How does the sense of self emerge and evolve throughout life? What are the cultural (⇔), familial, intrapsychic and spiritual forces that serve to forge our sense of self and other? Using family systems (♂) and psychoanalytic theory (Ψ) as basic structures, this course will consider the biological sequence of human development, with attention to ethnicity, family context, gender, identity and faith (α). Once the basic sense of self has been established our attention shifts, in the second half of life, to the demands of individuation and religious experience as they impinge on our established sense of self, other and God. We will give attention to faith as the capacity to find and make meaning in the face of life’s challenges.

NB: This course is designed to meet the human development course requirement for Mental Health Counselor and Marriage and Family Therapy licensure. It includes essential knowledge for careers in ministry, chaplaincy, Christian education, marriage and family therapy and pastoral psychotherapy.

Readings:
Required texts: (all required texts are also on library reserve)
α Stevenson-Moessner, Jeanne, Ed. 2000. *In Her Own Time.*

Reserve/Presentation Texts: (all available on 3 hour reserve)
♂ McGoldrick, M. 1985. *Genograms in Family Assessment*
α Meissner, W. 1987. *Life and Faith*
Ulanov, Ann. 1988. The Wisdom of the Psyche
Ulanov, Ann & Barry 1982. Primary Speech: A psychology of prayer
(NB – Any additional readings will also be available on library 3-hour reserve)

Requirements and Evaluation:

Your final evaluation for the course will be based on class participation (10%), a
group presentation project (20%), 2 observation papers of 7 pages (25% each) and a
multiple choice final exam modeled on state licensure Mental Health Counselor and
Marriage and Family Therapist examinations (20%). The average preparation time to
complete all assignments is between 6-9 hours per week or 1-1.5 hours a day. The
expectations for each requirement are as follows:

1) Class participation (10%) will be evaluated based on your consistent, attentive
presence in class. Verbal participation should give evidence of receptivity to the
questions and ideas of others as well as effective articulation of one's own. Completing
assigned readings before class is essential to effective participation.

2) Group presentation: The class will be divided into groups of 3-4 based on your
learning objectives for the course. Each group will sign up for a presentation date based
either on the life cycle stage you are most interested in or some aspect of developmental
theory that is relevant for counseling and/or pastoral concerns. You will need to meet
with your co-presenters at least once to plan your presentation. Each presentation should
include a handout outlining your topic and offering relevant resources (books, articles,
web addresses, contact information for self-help groups, etc.). Every member of your
group should have a role in the presentation. You will have 25-30 minutes to present
followed by 15-20 minutes of questions and discussion with the class (45 minutes total).
At the end of your presentation time everyone in the class (including you) will be asked
to fill out a brief evaluation. These will be reviewed by the instructor and handed back
the following week. Every member of the group will receive the same grade. (20% of
grade). You are invited to consult relevant reserve and text resources but you are also
expected to do your own research for this project.

3) First observation paper (25%): 7 pages due 10/5 or 10/19
This paper has two parts: observation and theoretical reflection. Find a child
between the ages of 3 months to 3 years (no older) that you can observe in a neutral
manner in the company of others. The child should be a stranger, not a member of your
own family or a family you know well.
First, in 2-3 pages, describe 5-10 minutes of observed behavior on the part of the
child. Your description should be as objective as possible; you are like a camera,
recording without inference. Next, in 3-5 pages, use theories from the readings to explain
the behavior you observed. Be sure to ascertain the age of the child and state it clearly

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at the beginning of your paper. For toddlers it may be helpful to include a sketch of the room in which the observation occurred. Please include a genogram of the child’s family if possible.

4) Second observation paper (25%): 7 pages due 11/9 or 11/16
   This paper also has two parts. 1) Identify and describe a critical incident in the life of an adolescent. The adolescent can be you (as you were then), an acquaintance or a teenager you interview. 2) Use theories read in class to elucidate the incident described. How can the incident be understood in terms of adolescent developmental tasks?

5) Final exam: Two hour, multiple choice and essay closed book take home exam. Sample exam questions will be distributed on or before Meeting #11. The exam will be handed out in class on 12/7 (meeting #13) and due by NOON the following Monday, 12/13 (in hard copy or, if necessary, via e-mail attachment, MS Word).

NB: All assignments are to be typed, double-spaced, 12 point font. Please use APA format: (Author, date, pages) for both text references and bibliography - see Colarusso or the APA publication manual for examples. Be sure to include name, date, title, headings and page numbers on all papers. Be careful to avoid plagiarism by including references for all citations, especially page numbers for direct citations per APA format.

Criteria for grading:
   Written work will be evaluated for 1) clarity of expression – please proofread! (proof reading includes sentence structure, paragraph structure, spelling, punctuation), 2) acuity of observation (whether of oneself or another), 3) accurate use of theory (proper stage, appropriate theorists, accurate and complete citations, etc.), 4) creativity and originality, including thoughtful dialogue between the perspectives of psychology, theology, faith, morality and spirituality.

   The oral component of presentations and class participation will be evaluated based on your consistent ability to ask thoughtful questions, contribute to class and group discussion, and demonstrate thorough appropriation of course material including research you may use for your presentation. Please avoid the extremes of either never speaking or dominating the airwaves. When giving your group presentation you are responsible for the accuracy of the information you present. You are also required to respect the time.

Class process:

   First hour – 2:15-3  Meet together in main classroom (room 168) for lecture and discussion, followed by a 10 minute break.

   Second hour –3:10-4  Group presentations, when scheduled. There will be a 10 minute break. No more than 45 minutes total will be allowed for any presentation.

   Final hour – 4:10-5 - Reconvene in main classroom for further discussion, experiential exercises and/or video illustrations of course material.
Goals:
This course is intended as a theoretical and experiential introduction to clinical reflection. You will be expected not only to retain facts and absorb concepts, but also to develop your "observing ego" in relation to self and others. This includes giving attention to words, thoughts, feelings, body language, fantasies and dreams as subjectively observed or as expressed by others. In general, you are asked to maintain a curious, non-judgmental stance to the best of your ability. A rigid, reactive stance (ex: "I'm right, you're wrong") is unlikely to be conducive to your learning. You are encouraged to express your likes and dislikes in relation to course material. Evaluations collected during the final class will receive careful attention after grades have been distributed.

If you leave this class with an enhanced ability to be attentive and curious about your own experience and that of others, you will have fulfilled the primary objective of the course. You will find the open attitude thus developed to be a substantial asset in ministry, be it congregational leadership, chaplaincy, counseling or other forms of service. Openness must of course be balanced with clear commitments based on your own experience of faith and sense of self. The course may be used to clarify these commitments as well.

COURSE OUTLINE

Meeting #1 – 8/31 - Introductions

Introductions to the course material and each other. Review of course requirements, readings, assignments and general expectations. Overview of the three themes for the course: "normal" development, personality and faith.

Exercise: Self, family and society

Meeting #2 - 9/7 - The Societal Context of Development

Required readings:
* Carter and McGoldrick, 1999, Chapter 1, “Overview” and Chapter 3 (8), “Genograms” (chapter numbers in ( ) = 1989 edition, where different)
* HDF: Introduction through Chapter 2
* Angelou, first half
* Fowler, Part I: “Human Faith” (34 pages)

Recommended readings:

Exercise: The circles of our social lives, past and present - Where do we get social support?
Meeting #3 - 9/14 - The Family Context of Development

Required readings:

↔ Finish Angelou
¬ Carter and McGoldrick, 1999, Chapter 4 “Culture” (Chapter 3, “Ethnicity”), Chapter 2 “Self in context” (Chapter 4, “Family life cycle and Change”)
α Fowler, Part II: “Window on Human Development”
¬ HDF Chapter 4 - Wimberly

Recommended readings:

Ψ Erikson, Chapter 7 - "Eight Ages of Man" (on reserve)
α Stevenson-Moessner, Chapter 4, Neuger, “Narratives of harm” or Chapter 5, Cooper-White, “Trauma”

Exercise: Sharing our family genograms - How does family affect our sense of self?

Meeting #4 - 9/21 - Infants and Parents - 0 to 3 months

Required readings:

Ψ Colarusso, Chapter 1 & 3
¬ Carter and McGoldrick, 1999, Chapter 15 “Becoming parents (Chapter 11)
Ψ α HDF Chapter 3 – Cooper-White

Recommended readings:

α Loder, Chapter 4 “Infancy in Psychological Perspective”
Ψ Stern (1985), Chapter 1 or 2 – “Approaches to infancy”, “infant's sense of self”
α Stevenson-Moessner, Chapter 9, Treadway, Miller-McLemore “Two views on mothering”

Exercise: Myers- Briggs personality inventory - our inborn sense of self
(See Keirsey, Please Understand Me on reserve)

Meeting #5 – 9/28 - Older Babies and Families - 3 to 12 months

Required readings:

Ψ α HDF Chapter 5 – Steinhoff-Smith
Ψ Winnicott, 1958/1975 "Transitional Objects and Transitional Phenomena"
Ψ Stern, Interpersonal, Chapter 6 and 7 - "The Sense of a Subjective Self" (reserve)

Recommended readings:

α Loder, Chapter 4 “Infancy in Theological Perspective”
α Ulanov, A and B, Chapters 1, 2 or 3 (reserve)
Ψ Crain, Chapter 3: “Ethological theories” (on reserve) (continued)

Video: Documentary on parents and babies, part one
Meeting #6 – 10/5 - The Toddler and the World - 1 - 3 years

**Required readings:**
Ψ  Colarusso, Chapter 4  
α  HDF, Chapter 6 – Yust  
α  Fowler, Part III: “Dynamics of Faith and Human Development”

**Recommended readings:**
α  Loder, Chapter 6 “The Toddler”  
Ψ  Crain, Chapter 6: “Piaget’s Cognitive Developmental Theory”  
Ψ  Stern, Chapter 8 - "The Sense of a Verbal Self"

Video: Documentary on parents and babies, part two

*First paper - Due date 1*

**10/12 – no class – reading week**

Meeting #7 - 10/19 - The Oedipal Child - 3 - 6 years

**Required readings:**
Ψ  Colarusso, Chapter 5  
Ψ  HDF Chapter 7 - Gibson  
↔  O'Connor, "My Oedipus Complex" (reserve)  
α  Fowler, chapters 15 and 16

**Recommended readings:**
Ψ  Erikson, Chapter 2 - "The Theory of Infantile Sexuality" (reserve)  
α  Loder, Chapter 7 “The Oedipal Child”  
Ψ  Crain, Chapter 11: “Freud’s psychoanalytic theory”

*First paper - Due date 2*

Meeting #8 – 10/26 - The Latency Age Child - 6 - 11 years

**Required readings:**
Ψ  Colarusso, Chapter 6  
Ψ  HDF, Chapter 8, Thompson  
Ψ  Crain, Chapter 7: “Kohlberg’s stages of moral development” (reserve)  
α  Fowler, chapter 17

**Recommended readings:**
⊙  Wickes, Chapter 8, “Fear”  
α  Loder, Chapter 8, “The School-Age Child”  
α  Ulanov, A & B, Chapters 4, 5 or 6

*Film excerpt: Stand by me*
Meeting #9 – 11/2 - Early Adolescence - 11 - 15 years

Required readings:
Ψ Colarusso, Chapter 7
HDF Chapter 9 - Nydam
⇔ Dalsimer, "Preadolescence: The Member of the Wedding"
(Reserve)
α Stevenson-Moessner, chapter 7, Dell, “She grows in wisdom”

Recommended readings:
α Loder, Chapters 9
α Ulanov, Chapter 7, "Prayer and Aggression"
⇔ Gilligan, Chapter 3, "Concepts of Self and Morality"
Ψ Erikson, "The Concept of Ego Identity" (Blackboard)

Film excerpt: Member of the Wedding

Meeting #10 - 11/9 - Middle and Late Adolescence - Age 16 - 20

Required readings:
HDF Chapter 10, Alice McNair
α Stevenson-Moessner, chapter 8, Bohler, “Attending to Alice…”
α Fowler, chapter 18

Recommended readings:
⇔ Dalsimer - "Middle Adolescence: The Diary of Anne Frank"
α Loder, Chapters 10
α Ulanov, A & B - Chapter 8, "Sexuality and Prayer"
⇔ Gilligan - "Women's Rights and Women's Judgments" - Chapter 5
α Nelson - "Male Sexuality and Masculine Spirituality" - Chapter 1

Film excerpts: Diary of Ann Frank, The Breakfast Club
Second paper - Due date 1

Meeting #11 – 11/16 - Young Adulthood - Age 20 - 40

Required readings:
Ψ Colarusso, Chapter 8 & 10
α Fowler, Part V: Formation and Transformation in Faith
🔗 HDF Chapter 11, Cushing
🔗 Carter and McGoldrick, Chapter 10, Joining Families through Marriage
Recommended readings: (continued)
α Loder, Chapter 11 “Young Adulthood”
α Stevenson-Moessner, Chapter 17, Dell, ”Will my time ever come?”
ε Ulanov, Chapter 1, ”The Ministry of the Ego”
α Nelson, Chapter 2, ”Embracing Sexual Mystery”

Film excerpt: Raisin in the Sun

Second paper - Due date 2
(Sample exam questions will be distributed)

11/22-26: Thanksgiving Break

Meeting #12 – 11/30 - Middle Adulthood - Age 40 - 60

Required readings:
Ψ Colarusso, Chapter 11
HDF Chapter 12, Davis
⇔ Kubler-Ross, Chapters 1-6
ε Carter and McGoldrick, 1999, Chapter 17 “Launching phase (Chapter 13)
α Fowler, chapter 19, 20

Recommended readings:
α Loder, Chapter 12
α Stevenson –Moessner, Chapter 10, Greider, “Perimenopause”
or Chapter 11, Henderson, “Menopause”
α Nelson – Chapter 6, "New Ways in Our Sexual Spirituality",
ε Ulanov, Chapter 2 "The Devil's Trick" or chapter 3, "Women's Wiles"

Film excerpt: The Joy Luck Club; Nobody's Fool

Meeting #13 - 12/7 - Late Adulthood, Death and Dying - Age 60 and beyond

Required readings:
Ψ Colarusso, Chapter 12
⇔ Kubler-Ross, Chapters 7-11
HDF Chapters 13, Lyon and Chapter 14, Barbre
α Fowler, chapter 21

Recommended readings:
α Loder, Chapter 13
α Stevenson-Moessner, Chapter12, Glaz, “On becoming an ancestor’
Ψ Erikson, "Reflections of Dr. Borg's Life Cycle“ (Blackboard)
α Stevenson-Moessner, Chapter 13, Screib, “Older Widows”
α Ulanov, A & B, Chapter 11- Transfiguration
ε Ulanov, Chapter 4 - "The Wisdom of the Psyche", pp.109 -144.
Film excerpts: Wild Strawberries: Documentary on Dying
Take home exam handed out: due NOON Monday 12/12
❖ Course evaluations ❖

Meeting #14 - 12/14 – Death and Resurrection!

We will briefly consider issues related to death and dying, have a final discussion about the course and end with a class party (resurrection).

Best wishes for the Christmas season and the year to come