

# Master of Arts in Transpersonal Psychology in Chinese

## Degree Type

Master of Arts

## 超个人心理学文学硕士（中文授课）

### 项目概述

The Master of Arts in Transpersonal Psychology (MATP) degree program offers an opportunity for students to study the theories and practices of transpersonal psychology. The program prepares students to apply this knowledge to a range of professional and community settings. Students also have the option of pursuing a certificate in Dream Studies.

超个人心理学文学硕士 (MATP) 学位课程为学生提供了学习超个人心理学理论和实践的机会。该项目帮助学生将这些知识应用到一系列专业领域和社区实践中。学生还有机会完成梦境研究证书。

The program is designed for transformative learning, integration of transpersonal and wisdom principles, and development and application of skills for personal and professional contribution. According to O'Sullivan<sup>1</sup>, transformative learning fosters enhanced awareness and consciousness in people, communities, and frames of reference. It encourages the vision of alternative approaches to living and posits the possibility of social justice, peace, and joy. Students are guided in their cultivation of leadership skills, self-knowing, and professional consciousness.

本项目打造了转变型学习，整合超个人和智慧的原则，拓展个人生活应用和培养专业技能的整合性学习体验。经济学家奥沙利文曾说，转变型学习能够赋予人们对人际和社会的思考激发更深层次的认知与意识。转变型学习鼓励开拓不同的生活方式并去探寻社会公正、内心平静及幸福的可能性。学生将被引导提高领导能力、提升自我认知以及职业技能意识。

The MATP is an online program. Some online courses may require participation in synchronous teleconference sessions. The program includes special topic seminars.

MATP项目是一个在线形式的项目。一些在线课程可能需要参加实时会议。项目也涵盖主题研讨会。

<sup>1</sup>O'Sullivan, E. (2002). The project and vision of transformative education: Integral transformative learning. In E.V. O'Sullivan, A. Morrell, & M. A. O'Connor (Eds.), *Expanding the boundaries of transformative learning* (pp. 1-12). Palgrave.

## Curriculum as Journey

### 课程即旅程

The MATP curriculum is designed as a journey that includes scholarship, experiential learning, integration, increased consciousness, transformation, spiritual practices, creative expression, embodiment, and application of transpersonal education in service to greater communities. Faculty members facilitate whole-person instruction in a dynamic format within a close learning community. There is a high level of group discussion, participatory learning, and shared experiences. Instructors guide students in setting goals that enable them to make contributions to their families, communities, and professional fields.

MATP课程设置的初衷是提供为学生提供一个生命旅程，包括学术、体验式学习、整合、提高意识、转变、精神实践、创造性表达、具像化和应用超个人教育服务于更大的社区。教职员在合作紧密的学习社区中以流动的形式促进全人教学。这里有高水平的小组讨论、参与式学习和经验共享。教师将指导学生设定其发展目标，使他们能够为家庭、社区和专业领域做出贡献。

Practicum experiences take place in the student's home community and are chosen to prepare the student for future professional work or provide new tools for current professional work in their area of Concentration.

为了为未来的专业工作做好准备或为他们当前所专注的领域提供新的技能工具，学生将在其所在的社区进行实践，

Faculty serve as academic advisors who guide students through their educational journey, helping them select courses that attain their academic and professional goals, and complete the program in a timely manner. Academic advisors are an essential part of students' experience and play a central role in assisting them in finding meaning and relevance in their transpersonal education.

教师将担任学术顾问，指导学生完成他们的教育之旅，帮助他们选择课程以实现学术和职业目标的课程，并及时完成课程。学术顾问是学生体验的重要组成部分，在帮助他们找到超个人教育的意义和相关性方面发挥着核心作用。

The MATP in Chinese program can be completed in seven seasons on a full-time basis. It can also be completed on a part-time basis.

中文授课的MATP课程在全日制形式下可以在七个学期内完成。也可以以兼职学习的安排方式完成。

### **Program Learning Outcomes**

Upon successful completion of the Master of Arts in Transpersonal Psychology program, students will be able to:  
成功完成超个人心理学硕士课程后，学生将能够：

- Reflect upon the meaning of whole-person development, including growth in mind, body, spirit, creativity, and community, and apply that understanding to their own personal and professional lives.  
反思全人发展的意义，包括思想、身体、精神、创造力和社区，并将这种理解应用到个人和职业生活中。
- Blend theories and practices of transpersonal psychology with those in a professional concentration area(s).  
将超个人心理学的理论和实践与专业领域的理论和实践相结合。
- Employ multiple ways of accessing information, expressing self, and working with others in a professional Concentration area.  
在专业领域中能够采用多元方式获取信息，表达自我，并能在专业领域与他人合作。
- Articulate shifts and developments in their own thought processes, including the assumptions they bring to situations, as these relate to their program of study.  
阐明自己思维的转变和发展过程，包括觉察个人的假设如何影响每个当下。
- Use reflective scholarship and transpersonal theories and practices to create an action plan that addresses the needs of a community, organization or professional area. 使用运用反思性的学术、超个人的理论和实践来制定行动计划从而满足社区、组织或专业领域的需求。

### **Degree Requirements**

#### **学位要求**

To receive a Master of Arts in Transpersonal Psychology degree, students must successfully complete a minimum of 42 units. The following are specific degree requirements:

要获得超个人心理学硕士学位，学生必须成功完成至少 42 个学分。以下是具体的学位要求：

- **36 units in Core Courses – 36学分核心课程**
- **6 units in Transfer courses – 6学分转修课程**

## Core Courses—(36 units)

The Core Courses provides students with theories, practices, and embodiment of transpersonal and spiritual psychology.

**核心课程—(36 学分)：**基础核心课程为学生提供理论、实践和超个人和精神心理学的具体展现。

Item #	Title	Credits
MTPO 7201	Special Topic Seminar 主题研讨会	1.0
MTPO 7203	Scholarly Writing Lab 学术写作实验室	1.0
MTPO 7204	Special Topic Seminar Professional Ethics 专题研讨会：职业道德	1.0
MTPO7403	Introductions to Transpersonal Psychology 超个人心理学概论	3.0
MTPO7401	Embodied Spirituality 灵性（精神）的身心实践	3.0
MTPO7801	Spiritual Development Across the Lifespan 生命周期之精神发展	3.0
MTPO7018	Positive Psychology and Leadership 积极心理学领导力	3.0
MTPO8201	Archetypes, Symbols and Myths 原型、图示、及神话	3.0
MTPO8300	Creative Expressions and Transformation 创意表达与心灵转化	3.0
MTPO8202	Dreams, Dreaming, and Dreamwork 织梦与解梦理论与应用	3.0
MTPO7603	Personality and Motivation 人格与动机	3.0
MTPO8387	Ways of Knowing 知识的途径	3.0
MTPO7205	Intuitive Inquiry I 直观探究1	1.0
MTPO7206	Intuitive Inquiry II 直观探究2	2.0
MTPO9041	Transpersonal Integration Paper 超个人整合论文	3.0

## Transfer Courses (6 units)

MATP in Chinese students select at least 2-4 transfer courses from local programs the transfer courses available to students are:

**转修课程—(6 学分)：**超个人心理学中文授课的学生可以转修2-4门如下列出的课程

Item #	Title	Credits
MTPO7301	Humanistic Psychology: Theory and Practice 人本心理学	3.0
MTPO7302	Cognitive Behavior Psychology: Theory and Practice 认知行为心理学	3.0
<b>Total Credits</b>		<b>42</b>

### Course Sequencing

## Optional Certificates in Chinese

中文授课选修专业证书

# Certificate in Dream Studies

Sofia University's certificate in Dream Studies is offered in our Institute 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. Chinese students can learn subjects that include sleep, dreams, and states of consciousness; ordinary and extraordinary 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.

**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, 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.

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 Dream Studies certificate can be earned alone or in combination with our Transpersonal Psychology Masters in Chinese or Doctoral Program in Chinese. *The following courses fulfill Dream Studies certification requirements:*

梦境研究证书可以单独学习，也可以与中文授课超个人心理学硕士班或博士班同时研修。

以下为此梦境研究证书所要求完成的课程：

Item #	Title	Credits
MTPO8202	Dreams, Dreaming, and Dreamwork 织梦与解梦理论与应用	3.0
MTPO8201	Archetypes, Symbols and Myths 原型、图示、及神话	3.0
MTPO8452	PTSD Psychology and Healing Methods 创伤后应激症候群心理学和 疗愈方法	3.0
MTPO6411	Psychology of Extraordinary Dreams 非凡之梦心理学	3.0
MTPO8299	Certificate Integration/Artistic Presentation 证书整合顶点课程	1.0

## Notes

## MATP in Chinese Passing Grade and Grading Chart

### 中文授课超个人心理学硕士课程成绩及成绩换算表

#### 等级 Letter Grade 分数 Percentage

A	100-93
A-	<93-90
B+	<90-87
B	<87-83
B-	<83-80
C+	<80-77
C	<77-73
C-	<73-70
NP/F 需从修	<70-0