

History

Sofia University, formerly known as the Institute of Transpersonal Psychology (ITP) and founded in 1975, is a private, WSCUC-accredited institution. Historically, the University's academic emphasis has been on providing graduate degree programs in Transpersonal Psychology. The graduate school curriculum, initially developed by founder and President Emeritus Robert Frager, PhD, focused on Transpersonal Psychology and six areas of inquiry: the intellectual, emotional, spiritual, physical, social, and creative aspects of life. We define Transpersonal Psychology as the scientific study of the full range of human experience, which includes the pain of trauma and dysfunction on the one hand, and heights of creativity, intuition, and peak functioning on the other. The University has since broadened its program offerings and has integrated a transpersonal focus into all its new degree programs and disciplines, including master's degrees in Business Administration and Computer Science and bachelor's completion programs in Business Administration and Psychology.

As evolving technology, the global pandemic, and divisive politics of the day have transformed the ways we live our lives, Sofia University continues to bring its unique perspective to contemporary challenges. Based on a transpersonal philosophy, Sofia offers programs centered at the heart of the timeless human experience (such as counseling psychology and transpersonal psychology), and simultaneously, to develop new programs that balance questions about personal wellness, human growth, and social transformation with emerging trends in business and computer science. To reflect the University's growing focus, programs, and influence, Sofia has created two distinct institutes. Programs lie within the Institute for Transpersonal Psychology or the Institute for Applied and Professional Studies.