

# 2008 Depth Psychology Alumni Survey

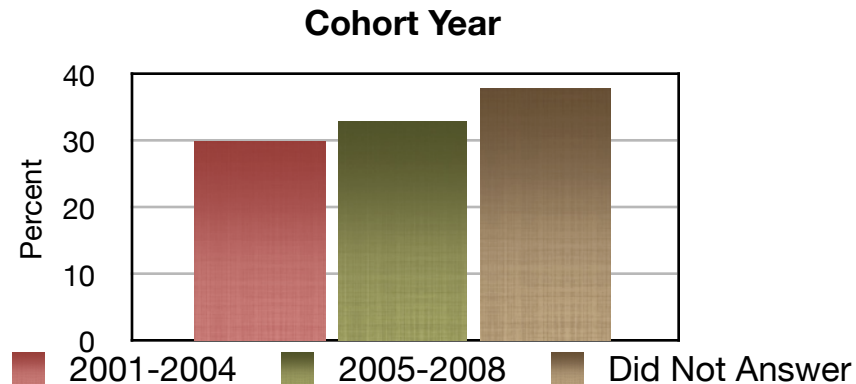
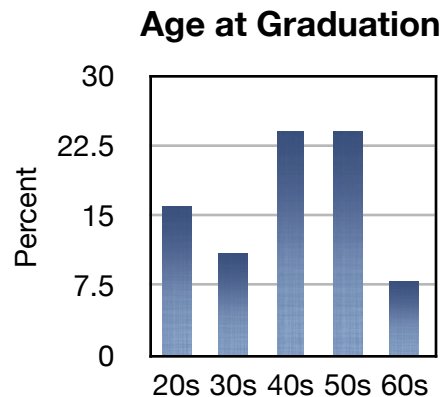
## Sonoma State University M.A. in Psychology, Depth Psychology Program

### Who Was Surveyed

As of fall 2008 a total of 80 persons completed 2 years of coursework in the Depth Psychology M.A. program since its inception in 1999. Of these, 62 persons (a 78% graduation rate) received their Master's degree in this time period. 74 of the 80 alumni for whom contact information was current were contacted via email in November of 2008. Data were collected in two periods: Dec 2008 and Feb 2009. A total of 37 persons participated in the online 63-item Alumni Survey (50% response rate). Survey questions addressed program evaluation, employment, further education, volunteer engagement, and alumni interests.

**Demographics.** Most (31, 89%) of the respondents are female while 4 (11%) are male. Almost half (16, 43%) of the respondents are married or in a domestic partnership, about one-third are single (12, 32%), 3 are in partnerships (8%) and 2 (5%) are divorced. The majority of the respondents are Caucasian (32, 87%), 1 (3%) is Hispanic and 1 (3%) is Asian / Pacific Islander. Two thirds (25, 68%) of the respondents currently live in northern California. 30 persons (81%) worked while attending the Depth program an average of 25 hours per week. 23 persons (62%) lived locally before enrolling at Sonoma State, 10 persons (27%) lived more than an hour away, and 4 persons (11%) lived outside of California.

**Graduation.** 32 (87%) of the survey respondents received their Master's degree from the Depth program at Sonoma State. For those who graduated, time to graduation was an average of 2.7 years, which includes the 2 years of coursework. The average age at graduation was 44: 6 persons (16%) were in their 20s, 4 (11%) were in their 30s, 9 (24%) were in their 40s, 9 (24%) were in their 50s, and 3 (8%) were in their 60s.



**Cohort Years.** 8 of the respondents (22%) are from the 2001 and 2002 cohorts, 3 (8%) are from the 2003 and 2004 cohorts, 8 (22%) are from the cohorts of 2005 and 2006, and 4 (11%) are from the cohorts of 2007 and 2008; 14 persons (38%) did not indicate their cohort year. To enable over-time program evaluation comparisons, in some analyses cohort years were combined into two groups: Cohorts 2001 through 2004 in Group 1, Cohorts 2005 through 2008 in Group 2.

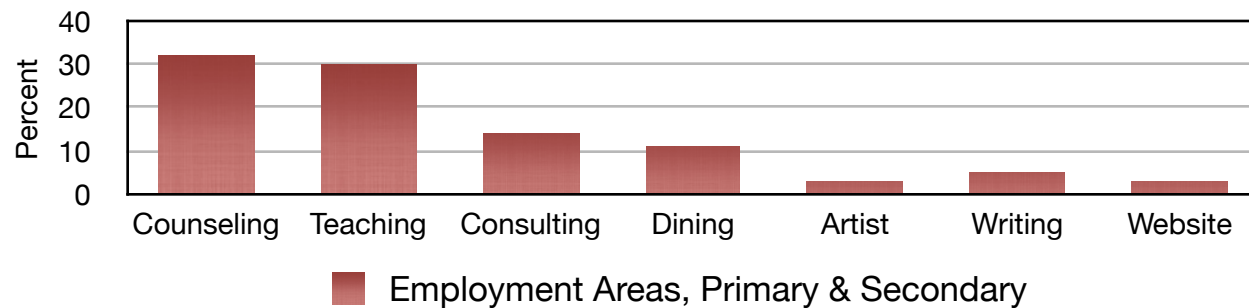
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**Employment.** 27 (73%) of the respondents are currently employed working in 1.4 distinct jobs per month, and working an average of 42 hours a week. 18 persons work full time and 10 persons part-time. 10 persons are working in a field related to depth psychology. The estimated average salary of those working is \$37,380 per year. Given their training and degree, average job satisfaction level is neutral.

Primary employment areas are teaching (**14%**), mental health counseling and social services (27%), educational counseling and consulting (11%), dining services (8%), artist / facilitator (3%), and writing (3%). Secondary employment areas are teaching (8%), counseling (5%), consulting and academic consulting (3%), writing (3%), website (3%), and catering / dining services (3%). Those not working are in a period of personal exploration (11%), pursuing personal interests (8%), making art, writing a thesis or dissertation, attending to family, traveling, or just taking time off.

**Employment Areas**



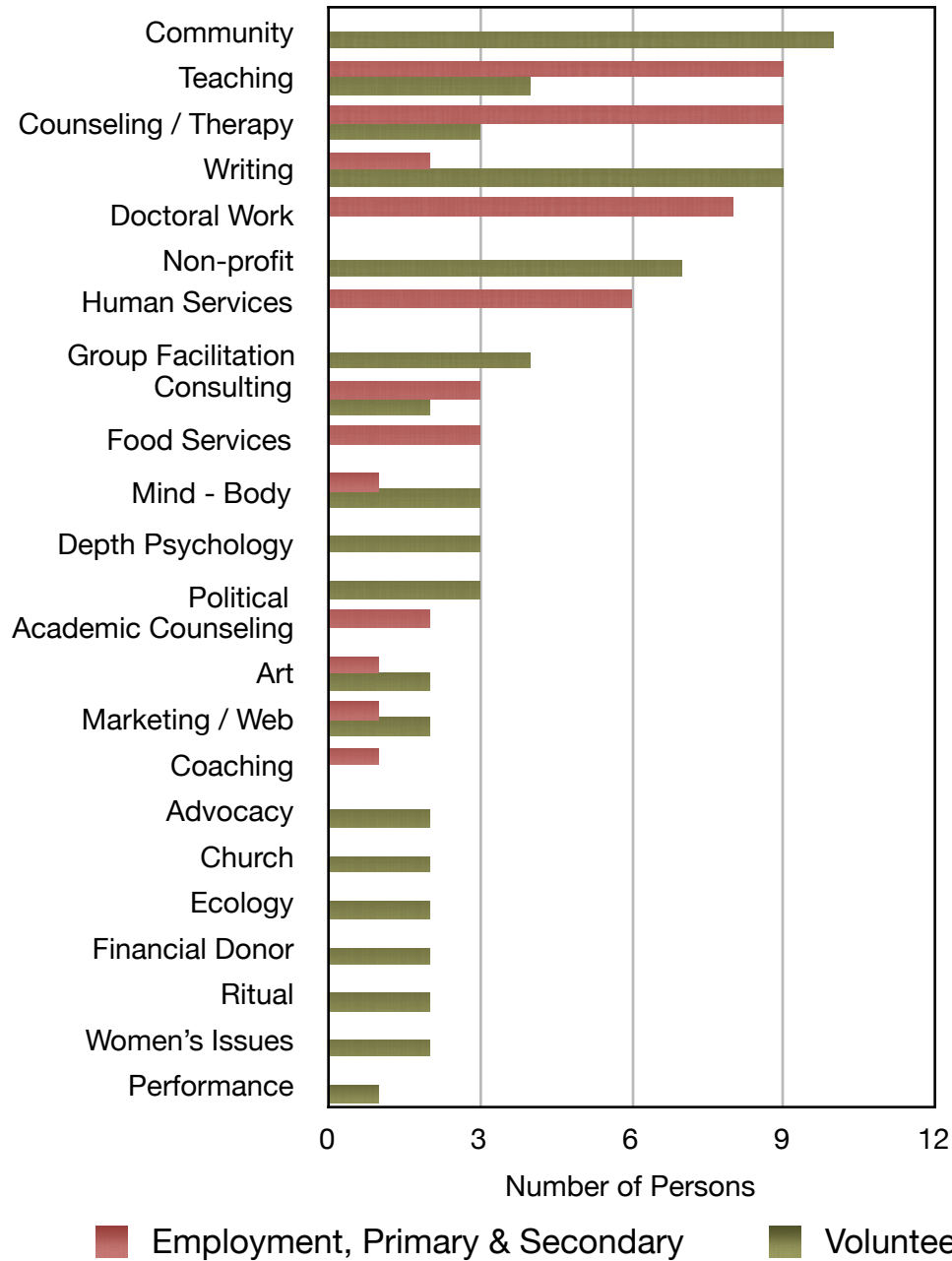
**Publication.** 11 persons (30%) have published on work related to the Depth program, while 10 persons (27%) have presented at professional conferences.

**Further Education.** 8 persons (22%) are attending or have attended further graduate or educational training programs, 12 persons (32%) are planning on future doctoral work in clinical or non-clinical fields, and 2 persons (3%) are planning on attending a certificate program. Target degrees or certification are in the fields of clinical /counseling psychology, social work, art therapy, East-West psychology, special education, somatic psychology, and massage. None of the respondents is considering further Master's level education.

**Volunteer Work.** 21 persons (57%) engage in unpaid or volunteer work on an average of 2.1 unpaid activities or jobs per month. Areas of unpaid work include community work (53%), writing (47%), nonprofit work including membership in boards (37%), teaching (21%) group facilitation (21%), mental health (16%), mind-body (16%), politics (16%), art (11%), depth psychology (11%) women's issues (11%), consulting (11%), advocacy (11%), financial donor (11%), ritual (11%), ecology (11%), church (11%), marketing (11%), and areas such as coaching, performance, dream groups, and international work.

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**Employment & Volunteer Areas**



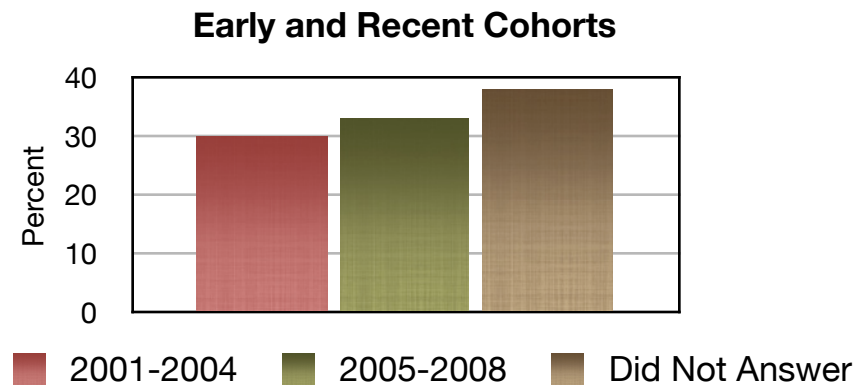
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### Program Evaluation Data

Since its inception the Depth program has used yearly assessment data to discover from students and faculty what works well in the program and what does not. It has used this data yearly to redesign and improve curriculum, offerings, and program structure. In order to explore how the program has developed since its inception, the program evaluation data have been organized into time-based comparisons between alumni cohorts attending in the early years, 2001 to 2004 (11 persons), and the later years, 2005 to 2008 (12 persons). This affords us the opportunity to see the areas in which the program has improved over time, and to see the areas in which we currently need to improve. The primary shortcoming of this presentation strategy is that quite a bit of information is lost, as 14 persons (38% of respondents) did not answer this question.

In order to balance the benefits of over-time comparisons and program development with the benefits of seeing how all alumni evaluate the program, in some cases the data is reported by cohort year to show how the program has developed over time; and in other cases where this information is not as relevant, overall responses are reported.



### Program Ratings

Recent cohorts rated the following aspects of the program as excellent to outstanding (between 4.0 and 5.0 on a 5 point scale):

- Overall quality of the program
- Opportunities for personal growth
- Intellectual challenge and stimulation
- Quality of teachers
- Acceptance of diversity
- Opportunities for informal interactions with professors
- Quality of Visiting Scholars presentations
- Clear degree requirements

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### **Sonoma State University M.A. in Psychology, Depth Psychology Program**

Preparation for doctoral study

Recent alumni rated the following skills as very to greatly developed (between 4.0 and 5.0 on a 5 point scale):

Dream-work

Active imagination

Mythological approaches

Art-based approaches

Conducting research

Facilitating depth work with others

Preparing for doctoral work

Facilitating individual and community ritual

75% or more of the recent alumni rated the following attributes as outstanding characteristics of the program:

Opportunity for personal depth work

Personal transformation

Training in depth methods

Preparation to lead depth-oriented groups

Preparation for writing career

Written feedback described the most important benefits of the program as the following:

Deeper understanding of self

Personal transformation

Learning tools for self-knowledge and transformation

Confidence in working with others

Integration of head and heart

#### **Curricular Changes and Ratings Over Time**

The program considers itself a learning organism and so has collected and listened to yearly faculty and student feedback since its inception. Curricular readjustments have been made based on feedback throughout the years. Comparisons between the ratings of the early versus recent cohort student groups show the areas of curricular improvements, as well as point out areas that need attention and future adjustment.

#### **Program Areas of Improvement Over Time**

The average program rating improved by .6 between the early and recent cohorts (1-5 scale, 5=outstanding). Early cohort average ratings were 3.4, while recent cohort average ratings were 4.0. Areas of primary program focus and skill development showed improvement over time:

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Area of Improvement	Amount of Improvement*	Recent Cohort Rating
Teaching opportunities	1.3	3.9
Career discussion	1.3	3.7
Opportunities for informal interactions with professionals	1.0	3.8
Opportunities to present work at professional meetings	0.9	3.5
Advice and guidance about educational direction	0.8	3.7
Opportunities to publish	0.7	3.2
Providing skills transferable to the job market	0.7	3.2
Preparation for doctoral work	0.6	4.1
Opportunities to work with faculty on research projects	0.6	3.6
Quality of teachers	0.5	4.5
Opportunities for informal interactions with professors	0.5	4.5
Acceptance of diversity	0.4	4.3
Quality of Visiting Scholars presentations	0.4	4.3
Overall quality of program	0.2	4.3
Intellectual challenge and stimulation	0.2	4.5
Opportunities for personal growth	0	4.8
Clear degree requirements	-0.1	4.2

**Skill Development Areas of Improvement Over Time**

Reported skill development between early and recent cohorts showed a .6 improvement over time. Early cohort average skill development rating was 3.4, while recent cohort average skill development rating was 4.0. Areas of skill development improvement are shown below.

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	20s	30s	40s	50s	60s
Age at Graduation	16	11	24	24	8

	2001-2004	2005-2008	Did Not Answer
Cohort Year	30	33	38

Counseling	Teaching	Consulting	Dining	Artist	Writing	Website
32	30	14	11	3	5	3

	Comm unity	Teac hing	Couns eling / Therap y	Writin g	Doct or al Work	Non- profit	Human Service s	Grou p Facili tation	Con sulti ng	Food Servic e	Mind - Body	Depth Psycho logy	Politi cal	Acade mic Couns eling	Art	Mar ketin g / Web	Coac hing
<b>Employ ment, Primary &amp; Second ary</b>		9	9	2	8	0	6		3	3	1			2	1	1	1
<b>Volunte er</b>	10	4	3	9	0	7	0	4	2	0	3	3	3	0	2	2	0





	Ritua l	Wome n's Issues	Churc h	Ecolo gy	Finan cial Donor	Advoc acy	Perfor manc e
<b>Employ ment, Primary &amp; Second ary</b>							
<b>Volunte er</b>	2	2	2	2	2	2	1