leadership of the Committee Chair, are as follows:

- Directing the preparation and approval of the student's plan for study, clarifying the timeline for study and the assignment of faculty to provide instruction and to assist with the functions of the Thesis Committee.
- Providing direction regarding the student's foundational studies, core studies, specialization, and research preparation coursework.
- Providing leadership by integrating appropriate research preparation coursework or assignments within the plan for study, distributing the coursework to appropriate faculty for instruction and advisement.
- Providing leadership for the written and oral components of the student's comprehensive final examination, in unity with the other Committee members
- Providing oversight, direction, and mentorship during the conduct of the student's research project and manuscript preparation, in unity with the other Committee members
- Providing leadership for the physical and oral reviews of the research manuscript, in unity with the other Committee members.
- Assist the student in making formal changes in the plan study and timeline for completion, by written addendum, as needed to assure effective progress throughout the program of study.
- Providing final approval for the student's Thesis and overall degree program and cooperate fully in building the appropriate archival records for the University of record.

Master's Committee Appointment Schedule

- The Committee Chair is appointed immediately following the Master's student's registration and continues in charge of the student's program until final completion is recorded at the school of record. While the secondary and tertiary members of the Thesis Committee are identified and confirmed at the onset of the program, and listed in the plan of study, they become active later, just prior to the activities for which they are asked to participate.

- In lieu of the Thesis Committee Chair being appointed at the onset of the program, when appropriate, a primary faculty advisor will be appointed, in lieu of the Thesis Committee Chair, to guide the development of the Master's student's plan for study. Under this situation, the Chair will be appointed later, one month prior to the commencing of the written component of the Comprehensive Examination and shall continue with governance of the student's program until final completion is recorded at the school of record.
- The Secondary Committee Member becomes active one month prior to the commencing the written component of the Comprehensive Examination and continues with the student's program until final completion is recorded at the school of record.

Building the Student's Plan for Study

Immediately following registration, Master's students begin work with their assigned Committee Chair in structuring their formal plan for study. The process determines and formalizes the elements of the student's Master's program and the timeline for completion. The plan for study includes the following essential elements:

- The designation of the degree major for the Study Plan
- The identification of the school contacts and contact information for the schools participating in the delivery of the Master's program.
- Identification of the required array of coursework for each element of the program.
- Identification of the secondary and tertiary members of the Thesis Committee.
- Appointment and notification of the course module instructors
- Acceptance of transfer courses for the student's program.
- The timeline for completion of the degree program.

These activities require active participation in program planning by the student and may take considerable time to complete the dialogue and exchange of information. Students are strongly advised to discuss in detail the elements in the plan for study including the coursework, the examinations, and elements of research including the manuscript guidelines.

Once all of the decisions have been made concerning the plan for study, the student and Committee Chair sign the formal document. Copies of the document are sent to the University headquarters for entry to the permanent student record. The plan for study is then distributed to the participating schools and becomes the document that determines effective progress toward the degree. When the expectations laid out in the plan for study have been successfully accomplished, the student is recommended for the degree by the Committee Chair. Students are alerted that the University can make no commitment to inclusion of course modules and assignment of instructors to a student program until after the plan for study has been fully processed and approved.

Course Module 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.

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 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 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 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.

TPP564: Abnormal Consciousness (3 credits)

Students review therapeutic treatment of abnormal behavior. Topics explore classification systems of mental disorders, patterns of abnormal behavior, neuroses, psychosomatic conditions, psychosis, affective disorders, schizophrenia, abnormal behavior of childhood and adolescence, sexual dysfunction, and drug abuse.

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.

Research Preparation**RES 500: Survey of Research Methods (3 credits)**

This course inspects the foundational techniques of scholarly research. Topics explore sources of scholarly research literature, proper methods for evaluating research reports, fundamentals of qualitative and quantitative research, as well as participatory action research methods.

RES 504: Research Statistics (3 credits)

This course covers the basic statistical concepts, theory and methods in statistical research. Topics include variables, graphs, frequency distributions, measures of central tendency, measures of dispersion, probability theory, binomial, normal and Poisson distributions, statistical sampling theory, and statistical decision theory.

RES 508: Qualitative Research (3 credits)

This course provides detailed study of qualitative research methods. Topics survey historical and theoretical foundations of qualitative research, explore major qualitative research strategies, and build an understanding of the art and science of collecting, analyzing, and interpreting qualitative information. The course provides background on applied qualitative research, the politics and ethics of qualitative inquiry, and the major paradigms that inform and influence qualitative research.

Finishing Activities

EXM 880: Comprehensive Examination (2 credits) Master's students complete this comprehensive examination as a required element of their academic program, prior to undertaking their Master's thesis. The examination usually includes both written and oral components, and is confined to the programs of studies completed by the student.

RES 885: Thesis Proposal (2 credits)

This course is required of all Master's students, and is designed to guide them through the formal research proposal process for their final projects, including the development of the research methodology, data gathering device and data analysis techniques. Students also prepare annotated bibliographies of the major scholarly works underlying their project.

RES 890: Thesis (4 credits)

This course governs the conduct of the thesis project for the Master's level student. The Master's thesis is the demonstration of the mastery of a body of knowledge in a given field and is presented in a manuscript usually 75 or more pages in length. The final project may take any of several forms, depending upon the field of study and the expectations of faculty. This may be quantitative or qualitative research, participatory action research, or a major project demonstrating excellence. Master's students may re-enroll for this course for no credit, as needed.

EXM 895: Oral Review of Thesis (2 credits)

This examination is an oral review of the Master's thesis conducted by the student's graduate committee, immediately following their reading of the thesis manuscript.