P-632: FOUNDATIONS OF HEALING

Wednesdays, 1:30-4:15

Fall 2002

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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: (* = available on reserve)

Required texts:
- Week 2 - Shamanism (1993) Edited by Shirley Nicholson - $15.00
- Week 3 - Patricia Cox Miller - Dreams in Late Antiquity - $19.95
- Week 4 - Sanford - Healing Body and Soul - $13.00
- *Week 5 - Bolen - Crossing to Avalon - $16.00
- *Week 6 - Achterberg, Woman as healer - $17.00
- *Week 7 - James, Varieties of Religious Experience - $8.00
- Week 9 - Achterberg, Imagery and Healing - $15.95
- *Week 10 - Freud - Studies on Hysteria ("Anna O") - $20.00
- Week 11 - Ulanov (A and B) - the Healing Imagination - $17.95
- Week 13 - Bollas, Free Association?? or TBA

Suggested Presentation Texts:
- Armistead - God Images in the Healing Process
- *Cassirer - Language and Myth
- Clift - Archetype of Pilgrimage
- * Downing - Women's Mysteries
- * Edinger - Ego and Archetype
- Edy, Mary Baker - Science and Health with Key to the Scriptures
- *Ellenberger - Discovery of the Unconscious
- * Eliade - Sacred and Profane
- Frank - Persuasion and Healing
- Frankl - Psychotherapy and Existentialism
- *Frankl - Will to Meaning
- Freud - Volumes from the Standard Edition (his collected works)
- *Gay - Understanding the Occult
- *Grof - Spiritual Emergency
- Harding - Women's Mysteries
- Hull - Hellenistic Magic
- *Kalweit - Dreamtime and Inner Space
- *Heureux - Life Journey and the Old Testament
- *Luke - The Inner Story
- *Meier - Healing Dream and Ritual (Aesclepeian healing in ancient Greece)
- Miller - A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth
- *Moore - Carl Jung and Christian Spirituality
- *Moore and Meckel, Ed.s - Jung and Christianity in Dialogue
- *Perrone, Ed. - Medicine Women, Curanderas and Women Doctors
- * Pinn - Varieties of African American Religious Experience
- Sanford - Healing and Wholeness
- *Von Franz - Alchemy (medieval precursor of chemistry and psychotherapy)
Requirements and Evaluation:

1) Attendance and participation (5%) 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) Reading notes (10%): other week class members will be asked to briefly present a chapter from the assigned book for the week. Come prepared with a one page summary of the chapter to distribute to class members. Be prepared also to lead the discussion of that chapter's contents.

2) Presentations (20%) are scheduled weekly throughout the semester. This includes 1) a 1-2 page summary of a book chapter 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: 20% - Due 10/23
This can be your experience or someone else's - 5-10 pages - including 1) what was wrong before the healing experience, 2) what was healed, 3) 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 (2001-2002) that you identify, read and review for publication. Suggested length: 200-500 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.

5) An Essay on Healing: 25% - Due 12/4
This should be a statement (7-10 pages) of your understanding of how healing takes place based on your own experience and readings for this course. The paper should include a bibliography and give evidence of what you have learned in the course of the semester. Be specific about the aspect of healing you explore and provide examples to illustrate your topic.

NB: All assignments are to be typed, double-spaced, 12 point font. Please use APA format: (Author, date, pages) both in text references and bibliography. Remember to proofread and include your name, the date, and a title. Papers should include a title page, subtitles and page numbers.
Criteria for grading include: 1) clarity of expression, 2) accurate observation of self and/or others, 3) accurate use of theory, 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 discussions, and demonstrate thorough appropriation of course material. Please avoid the extremes of either never speaking or dominating the airwaves.

**Class process:**

First hour - 1:30-2:20 - Checking in, sharing reading notes, lecture and discussion.

Second hour - 2:30 -3:20 - Presentations by class participants with group discussion.

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

**COURSE OUTLINE**

Meeting # 1 - 9/4 - Introduction to course material and each other.

Meeting #2 - 9/11 - Shamanic healing as precursor to many traditional and contemporary understandings of healing.
   Required readings: - Shamanism (1993) Edited by Shirley Nicholson
   Presentation readings: Ellenberger ch. I (reserve)
   Kalweit (any chapter)

Meeting # 3 - 9/18 - Dreams in pre-Christian antiquity
   Required readings: Patricia Cox Miller - Dreams in Late Antiquity
   Presentation readings: Meier, especially Ch.s 1,3,5,8; Harding, chapters 4,5 or 6 re: the moon cycle in women (reserve)

Meeting # 4 - 9/25 - Early Christian rituals and traditions of healing
   Required readings: Sanford (126pp.)
   Presentation readings:
      Luke, chapter on the Exodus* OR ch. on Saul
      Sanford, ch. 3,"The Divine Physician" (comparing Christ and Asclepius)
      Heureux, ch.4, "Disease and Healing in the Psalms"*
      Hull, John, Hellenistic Magic and the Synoptic Tradition, ch. 6 "Luke"*
      Wolff, Jesus the Therapist, ch. 3 "The Courage for Self Encounter"
      Smith, Morton, Jesus the Magician, ch.3 - "Evidence in the Gospels"
Meeting # 5 - 10/2 - Meeting # 6 - 2/24 - Medieval approaches to healing
   Required readings: Bolen
   Presentation readings:
      Clift (159pp.) - esp. ch. 1, 4, 6-8
      Ellenberger, ch. 1 (overview)
      Whitmont, The Return of the Goddess, ch. 11, "The Grail"
      Madden, JRH, "Teresa of Avila: the Will and the Weaving"
      Von Franz, Alchemy, ch. 1

Meeting # 6 - 10/9 - Medicine women and witches - women as healers
   Required readings: Achterberg
   Presentation readings:
      Perrone (226pp.) - esp. Parts One, Two and Four
      Ulanov, The Feminine-
      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 - 10/16 - 18th and 19th century Western and religious healing
   Required readings: James, VRE
   Presentation readings:
      Ellenberger, ch.2
      Darnton, ch.1 and/or 2
      Any reading on Mesmer and Mesmerism

Meeting # 8 - 10/23 - Christian Science and faith healing
   Required readings: Otto
   Presentation readings:
      Frank, ch.4
      Mary Baker Eddy reading from Science and Health, ch. 1, An Experience of
      Healing report Due 10/23

Meeting # 9 - 10/30 - Placebos and persuasion
   Required readings: Achterberg
   Presentation readings:
      Frank, Persuasion and Healing
      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
November 6th - no meeting - Fall Break

Meeting #10 - 11/13 - Twentieth century depth psychology: Freud
   Required readings: Freud and Breuer - Studies on Hysteria (SE vol. 2) The case history of Anna O
   Presentation readings:
      Reserve books: Ellenberger, ch.7
      Articles from the Standard Edition of Freud's works:
      "Formulations - Two Principles of Mental Functioning" (1911)
      "Instincts and their Vicissitudes" (1915)
      "Mourning and Melancholia" (1917)
      "The Economic Problem of Masochism" (1924)

Meeting #11 - 11/20 - Twentieth century depth psychology: Jung
   Presentation readings: (con't)
      Moore and Meckel - especially chapter in sections on:
      Jung and Theology,
      Jung and Pastoral Care
      Jung, Feminism and Spirituality
      Ellenberger, ch. 9
   Articles from Jung's Collected Works:
      "On the nature of dreams" CW 8 (CW = Collected Works)
      "Conscious, Unconscious and Individuation" CW 9
      "The Development of Personality" CW17

November 27th - no meeting - Thanksgiving - Reading Week

Meeting #12 - 12/4 - Twentieth century depth psychology
   Required readings: Bollas
   Presentation readings:
      Grof and Grof, 3 chapters in part one & Perry chapter
      Ellenberger, ch.10
      Frankl, Will to Meaning, "Metaclinical implications of logotherapy" "Medical ministry"
      Assogioli, Sychosynthesis, "Self-realization and psychological disturbances"
   An Essay on Healing: Due 12/4
Meeting # 13 - 12/11 - Psychotherapy, spirituality and the medical model of healing
   Required readings: TBA
   Presentation readings: (suggested chapters)
      Miller - The Hunger for Healing (the 12 Steps - the spirituality of AA)
      Ulanov, "The Self as Other" in Moore, ed. Carl Jung and Christian Spirituality
      Kornfeld (reserve), Cultivating Wholeness, ch. 2

Exam week - 12/18 -final class gathering
   Additional topics not covered that could be addressed:
      Jewish rituals and traditions
      Understanding the occult
      African, Asian and Other Non-Western Healing Traditions (in addition to Shamanism) - Suggested topics for the future?