



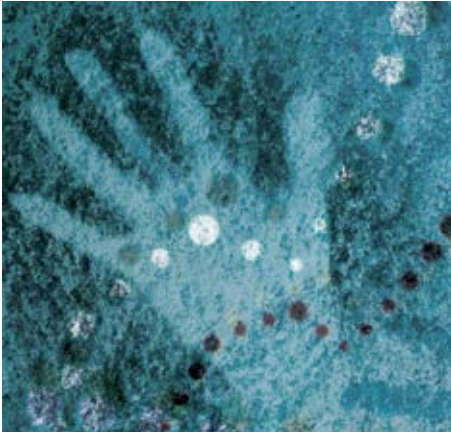
PACIFICA
GRADUATE INSTITUTE

M.A./PH.D. IN DEPTH PSYCHOLOGY

WITH SPECIALIZATION IN SOMATIC STUDIES

M.A./PH.D. IN DEPTH PSYCHOLOGY

WITH SPECIALIZATION IN SOMATIC STUDIES



In a disembodied world at risk of losing its soul, there can be no more crucial task than reclaiming the sensual mystery of our bodily selves. Long recognized in indigenous cultures, the lived experience of the body is experiencing a renaissance within Western world views. From neuroscience and medicine to traumatology and the expressive arts, scholars and researchers are rediscovering the integral role of the bodymind in healing, learning, and social transformation.

The program incorporates an interdisciplinary range of practices and perspectives held within eight subject area streams. Within these streams – including Integrative Health and Wellness, Somatic Depth Counseling and Psychotherapy, Community Development, and Embodied Depth Leadership – students articulate unique fieldwork projects and dissertation research that allow them to work at an advanced level in their chosen fields. Students may also pursue qualification as a Registered Somatic Movement Therapist® or Registered Somatic Movement Educator® through an articulation agreement with the International Somatic Movement Education and Therapy Association (ISMETA).

Students in the Somatic Studies specialization go on to publish books, start community non-profits, or develop consulting practices. Graduates may also choose to pursue academic careers, teaching in higher education or engaging

in post-doctoral research. Each in their own way, students bring a highly developed understanding of the body/psyche intersection to the work they choose to pursue.



By infusing depth psychology with a somatic perspective, students learn to work deeply and skillfully at the intersection of body and soul across a range of professions.

The interdisciplinary focus of the Somatic Studies Specialization is grounded in embodied learning, fieldwork practice, and original research that illuminates for each student how the felt experience and understanding of the body can inform their work.

~ RAE JOHNSON, Specialization Chair



The Somatic Studies specialization in the Depth Psychology program at Pacifica Graduate Institute is an Associate Member of the International Somatic Movement Education and Therapy Association (ISMETA). Selected courses in the Somatic Studies curriculum are pre-approved toward independent track application to become a Registered Somatic Movement Educator or Therapist® with ISMETA. Please contact Pacifica for a list of current pre-approved courses and contact ISMETA for additional information about the independent track application process.

ACADEMIC FORMAT

Students in the Somatic Studies specialization come to campus nine times each year for three years. Each campus session consists of three days each month during fall, winter, and spring quarters. During each residential session students attend lectures and seminars, engage in experiential and embodied learning, and have time for reflection and research in the Pacifica Library and OPUS Archives. Students engage in off-campus fieldwork in the summer quarters of their first and second years of study.

CURRICULUM OVERVIEW

FIRST YEAR

Fall

Introduction to Depth Psychology – DPS 730, 2 Units
Introduction to Somatic Studies – DPS 725, 2 Units
Somatic Dreamwork – DPS 770, 2 Units
Integrative Seminar I – DPS 791, 2/3 Unit

Winter

Scholarly Writing and Publication – DPS 812, 2 Units
Foundations in Fieldwork – DPS 900, 2 Units
Marion Woodman and the Jungian Tradition – DPS 761, 2 Units
Integrative Seminar II – DPS 792, 2/3 Unit

Spring

Neuroscience and Somatic Depth Psychology I – DPS 720, 2 Units
Freud, Reich, and the Psychoanalytic Tradition – DPS 760, 2 Units
Embodied Depth Leadership and Community Building – DPS 712, 2 Units
Integrative Seminar III – DPS 793, 2/3 Unit

Summer

Summer Fieldwork I – DPS 905, 4 Units
Depth Transformational Practices – DPS 997a, 2.5 Units

SECOND YEAR

Fall

Research I: Foundations for Research in Somatic Depth Psychology – DPS 782, 2 Units
Ecopsychology: The Body on the Earth – DPS 732, 2 Units
Presenting the Fieldwork Experience – DPS 880, 2 Units
Integrative Seminar IV – DPS 794, 2/3 Unit

Winter

Embodied Alchemy – DPS 750, 2 Units
Research II: Quantitative and Qualitative Research Methods – DPS 886, 2 Units
Archetypal Psychology – DPS 762, 2 Units
Proposal for Summer Fieldwork II – DPS 899, 0 Units
Integrative Seminar V – DPS 795, 2/3 Unit

Spring

Body and Soul in the Expressive Arts – DPS 753, 2 units
Research III: Somatic Depth Research Skills – DPS 887, 2 Units
Trauma and Resilience – DPS 850, 2 Units
Integrative Seminar VI – DPS 796, 2/3 Unit
Written Comprehensive Examination – DPS 892, 0 Units

Summer

Summer Fieldwork II – DPS 906, 4 Units
Depth Transformational Practices – DPS 997b, 2.5 Units

THIRD YEAR

Fall

Relational Embodiment – DPS 851, 2 Units
The Body in Literature – DPS 950, 2 Units
Human Sexuality – DPS 925, 2 Units
Integrative Seminar VII – DPS 797, 2/3 Units
Dissertation Development A – DPS 932A, 2/3 Unit

Winter

The Body in Literature – DPS 950, 2 Units
Neuroscience and Somatic Depth Psychology II – DPS 721, 2 Units
Non-Western and Indigenous Healing Practices – DPS 952, 2 Units
Depth Psychology and the Sacred – DPS 920, 2 Units
Dissertation Development B – DPS 932B, 2/3 Unit
Integrative Seminar VIII – DPS 798, 2/3 Unit

Spring

Body, Soul, and Social Justice – DPS 754, 2 Units
Embodied Depth Teaching and Learning – DPS 910 2 Units
Integration of Theory, Practice, and Teaching
(Oral Comprehensive Examination) – DPS 992, 2 Units
Dissertation Development C – DPS 932C, 2/3 Unit
Integrative Seminar IX – DPS 799, 2/3 Unit

Continuing

Dissertation Writing – DPS 980, 15 Units

This curriculum may vary depending upon evolving academic needs. The required fourth and fifth years of study focus on reading, research, and dissertation writing.

This degree program is accredited by the Western Association of Schools and Colleges (WASC).

Visit pacifica.edu/gainfulemployment for gainful employment information.

M.A./PH.D. IN DEPTH PSYCHOLOGY

WITH EMPHASIS IN SOMATIC STUDIES

The term “somatic” was coined by Thomas Hanna, an existential phenomenological philosopher, in the 1970s. Although many of the approaches now considered somatic predate this term by hundreds of years, they share a common focus: working with the lived, subjective experience of the body. Somatic Studies is an umbrella term that includes somatic psychology (working with the experience of the body to support mental health), somatic movement therapy (working with the experience of the body to promote improved movement functioning), and many forms of health and wellness. A somatic perspective also flourishes within the fields of education, philosophy, sociology, anthropology, and performance studies.

Our research-based program offers students the opportunity to work within this broad interdisciplinary umbrella while retaining a clear focus on depth psychology. In some ways, this program is more tightly focused than other graduate programs (for example, those in somatic counseling psychology), in that it works within a single approach to psychological inquiry. In other ways, it is broader; the somatic studies emphasis allows us to draw from a range of ideas and practices not typically addressed in clinical somatic psychology programs.



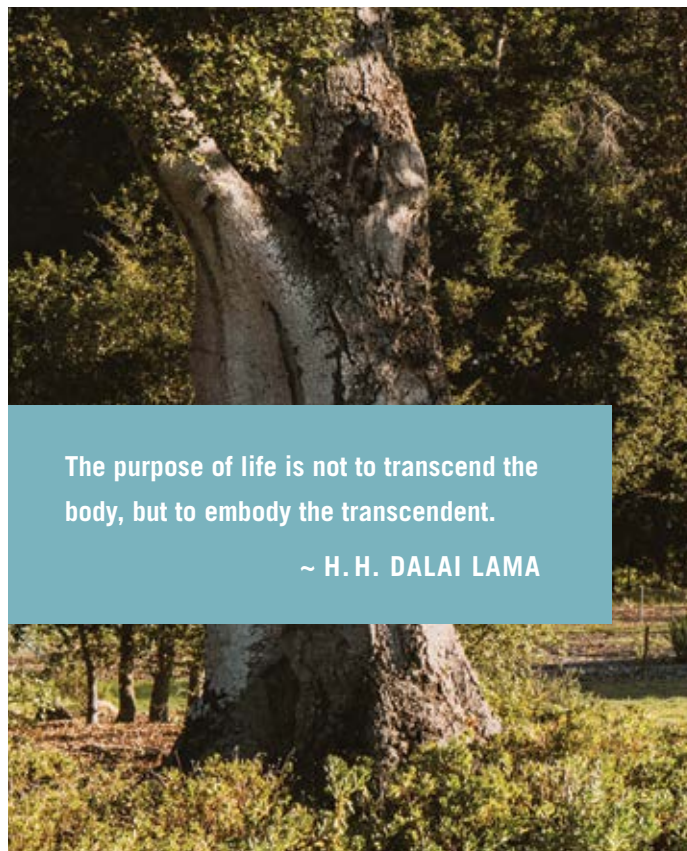
As a somatics professional, I found Pacifica's commitment to this emerging field to be cutting edge. The masterful balance between

academic rigor and tending to the soul invites students to develop a capacity for scholarly inquiry, while connecting with their passion and true vocational calling.

JENI AMBROSE, M.A.
Depth Psychology Graduate

The emerging paradigm for the 21st century requires individuals who can think across professional and disciplinary boundaries, fully embody a holistic and integrative perspective in their area of interest, and know how to harness their vision and energy to tackle real-world problems. In particular, we believe that leaders in this new paradigm will have the capacity to work through the body to tend the soul of the world. This program positions students to create and fulfill these leadership roles by:

- Providing them with foundational knowledge in depth psychology and interdisciplinary somatic studies.
- Engaging them in transformative practice and fieldwork projects specifically tailored to their interests and expertise.
- Teaching skills that strengthen their professional effectiveness, and helping them to identify and research issues with the potential to change how we live in the world.



The purpose of life is not to transcend the body, but to embody the transcendent.

~ H. H. DALAI LAMA

STUDENTS IN THE SOMATIC STUDIES SPECIALIZATION:

- Read, interpret, and critically reflect upon the theories and traditions of depth psychology, remembering the body and recalling its voice.
- Develop the capacity and skill to maintain awareness of and connection to the unconscious.
- Explore dream work, body movement, and active imagination as transformative practices.
- Develop literacy in the emerging domain of neuroscience as it applies to depth psychology and the mind/body connection.
- Develop skills in research and writing that articulate and promote new theoretical directions and practical applications.
- Participate with interdisciplinary scholars and practitioners in an emerging field of study.
- Create a professional portfolio to enhance existing career skills.
- Engage in transformative practices and fieldwork projects.



At Pacifica I found it possible to engage in the academic world in an embodied way– an approach that includes not just

the thinking mind but also the sensing and emotional body. As an expressive arts therapist, I felt validated and encouraged to continue articulating my knowledge. Pacifica opened the door for me to a new paradigm in depth psychology, one that not only sustains the primacy of the psyche, but also sees the psyche as body.

ROSARIO SAMMARTINO, M.A.
Doctoral Candidate
Depth Psychology Program

Everything breathes together.

~PLOTINUS

