



COLLEGE OF LETTERS AND SCIENCES

BACHELOR OF ARTS IN INTEGRATIVE PSYCHOLOGY

Get to the Heart of the Human Experience

Pursue your interest in serving local and global communities and bring back what it means to be human with a Bachelor of Arts in Integrative Psychology at National University. This program offers a complementary alternative to the traditional science-based psychology major and focuses on subjective human experience and the human condition – a reflection of people’s values, emotions, inter- and intrapersonal relationships, and relationships between people and their physical and spiritual world.

In this program, you will develop the knowledge and skills integral to health and growth, such as self-reflection, consciousness, and creativity, through existential-humanistic, phenomenological, transpersonal, and scientific perspectives. You will be well prepared to pursue advanced study and to pursue careers working with diverse populations and effecting change in meaningful ways.

Program Highlights:

- Articulate an understanding of human experience using major theories, concepts, and historical trends in psychology
- Explain the dynamic relationships among nature, health, and humanity
- Examine cultural and spiritual practices that influence self-awareness and well-being
- Evaluate sociocultural contributions to personal growth, expression, and knowledge
- Demonstrate skills in multiple modes of communication, presentations, and projects utilizing different literary and methodological formats

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**NATIONAL
UNIVERSITY**

MAJOR IN INTEGRATIVE PSYCHOLOGY

Program Lead: Renee Barragan; (530) 226-4014; rbarragan@nu.edu

The Bachelor of Arts in Integrative Psychology offers a complementary alternative to the traditional science-based psychology major and focuses on subjective human experience and the human condition. Subjective human experience is viewed as a reflection of people's values, emotions, inter- and intrapersonal relationships, and relationships between people and their physical and spiritual world. Courses focus on the whole person by developing knowledge and skills integral to health and growth, such as self-reflection, consciousness, and creativity, through existential-humanistic, phenomenological, transpersonal, and scientific perspectives. This major is aimed towards students who wish to work in their local and/or global community, to bring back to their world what it means to be human, and to increase acceptance and responsibility for their lives, the life of others, and the planet. Graduates of this program are well prepared to pursue advanced study. Students are also equipped to pursue careers in local and global communities where they can serve diverse populations and effect change in meaningful ways.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Articulate an understanding of human experience using major theories, concepts, and historical trends in psychology.
- Explain the dynamic relationships among nature, health, and humanity.
- Examine cultural and spiritual practices that influence self-awareness and well-being.
- Evaluate sociocultural contributions to personal growth, expression, and knowledge.
- Demonstrate skills in multiple modes of communication, presentations and projects utilizing different literary and methodological formats.
- Exhibit original learning by gathering and critically evaluating information using current technologies.
- Apply one's knowledge using holistic approaches to solve a real-world problem.

Degree Requirements

To receive a Bachelor of Arts in Integrative Psychology degree, students must complete at least 180 quarter units as articulated below, 76.5 units of which must be completed at the upper-division level, 45 units which must be completed in residence at National University and a minimum 70.5 units of the University General Education requirements. The following courses are specific degree requirements. In the absence of transfer credit, students may need to take additional general electives to satisfy the total units for the degree. Students should refer to the section on undergraduate admission procedures for specific information on admission and evaluation. All students receiving an undergraduate degree in Nevada are required by State Law to complete a course in Nevada Constitution.

Preparation for the Major

(3 courses; 13.5 quarter units)

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| PSY 100* | Introduction to Psychology |
| MTH 210* | Probability and Statistics <i>Prerequisite: Accuplacer test placement evaluation, or MTH 12A, and MTH 12B</i> |
| COM 324 | Critical Thinking and Ethics <i>Prerequisite: ENG 101</i> |

* May be used to meet a General Education requirement.

Requirements for the Major

(10 courses; 45 quarter units)

| | |
|---------|---|
| PSY 426 | History & Philosophy of Psych <i>Prerequisite: ENG 100, ENG 101, and PSY 100</i> |
| PSY 466 | Personal Growth & Development <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 467 | Multicultural Mental Health <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 468 | Spirituality and Global Health <i>Prerequisite: ENG 100 with a minimum grade of C, ENG 101 with a minimum grade of C</i> |
| PSY 470 | Qualitative Analysis <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 471 | Intimate Relationships <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 472 | Social Construction <i>Prerequisite: ENG 100, ENG 101</i> |

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|---------|---|
| PSY 473 | Somatic Psychology <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 474 | Ecopsychology <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 484 | Senior Project <i>Prerequisite: ENG 100, ENG 101, Completion of all core courses prior to enrollment in PSY 484 is required.</i> |

Electives Area 1

(4 courses; 18 quarter units)

Students must select **four** courses from Area 1.

| | |
|---------|---|
| PSY 441 | Global Psychology <i>Prerequisite: PSY 100</i> |
| PSY 455 | Psychology of Bereavement <i>Prerequisite: ENG 100, ENG 101, and PSY 100</i> |
| PSY 458 | Health Psychology <i>Prerequisite: ENG 100, ENG 101, PSY 100</i> |
| PSY 475 | Psychology of Consciousness <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 476 | Symbolic Expression <i>Prerequisite: ENG 100, ENG 101</i> |
| PSY 477 | Play |

Electives Area 2

(1 course; 4.5 quarter units)

Students must select **one** course from Area 2.

| | |
|----------|--|
| ART 329* | World Art <i>Prerequisite: ENG 100, ENG 101</i> |
| MUS 327* | World Music <i>Prerequisite: ENG 100, and ENG 101</i> |
| PHL 320* | World Religions <i>Prerequisite: ENG 100, and ENG 101</i> |

* May be used to meet a General Education requirement.

Electives Area 3

(1 course; 4.5 quarter units)

Students must select **one** course from Area 3.

| | |
|---------|---|
| COM 305 | Intercultural Communication <i>Prerequisite: ENG 101</i> |
| COM 385 | Interactive Storytelling <i>Prerequisite: ENG 101</i> |
| GLS 310 | Global Communications <i>Prerequisite: ENG 240</i> |
| GLS 410 | Gender and Global Society <i>Prerequisite: ENG 240</i> |