

Program Highlights



The Somatic Psychology emphasis enables explorations of the self revealed through systematic practices of breathing, touching, sensing, and moving, as well as the study of embodied consciousness, embodied living, somatic developmental processes, embodied relational dynamics, cultural imprints, and somatic experience, cultivation, and expression.

Students have opportunities for additional professional development through the International Journal of Transpersonal Studies, a scholarly journal supporting whole-person psychologies. Plans for a research laboratory to study lived experience in the context of holistic and somatic approaches to neuroscience are currently being developed.



Admissions

415.575.6154
admissions@ciis.edu

For information on application requirements and procedures, or to complete an online application, please visit www.ciis.edu/admissions.



Financial Aid

415.575.6122
finaid@ciis.edu

For information about our financial aid programs, including federal student loans, private loans, grants, and student employment, please visit www.ciis.edu/financialaid.



About CIIS

California Institute of Integral Studies is an internationally recognized leader in integral education. CIIS has an enrollment of more than 1,500 students pursuing degrees in more than 25 academic programs in its schools of Consciousness and Transformation, Professional Psychology and Health, Undergraduate Studies, and American College of Traditional Chinese Medicine. In addition, CIIS hosts a vibrant art exhibition program through The Arts at CIIS, and offers a dynamic array of events through its Public Programs division, including conversations, workshops, continuing ed, and certificate programs. The University provides low-cost mental health and acupuncture services to the San Francisco Bay Area through its 8 award-winning clinics. CIIS is accredited by the WASC Senior College and University Commission (WSCUC).



For more information, please visit ciis.edu/itps.

Program Description

The doctoral degree in Somatic Psychology is at the forefront of bringing authentic lived experience into psychology. When mind and consciousness are situated in the living body, rather than the body being regarded as biological object, a novel and powerful opportunity emerges to reconnect mind and body in a scientific context.

This course of study is situated within the Integral and Transpersonal Psychology PhD, which focuses on whole-person approaches to research and systematic knowledge-building. Whole-person psychologies expand the horizons of psychology to include the body's ways

of knowing and moving as an expression of the interconnected living, breathing systems of community, society, and world. From this perspective, it becomes possible to ask new and compelling research questions that lie close to the heart of what it is to be human.

MISSION

The doctoral emphasis in Somatic Psychology approaches psychology from the lived experience of being human, and then invites in scientific rigor as an ally in building a more insightful, effective psychology of the living person. The future of whole-person psychology is what the body knows.



FORMAT

The curriculum consists of 36 units of online education delivered through state-of-the-art systems, with coursework that includes video lectures, web resources, links, collaborative forums, and community-building opportunities. In addition, students attend two weeklong in-person seminars each year, where they have opportunity to meet their classmates and professors.

AVAILABLE



Online with residential intensives in the SF Bay Area twice a year

Integral and Transpersonal Psychology

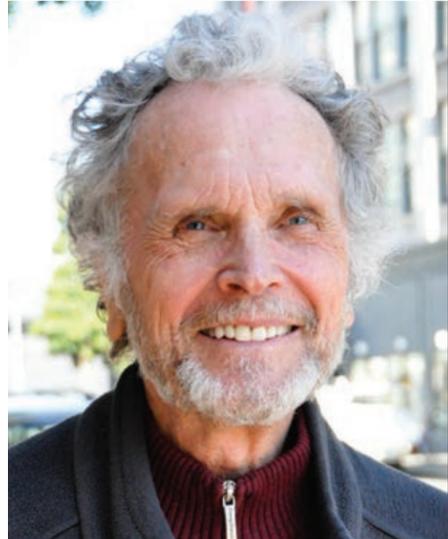
PhD with Emphasis in Somatic Psychology

School of Consciousness and Transformation

ONLINE DEGREE PROGRAM



Faculty



DON HANLON JOHNSON, PhD
Core Faculty

“ There are so many well-practiced, skillful body workers and body psychotherapists with much to contribute to the evolution of the healing sciences and practice. This program offers an opportunity for those who would like to expand their work into university teaching and scholarly writing whose choices now are programs only loosely related to their interests and research expertise. It offers the opportunity for working within an intimate structure to develop and refine the expertise that one has already carried far along, and for not having to uproot oneself from home, do so. ”

“ The experiencing body is a complex and multi-layered phenomenon - it provides a gateway to an individual's history, a felt connection to the collective, and a link to life at large. This PhD offers an opportunity for those already steeped in embodiment practices and clinical somatic psychotherapy to engage in embodied scholarship. As a seasoned somatic practitioner, you are invited to address a wide array of issues and challenges, that diverse individuals and communities face, and to explore further reaches of embodied consciousness and action. ”



THERESA SILOW, PhD
Core Faculty



This online research-oriented degree is well suited for professionals who want to advance their education and contribute to development of somatic psychology and somatics. It is designed for scholars and practitioners who have long-established practices in a transformative body practice, such as Biosynthesis, Bodydynamics, Hakomi, Sensorimotor Psychotherapy, Somatic Experiencing, Authentic Movement, Body-Mind Centering, Craniosacral Therapy, Continuum, Feldenkrais, hatha yoga, massage, Roling —and who want to develop new kinds of knowledge that emerge from these practices.

A PhD emphasizing Somatic Psychology offers you opportunities for:

- Enhanced expertise and credentials for licensed clinical practitioners
- Pioneering research in the somatic psychology field
- Advancement of somatic psychology perspectives in professional contexts
- Educating the public in use and value of mind-bodypractices
- Application of somatic practices in athletic training
- Scientific research into somatic models and practices
- Whole-person approaches to personal development
- Developing the scholarly literature of

Course of Study/Curriculum

The PhD requires 36 units of coursework, which can be completed in a minimum of 3 years, part-time attendance, plus comprehensive examinations and dissertation. The following sample course of study includes classes that integrate intellectual content with skills of scholarship, as well as 18 units that focus on somatic practice and somatic psychology. Students have an option to convert to a 48-unit, six-year program by adding a focus area in consciousness studies, contemplative neuroscience, or integral and transpersonal psychology.

For a typical student, a course of study might be:

1st Semester (Year One)	Units
Origins of Somatic Psychology	3
Critical Thinking with Integral and Transpersonal Studies	3
Somatic Praxis	0.5
2nd Semester (Year One)	Units
Spiritual Traditions of Embodied Practice	3
Scholarly Writing with Integral and Transpersonal Studies	3
Somatic Praxis	0.5
3rd Semester (Year Two)	Units
Further Reaches of Somatics / Somatic Psychology	3
Qualitative Research Methods	3
Somatic Praxis	0.5
4th Semester (Year Two)	Units
Advanced Topics in Somatic Psychology Disciplines	3
Qualitative Research Methods with Neuroscience of Consciousness	3
Somatic Praxis	0.5
5th Semester (Year Three)	Units
Somatic Psychologies in Global Context	3
Integral Research Methods with Creative Expression	3
Somatic Praxis	0.5
6th Semester (Year Three)	Units
Proposal Writing	3
Comprehensive Examinations	3
Somatic Praxis	0.5
7th Through 12th Semesters (Years Four and Five)	Units
Dissertation Research and Writing	

Faculty / Students



GLENN HARTELIUS, PHD
Professor and Program Chair

“ Somatic psychology is the heart of mind-body research. In this field, mind is the awareness and the intelligence of the whole embodied person woven from and into the fabric of the living world. Entering the body, one walks through a doorway that opens to the garden of everyday wonders the inspired intellect can only peer at as if through a window. This program offers the opportunity to stand on the threshold of that domain both as a participant and as one trained in the careful methods of scientific research. Then the adventure begins. ”

“ The 21st century is an era of integral scholarship. Focus upon the whole-person system, embodied wisdom, and ecological interconnection are replacing rigid materialism. My integral studies in transpersonal psychology and somatics at CIIS have provided an education that foreshadows the future of psychology. My professors have held me to highly rigorous academic standards, helping my critical thinking and writing abilities evolve, while allowing me the freedom to explore the full spectrum of psychological phenomena through innovative and empirical methods. ”



WILL SOL
M.S.W., Doctoral Candidate