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Future. Start Today.**
At John F. Kennedy University

Counseling Psychology (Holistic) – MA

SOMATIC PSYCHOLOGY SPECIALIZATION

The central principle of somatic psychology is that soma and psyche are inseparable and, therefore, cognitive, emotional, spiritual, and bodily experience must be actively included in therapeutic work. The MA degree program in Counseling Psychology with an emphasis in somatic psychology is one of a very few programs in the world that provides professional training in psychotherapeutic practice from an integrative, whole-person model. It is offered on the Pleasant Hill campus and meets the educational requirements of the California Marriage and Family Therapist license.

The program offers a strong foundation in basic counseling theory and practice. It combines theoretical and experiential learning modalities and emphasizes personal attitudes and beliefs that become embodied and expressed in one's posture, gesture, voice, movement, and ways of relating. Students develop professional clinical skills of assessment, diagnosis, and treatment with a particular emphasis on somatic processes, such as sensate experience, sensorimotor development, movement expression, structural patterning, and regulation of physiological states.

Movement seminars enable students to learn how to utilize movement and somatic awareness techniques to work through emotional blocks, allow tension patterns to unravel, and cultivate body-mind-spirit integration. Courses focusing on trauma and stress negotiation provide students with the clinical understanding of hyperaroused physiological states, the importance of working within the "window of tolerance," and practical Resourcing skills. Students are encouraged to pursue both spiritual practices and somatic disciplines as a foundation for their work with others.

As an integrative program the JFK University somatic psychology program is informed by several disciplines, including attachment theory, psychodynamic and humanistic therapy models, prenatal psychology, neurodevelopmental and psychobiological perspectives, traumatology, psychoevolutionary theory, and ethology. In addition to a core curriculum, the somatic program offers students the opportunity to explore contemporary schools of somatic psychology, such as neo-Reichian work, Hakomi, Bodydynamics, Bioenergetics, Authentic Movement, Biosynthesis, Somatic Experiencing, Sensorimotor Psychotherapy, and Psycho-Physical Therapy.

The specialization curriculum is provided on the following page. For more information, contact the JFK University Office of Admissions at 800.696.5358 or email proginfo@jfkku.edu.

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JOHN F. KENNEDY UNIVERSITY
TRANSFORMING LIVES. CHANGING THE WORLD

Somatic Psychology Specialization Degree Requirements

The MA in Counseling Psychology with a somatic psychology specialization requires completion of 92 quarter units.

Courses	Units
Core Curriculum	
CNS 5010 Paradigms of Consciousness	3
SPC 5000 Introduction to Somatic Psychology Program [1]	0
Somatic Psychology Specialization	
SPC 5220 Principles of Somatic Psychology [1]	3
SPC 5241 The Cultural Body: Society, Body, Image, and the Self	2
SPC 5430 Movement Seminar A: The Self in Movement	3
SPC 5431 Movement Seminar B: Clinical Technique	2
SPC 5512 Somatic Psychology Perspectives on Stress and Psychobioimmunology	2
SPC 5572 Body-Oriented Psychotherapies	2
SPC 5612 Supervised Practica in Somatic Psychology [2]	2
SPC 5620 Somatic Psychology Approaches to Trauma and PTSD	3
General Counseling	
SPC 5004 Group Process A [1]	2
SPC 5005 Group Process B [1]	2
SPC 5006 Group Process C	2
SPC 5204 Diagnosis, Assessment and Therapeutic Strategy A	3
SPC 5205 Diagnosis, Assessment and Therapeutic Strategy B	3
SPC 5323 Therapeutic Communication A [1]	3
SPC 5324 Therapeutic Communication B [1]	3
SPC 5520 Psychopharmacology	3
Marriage and Family Therapy	
SPC 5115 Cross-Cultural Issues in Counseling	3
SPC 5216 Sexuality	2
SPC 5250 Basic Addiction Studies	3
SPC 5530 Psychological Testing	3
SPC 5535 Individual Development and Family Life Cycle A [1]	3
SPC 5536 Individual Development and Family Life Cycle B [1]	3
SPC 5540 Child Therapy	3



Somatic Psychology Specialization Degree Requirements (cont'd)

Courses	Units
SPC 5551 Marriage and Family Counseling A	3
SPC 5552 Marriage and Family Counseling B	3
SPC 5631 Ethics and the Law	3
SPC 5703 Clinical Skills: Partner and Spousal Abuse, Elder Care	2
SPC 5705 Counseling Case Seminar	3
SPC 9005 Personal Psychotherapy	0
SPC 9015 Child Abuse Assessment and Reporting	0
Field Placement	
SPC 5761 Field Placement A	3
SPC 5762 Field Placement B	3
SPC 5763 Field Placement C	3
SPC 5764 Field Placement D	3
Integrative Final Project	
SPC 5993 Integrative Final Project	1
SPC 5994 Integrative Final Project	2

[1] This requirement must be completed prior to year-end review.

[2] This course is a topics course (one-half unit per each election), and subsequent registrations count for additional credit. Somatic Psychology students are required to take a total of two units (four elections) of this course.

