

Doctor of Philosophy in Transpersonal Psychology in Chinese (PhD) 中文超个人心理学哲学博士

Degree Type

Doctor of Philosophy

(Online) 在线学习

The Doctor of Philosophy (PhD) in Transpersonal Psychology degree program offers a unique and exciting opportunity to study the theories and practices of transpersonal psychology. Grounded in the pioneering work of the Institute of Transpersonal Psychology, founded in 1975, the PhD program is structured around a three-year course of study that is offered in an online format with low-residency seminars; occasionally, courses may be offered on the Costa Mesa and/or Palo Alto campus.

超个人心理学博士项目为超个人心理学的理论研究及实践应用提供了独一无二的机会。自1975年成立超个人心理学研究所以来，该3年的博士项目承载了基于半世纪的在心理学领域开创性的研究成果，主要以线上学习为主辅以在Costa Mesa校区或Palo Alto校区面对面举办的研讨会课程。

The PhD is designed for adult learners with a qualifying master's degree who seek an exceptional educational environment that combines personal growth and community support with application of transpersonal insights and research to students' chosen professional field. Students are invited to build a holistic and multi-faceted framework for analyzing the challenges and opportunities of human relationships, cognition, and spirituality in a concentration field. The program fosters diverse and novel professional applications of transpersonal principles. The central goal is to enhance positive individual, professional, and social transformation.

超个人心理学博士课程的学习旨在为拥有硕士学位的学习者提供将个人成长与社区发展相融合的学习环境，通过对过往和现代的心理学流派的探索和思考夯实研究和分析技能，同时对人类经验的多个层面进行深入的研究。通过严谨和系统的博士课程训练，我们希望为学生提供研究人类个体和群体所经历的挑战和机遇，如人类关系，意识，精神发展等领域。学生能够从整体性和多层次的学术研究框架出发，实践超个人心理学在各领域中的广泛应用。本项目旨在为学生带来个人层面的、专业领域的、以及社会层面的积极转变。

Students work closely with members of the faculty who facilitate social and emotional learning, cultivate mindfulness, and encourage meaningful research-based applications to their personal and professional goals and aspirations.

整个博士的学习过程中，学生将与教授团队紧密合作。索菲亚的博士师资团队由充满热忱的思想家与领导者们组成，致力于将他们的专业知识研究，以及最前沿的超个人心理学的研究成果，带入到博士项目的授课中。

To complete the program in three years, students carry nine units per quarter, initially focusing on Core Courses and Elective Courses. Students must complete GPHD8997 Introduction to Proposal Writing ("Mini Proposal") by the middle of their second year (Quarter 1) to begin Dissertation registration and move through the sequence of Dissertation courses offered each quarter. Maximum time allowed to complete the degree is seven years from the start of the PhD program.

为在三年完成该项目，学生需每学期修读9个学分，主要是聚焦核心课程和选修课程。学生需在第二年中期之前完成GPHD8996论文提案写作简介("小型提案")这门课从而开启他们的论文课程注册，并且开始进入一系列的在每个学期都将提供的论文写作课程。该博士项目完成时间的最大限度是7年。

Note about Additional Fees: In addition to tuition, seminar attendance for the PhD program requires students to budget for travel, room, and board.

注意其他的费用：除了学费之外，学生还需考虑参与研讨会的额外费用如旅行、住宿等。

Program Learning Outcomes

Upon successful completion of the Doctor of Philosophy in Transpersonal Psychology program, students will be able to:

项目学习成果预期：在成功完成超个人心理学哲学博士项目后，学生将会收获

- Analyze and explain human behavior in a variety of contexts and situations using theoretical models, empirically supported methods, and research in the field of transpersonal psychology and the wider field of psychology. 分析和解释各种背景和情况下的人类行为，通过使用理论模型、实证研究支持的方法，以及超个人心理学领域和心理学领域更广泛的研究。
- Employ best practices in social science and humanistic research methodology in the design and conduct of original psychological research. 采用社会科学和人文研究方法的最佳实践，来设计和进行具有原创性的心理学研究。
- Integrate knowledge about and sensitivity to the experiences and perspectives of diverse populations, including but not limited to race, culture, socioeconomic status, age, gender, sexual orientation, and disability, in research and applications of transpersonal psychology. 整合来自不同人群的经验 and 世界观，例如：种族、文化、社会经济、年龄、性别、性取向、功能障碍者等等，应用到超个人心理学的研究和实践中。
- Communicate effectively using a variety of media and genres to meet the needs of the circumstances and intended audience across a range of personal and professional purposes and settings. 使用各种媒介和体裁，在具体的情况中，以满足沟通对象的需求为前提，进行有效沟通，以满足个人和专业实践的目的。
- Reflect upon their own whole-person development, including growth in mind, body, spirit, creativity, and community, and identify opportunities for continuing development. 反思自己的全人发展，包括心智、身体、灵性、创造力和社区的成长，并找到继续进行全人发展的机会。
- Integrate relevant moral and ethical frameworks with key concepts and practices drawn from transpersonal psychology in the development of solutions to professional and community problems. 将相关的道德和伦理框架与来自超个人心理学的关键概念和实践相结合，来制定专业和社区问题的解决方案

Degree Requirements

To receive a PhD in Transpersonal Psychology, students must successfully complete a minimum of 75 units. The following are specific degree requirements:

为获得超个人心理学哲学博士学位，学生必须成功完成至少75个学分课程的学习并提交一份经审核通过的学位论文。以下是具体的学位要求：

- **33 units in Core Courses** 完成33个学分的核心课程
- **24 units in Concentration or Elective Courses** 完成24个学分的专业课或选修课
- **18 units in Dissertation Courses** 完成18个学分的毕业论文课程
- **Submission of an approved dissertation** 提交一份经学术委员会审核通过的学位论文

Core Courses (33 units) 核心课程 (33学分)

Core Courses introduce students to foundational theories and research methods in transpersonal psychology. As part of the Core, students must attend and successfully complete four residential seminars (i.e., GPHD7000 taken 4 times*) during their matriculation in the PhD program.

核心课程向学生提供超个人心理学的基础理论和研究方法。作为核心课程的一部分，学生必须在博士学习过程中参加并完成四次强化研讨会

Item #	Title	Credits
	Four Residential Seminars - 2 credits each	8
PHDC6101	Foundations of Transpersonal Psychology 超个人心理学基础	3.0
PHDC6218	Advanced Seminar in Transpersonal Psychology 超个人心理学高级研讨会	3.0
PHDC9610	Integral Research Skills: Advanced Topics in Transpersonal Psychology 整合研究技能：超个人心理学高级课题	3.0
PHDC6205	Critical Thinking and Scholarly Writing 批判性思维和学术性写作	3.0
PHDC6103	Qualitative Research Methods 定性研究方法	3.0
PHDC6104	Quantitative Research Methods and Basic Statistics 定量研究方法和基本统计学	3.0
PHDC7804	Psychology of Cognition, Affect, and Consciousness 认知、情感和意识的心理学	3.0
PHDC8997	Introduction to Dissertation Proposal Writing ("Mini-Proposal") 学位论文提案写作介绍 (初步提案)	4.0

Electives (24 units) 选修课程 (24学分)

Students deepen their knowledge of transpersonal theory, research, and applications through the selection of Elective Courses.

学生通过选修课程加深对超个人理论、研究和应用的了解和探究。

Electives Currently Offered

目前提供的选修课程

Item #	Title	Credits
PHDC5130	Positive Psychology–Gratitude, Compassion, and Forgiveness 积极心理学--感恩、共情和宽恕	3.0
GPHD6415	Death and the Afterlife: Comparative Epistemologies	3.0
GPHD8222	Psychology of Religion and Spirituality	3.0
GPHD6203	Introduction to Transpersonal Therapies	3.0
GPHD6206	Transpersonal Finance	3.0
PHDC6411*	Psychology of Extraordinary Dreams 非凡“梦”的心理学	3.0
PHDC8202*	Transpersonal Approaches to Dreams and Dreaming 超个人对梦和梦境的解读	3.0
PHDC7223	Somatic Psychology and Mind-Body Healing 躯体心理学与身心疗愈	3.0
PHDC7330*	Archetypes, Myths, & Symbols 原型、图示及神化	3.0
GPHD7330*	Archetypes, Myths, & Symbols	3.0
GPHD7210	Transpersonal Leadership	3.0
PHDC8452	PTSD, Psychology and Healing Methods 创伤后应激障碍、心理学和治疗方法	3.0
GPHD8206*	Ecopsychology–Remembering Our Place in The Natural World	3.0
PHDC6217	Meditation Practice and Research	3.0
PHDC6105	Statistical Methods in Psychology (Data Analysis with R)	3.0

Dissertation Courses (18 Units) 博士论文课程 (18学分)

The dissertation is structured as a sequence of six, 3-unit courses. For each quarter's course, students are expected to accomplish a specified number of activities related to dissertation planning, researching, and writing. The courses guide students through the various steps in developing a faculty committee and a research proposal, conducting research and analyzing data, and writing and defending a comprehensive report.

博士学位论文课程由6个3学分的课程组成。每个学期的课程，学生都要完成指定数量的与学位论文规划、研究和写作相关的活动。学生在学术委员会的指导下，完成专业研究方案的制定、进行研究和分析数据、以及撰写和答辩相关结果的综合报告。

Item #	Title	Credits
DOC9001-1	Dissertation: Committee Formation and Final Proposal	3.0
DOC9002-1	Dissertation: Participant Recruitment and Initial Data Collection	3.0
DOC9003-1	Dissertation: Data Collection and Analysis	3.0
DOC9004-1	Dissertation: Analysis and Writing	3.0
DOC9005-1	Dissertation: Final Draft Review and Defense	3.0
DOC9006	Dissertation: Completion and Approval	3.0

Committee Chairs are required to evaluate and grade each quarterly registration in a Dissertation Course on a Pass/Fail basis and use the course descriptions to gauge appropriate and timely progress toward degree completion. Students may be required to repeat a Dissertation Course if the outcomes for that course have not been attained by the conclusion of the quarter. Only under exceptional circumstances may students appeal for an extension of the dissertation timeline.

每学期，学术论文委员会主席将用【予以通过】或【不通过】来评估和评分论文课程，并使用课程概要来监督学生的学位学习进程。在该学期末，如果学生没有达到论文写作课程的要求，将被要求重修该课程。只有在意外或极少数情况下，学生才可以申请延长论文提交的截止日期。

Advancement to Candidacy 进阶为博士候选人

The Advancement to Candidacy process is designed to enable students to demonstrate their attainment of academic writing and critical thinking skills at a level appropriate for the conduct of independent dissertation research. To complete the Advancement to Candidacy process, students must complete the following milestones:

学校将考察学生是否在学术写作和批判性思维技能方面，达到了适合进行独立完成博士论文研究的水平，考察过程通过，学生可以进阶为博士候选人。为了完成这一过程，学生必须完成以下课程。

- PHDC8997 Introduction to Dissertation Proposal Writing ("Mini-Proposal") (3) PHDC8997 论文提案写作简介 ("小型提案")
- Enroll in DOC9001-1 Dissertation: Committee Formation and Final Proposal (3), during which a meeting with the Committee concerning the Dissertation proposal is held and the proposal is approved 注册课程 DOC9001-1 学位论文：学术委员会成立和最终提案，在此期间与委员会进行有关论文提案的会议，并使该提案获批。

Item #	Title	Credits
PHDC8997	Introduction to Dissertation Proposal Writing ("Mini-Proposal") 学位论文提案写作介绍 (初步提案)	4.0
DOC9001-1	Dissertation: Committee Formation and Final Proposal	3.0

Taken together, these six units provide students with the opportunity to identify a Dissertation Chair, assemble a Dissertation Committee, and submit and seek approval of the Dissertation proposal.

学完这6个学分，学生将确定论文委员会主席，组成论文学术委员会，并且提交并等待论文提案的批准。

See **Enrollment Status** (pages 10–11) for more information on the definition of **Candidacy** and the number of units for full-time enrollment prior to and during Candidacy.

更多相关信息，包括博士候选人的定义；成为博士候选人的前期和过程中，学生必须注册的注册的全职学分数等，请见【注册状态】（第10-11页）

Failure to complete any step of the dissertation process may result in the student being required to complete additional coursework or withdraw from the doctoral program. Students are expected to make continuous academic progress throughout their enrollment at the University, including while completing their dissertation work. The Sofia University Dissertation Office can provide further details about the dissertation process. Students are encouraged to review the Sofia University Dissertation Handbook available from the Dissertation Office early in their studies.

在博士论文写作过程中，如果学生没有按照要求完成其中的任何一个步骤，将有可能被要求修读额外的课程或从博士项目中退出。在校就读该项目时，学生需要做出持续的学术进步，包括完成学位项目论文。索菲亚大学博士论文中心将会提供更多的关于论文写作的详细信息和支持。学校鼓励学生阅读【索菲亚大学学位论文手册】，学生可以在项目学习初期，通过学位论文中心获得该手册。

Total Credits

75

Course Sequencing

Optional Certificates 可选证书项目

Certificate in Dream Studies 梦境研究证书项目

Sofia University's certificate in Dream Studies is offered in our School of Transpersonal Psychology. It is one of the few Dream Studies certificate programs in an accredited University in the United States. The program has an interdisciplinary orientation, exploring dreams from transpersonal, integral, psychological, scientific, mythological, spiritual, religious, and cross-cultural perspectives. Courses cover subjects that include sleep, dreams, and states of consciousness; ordinary, extraordinary, and anomalous dreams; dreams as they relate to health and creativity; a practicum in dream sharing with individuals and groups; personal mythology and dreamwork; and a final Certificate integration group presentation.

索菲亚大学梦境研究证书项目：索菲亚大学梦境研究专业证书是由索菲亚超个人心理学研究学院所提供的。它是极少数的被权威认证的美国大学所提供梦境项目之一。该项目以跨学科研究导向，整合包括超个人心理学、个人、整体、心理、信仰、精神、和跨文化的观点。中国学生可以学习到的课程涵盖的主题包括睡眠、梦境和意识状态；普通和非凡的梦境；与健康 and 创造力有关的梦；与个人和团体的梦工作；个人神话与梦；以及最终的证书整合团体展示。

With five courses to complete over four-terms, this 13-credit curriculum is taught by Sofia Faculty. This certificate is designed for students, researchers, counselors, therapists, and anyone with a desire to explore dreams in a way that is applicable to personal development and/or careers in higher education, research, counseling, coaching, writing, and other careers where healing, creativity, imagination, inspiration, and transformation are important. The Dream Studies certificate can be earned alone or in combination with our Transpersonal Psychology Masters or Doctoral Programs.

该证书项目包括13个学分，有五门课程要完成。由索菲亚大学的教授团队授课。该证书专为学生、研究人员、咨询师、治疗师以及任何希望以适用于个人发展和/或高等教育、研究、咨询、辅导、写作和其他职业的方式探索梦的人而设计的。梦境研究对疗愈、创造力、想象力、灵感和转变都是很重要的。

The following courses fulfill Dream Studies certification requirements:

以下为此梦境研究证书所要求完成的课程：

Item #	Title	Credits
PHDC6214*	Anomalous States of Consciousness 意识的非常状态	3.0
PHDC6411*	Psychology of Extraordinary Dreams 非凡“梦”的心理学	3.0
PHDC8202*	Transpersonal Approaches to Dreams and Dreaming 超个人对梦和梦境的解读	3.0
PHDC7330*	Archetypes, Myths, & Symbols 原型、图示及神化	3.0
	PHDC TBD Certificate Integration / Artistic presentation	1