Purpose:

What is healing? How and when does it happen? What is the counselor, chaplain or pastoral caregiver’s role in relation to the individual, couple or family who come to be healed? What is the community’s role in healing? How is healing affected by the presence or absence of faith?

We will address these questions by considering approaches to healing that span both time and culture. Beginning with pre-historic shamanism as a form of healing that is practiced in traditional cultures to this day, we will review developments in Western culture’s understanding of healing through time down to the present.

The purpose of this course is to expose current and future healers to a broad understanding of cultural and unconscious factors that influence therapeutic contexts. By the end of the course students will have gained a greater appreciation for metaphorical, non-verbal and non-rational methods of discernment as well as rational, theoretical structures for understanding “new” approaches to healing as they emerge.

NB: This course is designed to meet a number of course content requirements for licensure as a Mental Health Counselor. It is primarily intended to cover FOUNDATIONS OF MENTAL HEALTH COUNSELING, including “historical, philosophical, societal, cultural, economic and political dimensions of counseling”. It also addresses SOCIAL AND CULTURAL FOUNDATIONS, including “studies that provide an understanding of issues and trends in a multicultural and diverse society”. (Citations taken from the American Counseling Association’s statement on CACREP content areas).
Readings:

Required texts:
Achterberg, *Woman as healer*
Clft, *Jung and Christianity*
Eddinger, *Ego and Archetype*
Eigen - *The Psychotic Core*
Ellenberger – *Discovery of the Unconscious*
Frank - *Persuasion and Healing* (4th or 3rd edition)
Freud, *Dora* - paperback –
Grof and Grof - *Spiritual emergency*
James, *Varieties of Religious Experience*
Perrone, ed. - *Medicine Women, Curanderas and Women Doctors*
Pinn, *Varieties of African American Religious Experience*

Suggested/Presentation Texts:

Cassirer – *Language and Myth*
Edy, Mary Baker – *Science and Health with Key to the Scriptures*
Frankl – *Will to Meaning*
Frankl - *Psychotherapy and Existentialism*
Gay – *Understanding the Occult*
Hull – *Hellenistic Magic*
Harding – *Women’s Mysteries*
Kalweit – *Dreamtime and Inner Space*
L’Heureux – *Life Journey and the Old Testament*
Luke – *The Inner Story*
Meier - *Healing Dream and Ritual*
Moore, ed. - *Carl Jung and Christian Spirituality*
Moore and Meckel, ed. - *Jung and Christianity in Dialogue*
Sanford – *Healing and Wholeness*
Sanford - *Healing Body and Soul*
Ulanov, Ann and Barry – *The Healing Imagination*
Von Franz, *Alchemy*
Whitmont, *The Return of the Goddess*
Requirements and Evaluation:

1) Attendance and participation: 10%

2) Presentation: 20% -- scheduled weekly throughout the semester
   This includes 1) a one-page summary of a book or article on the topic of the day, 2) a one-page annotated bibliography—please bring copies of the summary and bibliography to distribute on the day, 3) a brief (10 minute) presentation on the topic to begin class discussion. You are welcome to supply your own presentation reading, related to the weekly topic.

3) An Experience of Healing: 25% - Due 10/18
   This can be your experience or someone else’s – 7-10 pages – including what was wrong before the healing experience, what the healing was and how change was recognized after healing occurred.

4) A Book Review: 20% -- scheduled weekly throughout the semester
   This must be a newly released book (1999-2000) that you identify, read and review for publication. Suggested length: 250-500 words. Plan to bring in copies of the review to distribute one week before you are scheduled to present it so that all members of the class can read the review and return it to you with suggestions for rewriting. Each person is then required to revise the review for publication, including proper format, and then bring in copies of the revised book review to distribute one week after your presentation. Your course evaluation will be based on this revised version. I will need both hard copy and an electronic copy (IBM format disk or e-mail attachment) of your review to submit for publication.

5) An Essay on Healing: 25% – Due 11/29
   This should be a statement (7-10 pages) of your views on how healing takes place based on your own experience and readings for this course. The paper should include a bibliography in APA format and give evidence of what you have learned during the semester.

Criteria for grading:
   Written work will be evaluated for 1) clarity of expression – please proofread! (this includes sentence structure, paragraph structure, spelling, punctuation), 2) clarity of thought (logical, sequential, making a case) and observation (whether of self or others), 3) accurate use of theory (theorists appropriate to the topic, 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. Please try to avoid the extremes of either never speaking or dominating the airwaves.
Class process:

First hour – 1:30-2:20 - Meet together in main classroom (room 167) for lecture and discussion.

Second hour – 2:30-3:20 - Group discussion with presentations by class participants.

(continued next page)

Final hour – 3:30 -4:15 - Video illustrations of course material, guest speakers and/or further lecture and discussion.

COURSE OUTLINE

Meeting # 1 – 8/30 - Introduction to course material and each other.

Our view of healing is always both individual and culturally contextual. We will consider the difference between disease and illness and the need to respect the unity of mind, body and soul. Therapists and ministers must be open to learning new idioms of healing from those they serve.

Meeting #2 – 9/6– Shamanic healing as precursor to many traditional and contemporary understandings of healing.

Required readings:
Achterberg, ch. 1-3
Pinn, ch. 1
Ellenberger ch. I (reserve) OR Encyclopedia of Religion article on shamanism (library reference)

Presentation readings: Kalweit, ch. 3 or other chapter (pick one)
Kelcourse, 2000 “Prayer and the soul: dialogues that heal)

Meeting # 3 – 9/13 – Healing in pre-Christian antiquity

Required readings:
Achterberg, ch.4 and 5
Pinn, ch. 2
Encyclopedia article on a pre-Christian healing tradition (Ex: Ascalepius, Jewish rites of purification, etc.

Presentation readings:
Harding, chapters 4,5 or 6 re: the moon cycle in women (reserve)
Meier, ch. 1, 3, 5 or 8
Meeting # 4 – 9/20 – Early Christian rituals and traditions of healing

Required readings:
Pilch, chapters 1-3 and choice or 4,5,6 or 7 (whole book = 150pp.)

Presentation readings: Reserve books:
Luke, chapter on the Exodus OR ch. on Saul
Sanford, ch. 3, “The Divine Physician” (comparing Christ and Asclepius)
L’Heureux, ch.4, “Disease and Healing in the Psalms*

Meeting # 5 – 9/27 – Meeting # 6 – 2/24 – Medieval approaches to healing

Required readings:
Achterberg, ch. 6 and 7
Edinger, part III

Presentation readings:
Von Franz, *Alchemy*, ch. 1
Frank, chapter 3

Meeting # 6 – 10/4 – Medicine women and witches

Required readings:
Achterberg, 11-13
Perrone, chapters 5, 7, 15 and 16 (on reserve)

Presentation readings:
Ulanov, A. *The Witch and the Clown*, ch. 6
Ulanov, A. *The Feminine…* ch. 9
Whitmont, *The Return of the Goddess*, ch. 10 “The Feminine and Repression..”
Barstow, *Witchcraze*, ch.6, “From Healers to Witches”

Meeting # 7 – 10/11 – Conversion and faith healing

Required readings: James, *VRE*, lectures 3-17
Reserve article: Capps, “Sin, Narcissism and the changing face of conversion”

Presentation readings:
Reserve books: Frank, ch.4 – Religious revivalism
Mary Baker Eddy reading from *Science and Health*, ch. 1
An Experience of Healing report Due 10/18
Meeting # 8 – 10/18 – Placebos and persuasion

**Required readings:** Frank, ch. 5-9

**Presentation readings:**
Reserve books: Frank (chapters above – choose one)
Brody, *Placebos and the Philosophy of Medicine*
  - Ch. 1 – Placebos and review of the medical literature
  - Ch. 2 – Definition of the placebo effect
  - Ch. 3 – Traditional mind-body views and the placebo effect

**Fall Recess and Focus on Ministry**

Meeting #9 – 10/25 – Twentieth century depth psychology: Freud

**Required readings:** Freud – *Dora* (paperback)

**Presentation readings:**
Freud and Breuer – *Studies on Hysteria* (SE vol. 2)
  - The case history of Anna O
Reserve books: Ellenberger, ch. 7
Freud articles: (can be found in Standard Edition or other collections)
  - “Formulations …Two Principles of Mental Functioning” (1911)
  - “Mourning and Melancholia” (1917)
  - “The Economic Problem of Masochism” (1924)

Meeting #10 – 11/8 – Twentieth century depth psychology: Jung

**Required readings:** Clift – Jung and Christianity (157 pp.)

**Presentation readings:**
Reserve books: Ellenberger, ch. 9
  - Moore and Meckel – one chapter from any section
Articles from Jung’s collected works:
  - “On the nature of dreams” CW 8
  - “Conscious, Unconscious and Individuation” CW 9
  - “The Development of Personality” CW17

**Thanksgiving break**
Meeting #11 – 11/15 - Twentieth century depth psychology

**Required readings:** Grof and Grof, ed. 3 chapters in part one & Perry chapter Ellenberger, ch.10 (on reserve)

**Presentation readings:**
Frankl, *Will to Meaning*, “Metaclinical implications of logotherapy” or “Medical ministry”
Assogioli, *Sychosynthesis*, “Self-realization and psychological disturbances”

**An Essay on Healing: Due 11/29**

Meeting # 12 – 11/29 – Eastern spiritual traditions and “New Age” spirituality

**Required readings:** Grof and Grof, ed, parts two through epilogue

**Presentation readins:** TBA

Meeting # 13 – 12/6 – Psychoanalysis and mysticism

**Required readings:** Eigen, *The Psychotic Core*, ch. 1,2,4,5 and 8

**Presentation readings:** (suggested chapters)
Ulanov, *The Healing Imagination*, ch. 1, ch. 2
Ulanov, “The Self as Other” in Moore, ed. *Carl Jung and Christian Spirituality*
Kornfeld, *Cultivating Wholeness*, ch. 2

12/13 – Exam week – TBA – Practice test for Mental Health Counselor exam and final class gathering