

# Professional Development Foundation educate.

**MSc in Professional Development:  
Consciousness, Spirituality and  
Transpersonal Psychology**

*bringing transpersonal perspectives to people  
and organisations*



**ITA Professional**  
nurturing human potential

**prospectus**

# Leaders Welcome

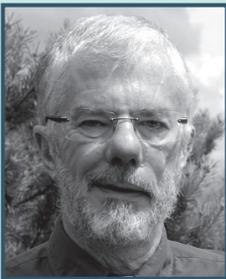
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**On behalf of the ‘Consciousness, Spirituality and Transpersonal Psychology’ faculty, I would like to thank you for taking the time to find out about this MSc programme which is offered by ITA Professional in collaboration with the Professional Development Foundation, the Scientific and Medical Network and Middlesex University.**

**The faculty of this course has put together an exciting programme which aims to address major questions that concern our potential as fully-engaged humans. You will study areas of research that are rapidly changing the orientation of psychology, culture and society more generally, bringing the quest for meaning and spiritual experience to the heart of academic and other professions.**

**We look forward to sharing your learning journey which, we hope will prove both enlightening and challenging. We are here to support you in undertaking the challenge of moving beyond your current experience – it is your journey, and we want to facilitate its transpersonal depths.**

**Professor Les Lancaster**



This programme was developed and is delivered and assessed by PDF, awarded by and quality assured by Middlesex University.



# Table of Contents

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<b>Who We Are</b>	<b>04</b>
<b>Introduction</b>	<b>06</b>
<b>Approaches to Learning</b>	<b>08</b>
<b>Accreditation of Prior Learning (APEL)</b>	<b>11</b>
<b>Faculty</b>	<b>12</b>
<b>Admission Criteria</b>	<b>17</b>
<b>How to Apply</b>	<b>17</b>

## Who We Are

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**ITA Professional aims to support and promote holistic psychological frameworks, models and perspectives which nurture the development of human consciousness and culture. The company undertakes research and provides consultancy, education and projects for community engagement, specifically to enhance opportunities for those who otherwise would not be able to benefit from programmes for personal or professional development.**

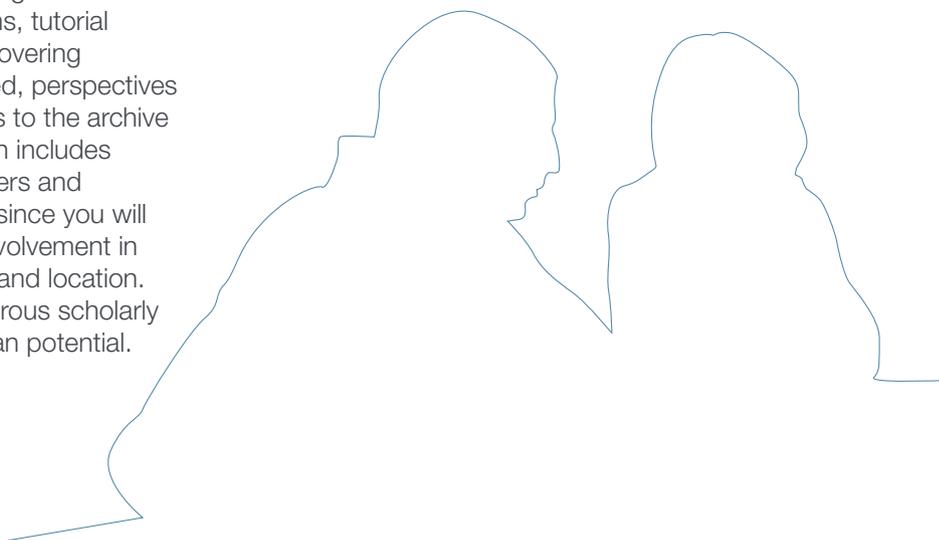
We provide this course in partnership with the Professional Development Foundation, the Scientific and Medical Network, and Middlesex University. The course is taught by an international team of researchers, practitioners and educators at the forefront of the field who work together to provide a challenging and rewarding experience for the students.

We recognise that everyone's needs are different, so we have created a highly flexible approach to learning. The course is taught through online systems using virtual learning environments with interactive forums, tutorial support, and webinars. Extensive content covering academic, as well as experiential and applied, perspectives will be available to you. You will have access to the archive of the Scientific and Medical Network, which includes presentations from the most acclaimed writers and researchers in new paradigm science. And since you will be studying on a fully online course, your involvement in the course is flexible both in terms of times and location. The course is distinctive in integrating a rigorous scholarly curriculum with creative exploration of human potential.

Our courses and materials are continuously evaluated and updated, drawing on the considerable experience of those involved in delivering them. Although the assessments are rigorous and continually audited through the PDF and Middlesex University, the focus of the training modules is on practice and on your own practice in particular.

We know how important it is for you to feel that there is a good match between you and your chosen areas of study. It is also important to us to have candidates who can fully benefit from our training and development opportunities. This prospectus outlines the routes to achieve a Postgraduate Certificate, Postgraduate Diploma and a Master's Degree in 'Professional Development - Consciousness, Spirituality and Transpersonal Psychology'.

We would also welcome an opportunity to discuss your precise requirements and aspirations.





# Introduction

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**The MSc in Professional Development - Consciousness, Spirituality and Transpersonal Psychology is distinctive not only in its breadth of coverage but also in the way it brings together the two key disciplines of Consciousness Studies and Transpersonal Psychology. The former grounds our enquiries in the scientific understanding of the nature of consciousness and its relation to the brain and to our world more generally. The latter emphasises our potential for transformation – to explore realms beyond the individual ego.**

The MSc includes an emphasis on research methods to permit a thorough comprehension of key research findings, and to enable students to develop the skills required to conduct their own original research.

Eligible students wishing to study core aspects of consciousness studies and transpersonal psychology whilst omitting the research methods module and dissertation may enrol for the Postgraduate Certificate or Postgraduate Diploma. The course is available only for part-time study, and the minimum duration of study to attain the qualification of MSc is two years.

We focus on a view of the person that emphasizes the interrelationships between the physiological, psychological, social and spiritual levels of explanation. Our philosophical orientation holds that the pursuit of psychological knowledge is advanced by experiential and introspective means as well as by the more traditional scientific approaches.

In addition, we value individuals' aspirations to transformative journeys through which their own potential may be realised; we seek to understand in contemporary terms the more traditional religious, spiritual, or mystical

frameworks for such journeys. In presenting a scholarly and multi-perspectival approach to the investigation of consciousness and the transpersonal, we adopt an open, non-ideological, and appropriately critical approach that acknowledges and respects individual differences of view, experience and belief.

**The course comprises the following modules of study:**

## **YEAR 1:**

### **Programme planning**

Content to include:

- Reflection on own path and expectations
- Working with archive of the Scientific and Medical Network
- Introduction to consciousness studies and transpersonal psychology

### **Consciousness and spirituality**

Content to include:

- Consciousness studies
- Cognitive neuroscience of consciousness
- Consciousness and spiritual traditions

*Choice of two specialist areas, from*

- meditation and mindfulness
- creativity and transformation
- kabbalistic psychology

### **Research design for transpersonal science Mini-project**

## YEAR 2:

### Transpersonal Psychology

Content to include:

- History of transpersonal psychology
- Transpersonal models of mind
- Learning through integrative practice

*Choice of two specialist areas, from*

- transpersonal perspectives on therapy
- transpersonal ecology
- meditation and mindfulness
- creativity and transformation
- kabbalistic psychology

*(NB. duplication of area studied in year 1 is proscribed)*

### Research thesis

Students conduct a research project under supervision, exploring their own area of interest in depth.

## FEES

**Fees for the 2013-14 academic year are £38 per credit for EU students and £48 per credit for non-EU students.**

Bursaries are available to well-qualified non-EU students.

The full MSc comprises 180 credits which may be taken over two or three years by part-time study. The Postgraduate Diploma comprises 120 credits of part-time study. Estimated total fees per year are given in the table (exact fees will depend on actual number of credits studied).

	<b>PG Dip studied over two years</b>	<b>MSc studied over two years</b>	<b>MSc studied over three years</b>
EU Student	£2,280	£3,420	£2,280
Non-EU Student	£2,880	£4,320	£2,880

# Approaches to Learning

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**In designing the course the primary consideration has been the quality of educational experience for students. It is intended that students should have the benefits of both online and face-to-face contact with tutors, the latter if they chose to attend the optional one-week summer residential course.**

The online format uses a sophisticated virtual learning environment, with a broad range of interactive functions. The great advantage of the online approach is that it enables students to study according to their own time availability (within reasonable limits), and without having to attend a specific location on a regular basis. Moreover, the online format opens up possibilities for students to have access to tutors having specific expertise who are living in diverse localities.

At the core of effective and enjoyable learning lie interaction and the sense of being part of a learning community. This course facilitates dynamic interaction, both between students and teachers and amongst the students themselves, using a distinctive approach to forums.

Each module will employ forums to explore specific issues in depth via asynchronous postings. In addition, for those wishing to participate, interaction in real time will be offered using voice over internet protocols and webinars. The backdrop to these interactive sessions will be extensive course content written by module tutors. The content will be augmented by targeted readings and audio and/or visual materials from the SMN's extensive archive of lectures by experts in their fields.

## Testimonials

- *Being a psychotherapist practicing from a transpersonal perspective for the past twenty years, with thousands of CPD hours behind me, this MSc is one of the most exciting programmes I have had the fortune of coming across and being accepted onto. Not only has the course given me an opportunity to engage in-depth on a wide range of topics in the field, but it has consolidated many years of experience, and taken my interest to another level, for instance in research and the evolving field of research methods. Quite frankly there is no other course like it.*

*Mike, psychotherapist*

- *Thanks to you, and all the staff, for a fascinating and very stimulating course! I've found it intellectually and (unexpectedly) personally rewarding.*

*Mike, Scholar of religious experience*

- *I would also like to thank you again for this course - these last three years have been an amazing experience, and I have learned an enormous amount.*

*Janet, dream researcher*

- *Being on our MSc course has been a great learning experience and taking advantage of its personal development opportunity has been what I have valued most. It's obvious from hearing the views of my classmates and students in other years (at the Feb 2009 residential course) how inspirational being on the course is.*

*John, practising Buddhist*

- *It has been an extraordinary and inspirational experience for me, and I will certainly not be leaving empty handed... and I'm not just talking about the postgrad diploma!*

*Melody, transpersonal therapist*

- *The course was a rich learning experience that has been pivotal in my life and upon which I continue to draw copiously.*

*Ruth, psychotherapist*

- *I am finding the e-learning environment useful, informative and appropriate in allowing me to achieve my personal objectives for the MSc. I'm happy to go on record stating that I think the curriculum itself is first-class.*

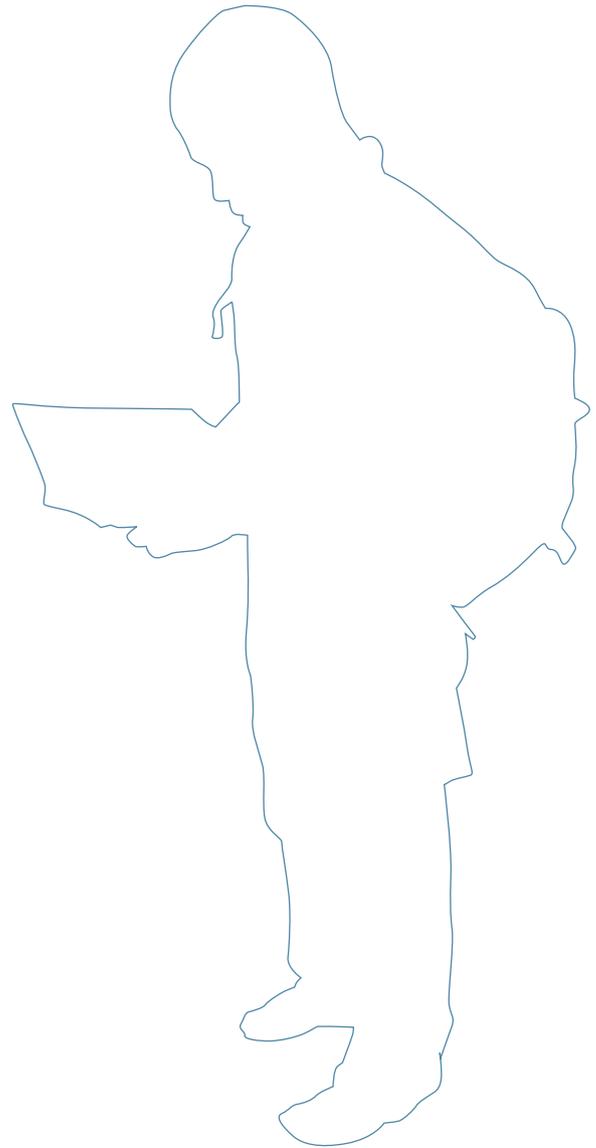
*Jane, HR consultant*

- *The reason I chose this degree over several universities in the United States is because of the rigorous curriculum and the status of the professors as it relates to the educational community.*

*Daniel (US student)*

- *As someone who has used e-learning/online learning to some degree in the corporate world and realised the added value it gives to training I was very impressed with this MSc. Clearly a huge amount of work and research has gone into creating this online learning program - it is possibly the highest quality learning program I have seen on the internet. I'm sure in the future it will be a benchmark standard for many similar learning programs and indeed in many ways is setting a high standard for online learning. (Managing Director, Management consultancy).*

*David, Managing Director, Management consultancy*





# Accreditation of Prior Learning (APEL)

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**Where appropriate, the normal arrangements for APEL will apply, as detailed in PDF/Middlesex University Regulations. It is a University requirement that 50% of credits must be obtained through study undertaken within the Consciousness, Spirituality and Transpersonal Psychology faculty.**

Candidates wishing to apply for APEL will be required to:

- Undertake a reassessment of knowledge and skills
- Demonstrate an on-going application of their skills
- Apply their learning in a research project
- Complete the core modules of the course

The fees for candidates seeking APEL exemptions will be identified at their time of application.



## Faculty Members

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### Professor Les Lancaster

Brian Les Lancaster is Emeritus Professor of Transpersonal Psychology at Liverpool John Moores University (LJMU), Honorary Research Fellow in the Centre for Jewish Studies at Manchester University, and member of the Adjunct Research Faculty at Sophia University (formerly the Institute of Transpersonal Psychology), and the California Institute of Integral Studies. He is Chair of the Transpersonal Psychology Section of the British Psychological Society and President of the International Transpersonal Association. At LJMU he was Programme Leader of an award-winning online MSc in Consciousness and Transpersonal Psychology, about which a UK government agency wrote:

“This highly innovative programme is a tribute to the University. It has gained widespread recognition in the UK and abroad as an innovative, substantive and well run programme.”

In addition to numerous articles and chapters in colleagues' books, Les' published works include *Mind Brain and Human Potential*, winner of a Scientific and Medical Network Best Book Award, *The Essence of Kabbalah*, and *Approaches to Consciousness: the Marriage of Science and Mysticism*, about which Chief Rabbi, Professor Jonathan Sacks commented:

“With formidable erudition and the widest of perspectives, Brian Lancaster has written a challenging and potentially ground-breaking book on the relationship between scientific and mystical ideas of human consciousness. A humane scholar in the great tradition of William James, his work deserves to be read and discussed widely”.



### Professor Harris Friedman

Harris L. Friedman, Ph.D. is Research Professor of Psychology (Retired) at University of Florida and Professor Emeritus at Saybrook University, as well as a Florida licensed psychologist. He received his PhD in Clinical Psychology at Georgia State University, and holds the Diploma in both Clinical Psychology and Organizational and Business Consulting Psychology from the American Board of Professional Psychology, as well as is a Fellow of the American Psychological Association.



He is past President of the International Transpersonal Association, and serves as the Senior Editor of the *International Journal of Transpersonal Studies* and the Associate Editor of *The Humanistic Psychologist*. He has more than 200 scholarly publications, including his most recent co-edited books published by Praeger: *Mysterious Minds: The Neurobiology of Psychics, Mediums, and Other Extraordinary People* and *Debating Psychic Experiences: Human Potential or Human Illusion?*

He is currently co-editing *The Praeger Handbook of Transpersonal Psychology in Practice*, *The Praeger Series on Social Justice and Psychology* (2 volumes), *The Wiley-Blackwell Handbook of Transpersonal Psychology*, and *Advances in Parapsychological Research*, Volume 9 & 10 to be published by McFarland. He practices clinical and organizational consulting psychology, and continues to conduct research on transpersonal and other topics.

### **Dr Peter Malinowski**

Peter Malinowski is senior lecturer in psychology and cognitive neuroscience at Liverpool John Moores University in the UK. He is founding director of the Meditation and Mindfulness Research Group in Liverpool, focusing his research on the psychological and (neuro-)physiological mechanisms and effects of meditation practice.



In particular he studies the improvement of cognitive and emotional control processes through meditation. A more applied focus of his research is concerned with the effects of meditation on cognitive ageing and on developing a more mindful approach to food and eating.

Dr Malinowski developed several mindfulness training programmes, in particular the popular mindfulness@work programme that brings mindfulness into the work place. He has authored various scientific articles and book chapters and in his free time he also travels internationally to teach Buddhism. See [www.meditation-research.org.uk](http://www.meditation-research.org.uk)

### **Steve Taylor**

Steve Taylor is a lecturer in psychology at Leeds Metropolitan University, and the author of several books on psychology and spirituality, including *The Fall*, *Making Time*, *Waking From Sleep* and his most recent book *Back to Sanity*.



His articles and essays have been published in over 40 academic journals, magazines and newspapers, including *The Journal of Humanistic Psychology*, *The Journal of Consciousness Studies* and *The Journal of Transpersonal Psychology*. His work has been featured widely in the media in the UK, including on BBC Breakfast TV, BBC World TV, Radio 4 Woman's Hour, Radio Five Live, and in *The Daily Mail*, *The Guardian* and *The Independent*. Author of *The Power of Now*. Eckhart Tolle has described Steve's work as 'an important contribution to the shift in consciousness which is happening on our planet at present.' Steve has also just published his first book of poems, *The Meaning*. [www.stevenmtaylor.co.uk](http://www.stevenmtaylor.co.uk)

### **Dr Glenn Hartelius**

Glenn Hartelius serves as Assistant Professor in the Residential PhD and Global PhD faculties at Sofia University in Palo Alto, California (USA). He is editor of the International Journal of Transpersonal Studies, a broadly indexed peer-reviewed academic journal, and Secretary of the International Transpersonal Association.



His areas of scholarly interest include transpersonal psychology, somatic psychology, consciousness studies, and phenomenology. His published work includes a well-cited study that developed what is the most comprehensive empirically-based and historically-informed synopsis of the definition of transpersonal psychology to date.

He has also published in the area of consciousness studies, contributing to the foundations for a somatic phenomenology. He is currently co-editing a forthcoming book that will be the first-ever Handbook of Transpersonal Psychology, through Wiley-Blackwell.

### **Dr Jessica Bockler**

Jessica Bockler is an Applied Theatre practitioner, lecturer and consultant with background in Transpersonal Psychology. She has extensive experience of creative programme management and multi-modal arts facilitation in community, education and health contexts. Jessica specialises transpersonal and somatic approaches to creative practice, combining expressive multi-modal arts work with practices enhancing mindfulness and body awareness. She is the Director of Creative Alternatives, an 'arts on prescription' service in the borough of Sefton, Merseyside, UK which is NHS funded.



Jessica has a PhD in Psychology from Liverpool John Moores University. In her research she explored "Theatre as a Transformative Practice", examining the psychosomatic dynamics of self-expressive performance practices. Her research contributed to the theory of psychosomatics in healing and personal growth and to the understanding of transformative and transportative effects of theatre-based work in community, corporate and therapeutic settings. Other research interests include: creativity, psychopathology and human flourishing, somatic psychology, drama and conflict resolution, psychology of ritual, Jungian psychology and mysticism. Jessica's life and work are further nurtured by her study of the Japanese martial arts Aikido and Iaido which help her stay grounded and present in today's virtual-reality-oriented world.

### **Dr Alasdair Gordon-Finlayson**

Alasdair Gordon-Finlayson came across both transpersonal psychology and Zen Buddhism during his undergraduate studies in South Africa, and after some time travelling has settled down in the UK where he has completed his doctorate in psychology and taken vows as a trainee Zen Buddhist priest.



His academic interests are in religious change, orientation and identity, mindfulness and Buddhist psychology. Methodologically, Alasdair has an interest in constructivist grounded theory and the teaching of qualitative research methodology in general, having worked with the UK Higher Education Academy for the past six years to help improve the provision of teaching of qualitative methods in the UK.

### **Ellis Linders**

Ellis Linders was born in the Netherlands and came to the UK to work as an au pair and stayed. Her first degree is in theatre-studies, after which she worked as a performer / director and teacher, whilst gaining increasing interest in energy-medicine and spiritual practice.



She has a background in Theosophy and Anthroposophy, the Qabalah of the Western Mystery Tradition and Psychosynthesis. In 2011 she gained her MSc in Consciousness studies and Transpersonal Psychology (distance learning) at Liverpool John Moores University.

Her particular areas of interest and experience are Spiritual Emergency, the role of the body in spirituality, illness as process of consciousness transition, and the relationship between energy medicine and the study of consciousness. Ellis functions as e-moderator for the programme, meaning that she ensures that all students are comfortable with all the various IT-systems we're using.

## David Lorimer

David Lorimer is a writer, lecturer and editor, and Programme Director of the Scientific and Medical Network. He is also President of Wrekin Trust and Chief Executive of Character Education Scotland. Originally a merchant banker then a teacher of philosophy and modern languages at Winchester College, he is the author and editor of over a dozen books, most recently *The Protein Crunch* (with Jason Drew) and *A New Renaissance* (edited with Oliver Robinson).



He has a long-standing interest in the perennial wisdom and has translated and edited books about the Bulgarian sage Peter Deunov. He is also a founding member of the International Futures Forum and was editor of its digest, *Omnipedia - Thinking for Tomorrow*. His book on the ideas and work of the Prince of Wales – *Radical Prince* - has been translated into Dutch, Spanish and French.

He is the originator of the Learning for Life Values Poster Programmes, which this year involved over 30,000 young people from more than 200 schools. David serves as link-person between the programme and the SMN, ensuring that the SMN archive is effectively integrated and available to students.

## Paul Maiteny

Paul is a psychotherapist (in private practice), an ecologist and anthropologist. He is a steering committee member of the transpersonal faculty of the UKCP. With 30 years' experience in ecological education and research, he has been publishing on what is now known as ecopsychology since the 1990s, focusing on its psycho-spiritual and cultural dimensions.



Paul has held research and teaching posts at Oxford and Open Universities, and UCL. Research interests include psycho-spiritual and socio-cultural causes and consequences of ecological problems, the possible evolution of sustainability, human evolution in transpersonal (and eco-systemic) context, and clues to the latter within spiritual-religious texts, scriptures and myths. He has always been inspired by the invisible web of relationships between beings that constitute the eco-system.

# Admission Criteria / How to Apply

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**Age:** Candidates must be at least twenty-one years of age on September 1st in the year of commencing the course.

**Academic:** The minimum requirement is normally an undergraduate degree at class 2.2 honours in the case of UK awards or an equivalent level if a non-UK degree. Examples of equivalents include USA Grade Point Average of at least 3.0 or a Graduate Record Examination score of at least 550. Degrees in subjects other than Psychology may be accepted provided the candidate can show a suitable level and relevance of background knowledge and competence. In particular, applicants for the MSc must have sufficient background to be deemed able to study research methods and the research thesis.

Candidates without a degree will be considered subject to their possession of professional qualifications and/or experience to a level and relevance which is deemed appropriate for admission to the course. Such applicants may also be asked to submit a 1500 word essay, the title of which will be negotiated with the Course Director. Candidates will be required to have the IT skills and equipment necessary to allow full participation in the course.

**Use of English:** For students whose first language is not English, proficiency in English is required to the following standard:

IELTS 6.5

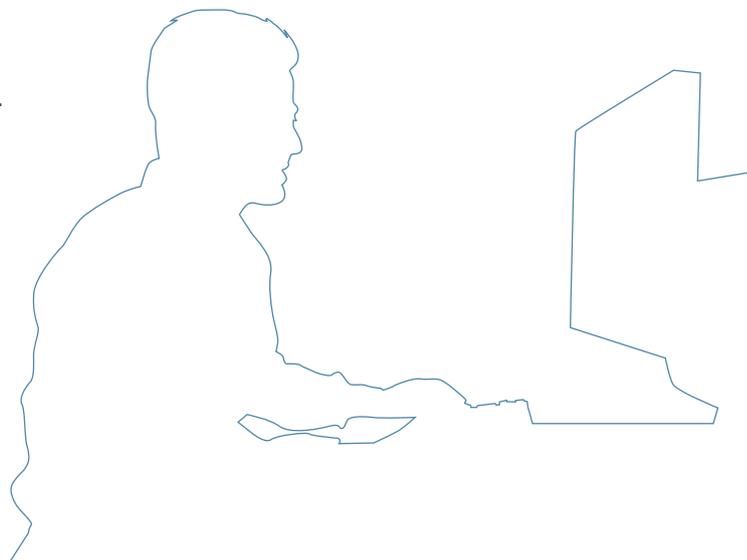
TOEFL: PBT 580, CBT 233, IBT 90-91

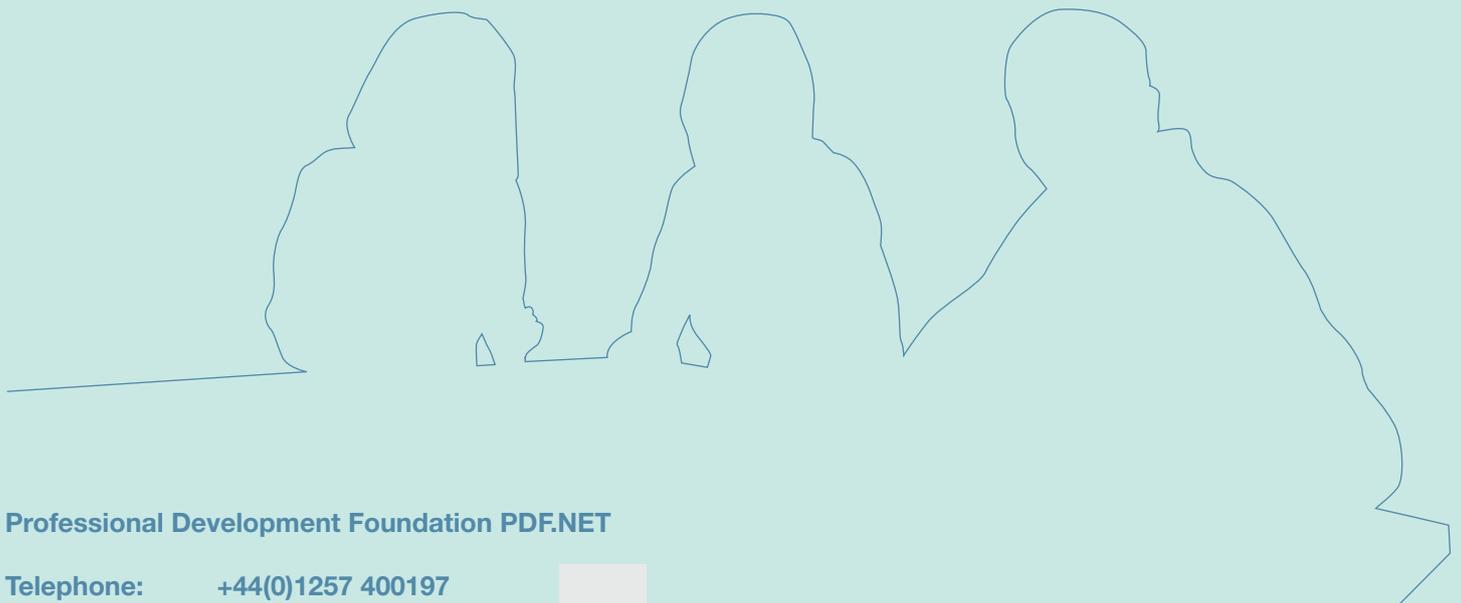
**Interview:** There will normally be no face-to-face interview. If deemed necessary under exceptional circumstances, applicants will be informally 'interviewed' through e-mail discussion.

## How to Apply

The course commences in September 2013.

**For application, please email the Course Director  
Professor Les Lancaster: [les.lancaster@pdf.net](mailto:les.lancaster@pdf.net).**





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