M.A.
in SPIRITUAL PSYCHOLOGY
with an Emphasis in
CONSCIOUSNESS, HEALTH, & HEALING
The First Year at USM is Learning the game, the Second Year is Playing the game and the Third Year—Consciousness, Health, and Healing—is Being the game.”

Drs. H. Ronald Hulnick and Mary R. Hulnick
President & Chief Academic Officer
THE M.A. PROGRAM IN SPIRITUAL PSYCHOLOGY WITH AN EMPHASIS IN CONSCIOUSNESS, HEALTH, & HEALING

The University of Santa Monica’s M.A. Program in Spiritual Psychology with an Emphasis in Consciousness, Health, and Healing is a dynamic and unique graduate Program on the leading edge where psychology interfaces with spirituality, consciousness, health, and healing.

This Program explores the relationship between Consciousness, Health, and Healing by examining how Radiant Health and Well-Being are influenced both by unresolved patterns in consciousness as well as their subsequent healing. Radiant Health includes physical, mental, emotional, unconscious, as well as spiritual levels of health and well-being. During the course of the year, each student designs and implements an individual Radiant Health and Well-Being Project.

The Program is intended for the sincere student committed to an additional year of advanced study offering powerful opportunities for expanding one’s awareness and further integrating the Principles and Practices of Advanced Spiritual Psychology. The Program is powerfully transformational and supports students in awakening more fully to the calling of their hearts, exploring and more fully expressing their entelechy, and anchoring themselves more deeply in the Authentic Self.

This Program is also suited for, but not limited to, students pursuing careers such as consultants, educators, and practitioners in the fields of holistic health and counseling.

Students may prepare themselves for professional work with clinical health teams, in health agencies, spas and resorts, and teaching and consulting. They may also prepare to bring holistic health approaches into pastoral counseling and the allied health professions.

Others who are likely to derive significant benefit from the Program include both health-care and mental health professionals who would like to integrate a more holistic approach to their work, as well as anyone with an intention to enhance their own health and well-being.

This degree does not lead to an occupational certification, nor does it prepare one to sit for any license.

The three-year Program consists of 85 quarter units of coursework conducted in a supportive and enlivening educational environment. During all three years, courses meet one weekend a month for nine months and for one week during the summer quarter.

Note: All courses included in the M.A. in Spiritual Psychology are also included in the M.A. Program in Spiritual Psychology with an Emphasis in Consciousness, Health, and Healing. Please see pages 42-45 from the USM Catalogue as this outlines the courses which are also the first two years of the M.A. in Spiritual Psychology with an Emphasis in Consciousness, Health, and Healing.

“If the entelechy of an acorn is to become an oak tree, it is the entelechy of a human to realize itself as a pure emanation of Divine Love.”

Ron and Mary Hulnick
DISTINGUISHING FEATURES OF THE CHH PROGRAM:

- **Participating** in a Soul-Centered process of unfoldment, which supports the revelation and fuller expression of your entelechy, or your Soul’s purpose.

- **Accessing** and developing your Inner Knowing through consciously cultivating and strengthening your intuition, your metaphorical/symbolic ways of knowing, and your rational/analytical ways of knowing.

- **Cultivating** the Healing Consciousness and more fully embodying the qualities that are all hallmarks of the Healing Consciousness including Compassion, Acceptance, Gratitude, Authenticity, Peace, Joy, and Unconditional Loving.

- **Exploring** and experiencing the dynamic relationship between higher consciousness, health, and healing in service to Radiant Health and Well-Being on all levels.

- **Working** with patterns associated with each of the eight chakra centers in service to deep healing physically, mentally, emotionally, and within the unconscious, with the focus of further awakening to the Authentic Self.

- **Experiencing** the body as a temple for the Soul and as an instrument for Spirit.

- **Standing up** in your Authentic Self and sharing your gifts.

- **Co-creating** and participating in Sacred Healing Circles twice a month outside of class weekends.

- **Reframing** the challenges and opportunities of illness and other turning points in consciousness through the lens of the Soul’s perspective.

“I was standing at the gate to a new threshold in my consciousness. CHH was the key to that gate. I utilized that key and stepped through the gate into a new dimension of liberation for myself. I transmuted lifelong obstacles into sacred stepping stones through conceptual adjustments, attitudinal shifts, and energetic anchorings. The value of doing CHH for me was like putting the sacred frosting on the cosmic cake. INVALUABLE.”

Jezrael Jeffriez (CHH ’08)
CHH COURSE DESCRIPTIONS

CHH 590
Principles and Practices of Advanced Spiritual Psychology I: Enhancing Ways of Knowing
5 Quarter Units

This course explores the relationship between consciousness, health, and healing by examining how Radiant Health and Well-Being are influenced both by unresolved patterns in consciousness as well as their subsequent healing. A primary focus is enhancing the sixth and seventh senses of intuition and direct knowing—in service to deepening the student’s capacity to receive inspiration and guidance. Designed in three modules, the first focuses on the further development of rational/analytic ways of knowing. In the second module, students explore metaphorical and symbolic ways of knowing as exemplified in the language of dreams, art, poetry, and imagery. In the final module, students practice accessing and utilizing intuition and direct knowing. Throughout the course, students participate in a regular spiritual practice of their choice.

“If you would like to feel more comfortable in your skin, get in touch with the individual miracle that is You, and find a way to revel in your life, embracing each moment as sacred . . . CHH is the place!”

Heather Devore (CHH ‘12)

CHH 591
Principles and Practices of Advanced Spiritual Psychology II: The Healing Consciousness
5 Quarter Units

This course includes three modules. The first explores the nature of, and facilitates the deepening of, the Healing Consciousness. The goal is to reside in the Healing Consciousness and radiate that healing energy to whatever situation or circumstance in which one finds oneself. The second focuses on the transforming potential inherent in the illness process, as the Soul views illness as a spiritual opportunity. The third involves being of service. Service provides opportunity for birthing deeper levels of Compassion, Honesty, Acceptance, Gratitude, Authenticity, Joy, Peace, and Unconditional Loving: hallmarks of the Healing Consciousness. Those served include the homeless, the elderly, the disabled, newborns, the dying, etc.

CHH 593
Integrative Approaches to Radiant Health
5 Quarter Units

Radiant Health describes a state of being that encompasses more than is usually meant when the word health is used. Radiant Health includes physical, mental, emotional, unconscious, and spiritual levels of health and well-being. In this course, each participant designs and implements an individual Radiant Health and Well-Being Project as an ongoing focus for nine months. These personalized projects may address many areas such as remediation of physical symptoms, optimizing physical function, nutrition, exercise, spiritual practice, loving relationships, creative expression, etc. In addition, one major focus is working with the patterns associated with the chakra centers.
CHH 594
Practicum in Integrative Approaches to Radiant Health
5 Quarter Units
This Practicum is taken in conjunction with CHH 593 and is designed to provide ongoing support for each participant’s Radiant Health and Well-Being Project. Class format consists of small Sacred Healing Circle meetings, which meet a minimum of twice a month for at least three hours per meeting. The purposes of Sacred Healing Circles include support, encouragement, and inspiration for each member and support for Radiant Health and Well-Being Project design, implementation, and successful completion.

CHH 597
Current Topics in Consciousness, Health, and Healing
5 Quarter Units
This course highlights a specific current topic in the field of Consciousness, Health, and Healing. Topics vary according to instructor and student interest. The focus is to expand awareness of new ideas and approaches in the healing field and to support students in their own health and healing projects. Topics may include energetic healing, the new science and how it relates to healing, eastern approaches to healing, prayer and healing, psychoneuroimmunology, the biology of consciousness, the evolution of consciousness, somatics, and behavioral medicine. The topic selected for this year’s focus is Entelechy.

CHH 598
Advanced Seminar in Consciousness, Health, and Healing
5 Quarter Units
This laboratory is designed to assist participants in synthesizing, further assimilating, and effectively utilizing the Soul-Centered Basic Skills, healing attitudes, and tools of awareness associated with the subject of Consciousness, Health, and Healing. It provides an opportunity for students to invoke and embody the Healing Consciousness, hallmarks of which include Compassion, Honesty, Acceptance, Gratitude, Authenticity, Joy, Peace, and Unconditional Loving in service to experiencing enhanced levels of Radiant Health and Well-Being.

“CHH has been my most powerful USM experience thus far. As context, my two years in the Master’s Program in Spiritual Psychology were hugely transformational for me, but what I experienced in CHH makes the first two years feel more like the creation of a sacred foundation upon which I am now able to take a deeper cut in working my own process and in experiencing the profound Spiritual epiphany I was yearning for all along.”

Cyndi Yee (CHH ‘08)
Students studying for the Master of Arts in Spiritual Psychology with an Emphasis in Consciousness, Health, and Healing are required to satisfactorily complete a minimum of 85 quarter units of coursework and spend a minimum of three (3) academic years completing their degree program. Required coursework includes all 55 quarter units of the M.A. in Spiritual Psychology Program. In addition, students complete the following required coursework:

A. Four courses offered concurrently in a nine-weekend format, one weekend per month for nine months:

- CHH 590 – Principles & Practices of Advanced Spiritual Psychology I: Enhancing Ways of Knowing 5 Quarter Units
- CHH 591 – Principles & Practices of Advanced Spiritual Psychology II: The Healing Consciousness 5 Quarter Units
- CHH 593 – Integrative Approaches to Radiant Health 5 Quarter Units
- CHH 597 – Current Topics in Consciousness, Health, and Healing 5 Quarter Units

B. One course offered as an Independent Study over the same nine months:

- CHH 594 – Practicum in Integrative Approaches to Radiant Health 5 Quarter Units

C. A five-day laboratory offered in the summer:

- CHH 598 – Advanced Seminar in Consciousness, Health, and Healing 5 Quarter Units

**TOTAL: 85 QUARTER UNITS**
“The spirit is the master, imagination the tool, and the body the plastic material . . . the power of the imagination is a great factor in medicine. It may produce diseases in man and in animals, and it may cure them . . . Ills of the body may be cured by physical remedies or by the power of the spirit action through the soul.”

Paracelsus
For next steps or to register for the Program, call the Admissions Office at (310) 829-7402.

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