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:
Week 2 - Kalweit – *Dreamtime and Inner Space*...(22.50)
Week 3 - Meier - *Healing Dream and Ritual*...(19.95)
Week 4 - Sanford - *Healing Body and Soul* (13.00)
Week 5 - Clift - *Archetype of Pilgrimage* (14.95)
Week 6 - Perrone, ed. - *Medicine Women, Curanderas and Women Doctors* (15.95)
Week 7 – James, *Varieties of Religious Experience* (on order) (Mesmerism, TBA)
Week 8 – James, *Varieties of Religious Experience* (Christian Science – TBA)
Week 9 - Frank - *Persuasion and Healing* (17.97)
Week 10 – Freud – *Studies on Hysteria* (“Anna O”) (reserve only)
Week 11 - Moore and Meckel, ed. – *Jung and Christianity in Dialogue* (12.95)
Week 12 – Grof – *Spiritual Emergency* (15.95)
Week 13 - Miller – *A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth* (15.00)

Suggested/Presentation Texts:

*Edy, Mary Baker – Science and Health with Key to the Scriptures*
*Ellenberger – Discovery of the Unconscious*
*Freud – Volumes from the Standard Edition* (his collected works)
*Frankl – Will to Meaning*
*Frankl - Psychotherapy and Existentialism*
*L’Heureux – Life Journey and the Old Testament*
*Sanford – Healing and Wholeness*
*Hull – Hellenistic Magic*
*Cassirer – Language and Myth*
*Harding – Women’s Mysteries*
*Luke – The Inner Story*
*Moore – Carl Jung and Christian Spirituality*
*Gay – Understanding the Occult*
*Ulanov, Ann and Barry – The Healing Imagination*

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 3/10**  
This can be your experience or someone else’s – 5-10 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 (1998-1999) 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 4/21**  
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.

**Class process:**

*First hour - 2:40 -3:30 - Meet together in main classroom (room 162) for lecture and discussion.*

*Second hour - 3:40 -4:30 - Group discussion with presentations by class participants.*

*Final hour - 4:40 - 5:20 - Video illustrations of course material, guest speakers and/or further lecture and discussion.*

**COURSE OUTLINE**

**Meeting # 1 – 1/20 - Introduction to course material and each other.**

**Meeting #2 – 1/27 – Shamanic healing as precursor to many traditional and contemporary understandings of healing.**

**Required readings:** Kalweit  
**Presentation readings:** Ellenberger ch. I (reserve)  
Robert Moore, “Ritual, Sacred Space, and Healing: The Psychoanalyst as Ritual Elder” (reserve article)
Meeting # 3 – 2/3 – Asclepian healing in pre-Christian antiquity

Required readings: Meier, ch.1,3,5,8
(Entire book = 139 pp.)
Presentation readings:
Harding, chapters 4,5 or 6 re: the moon cycle in women (reserve)
Eigen, “Winnicott’s Area of Freedom” or
Ross, “Transitional Phenomena in Clinical Practice” (reserve articles)

Meeting # 4 – 2/10 – Early Christian rituals and traditions of healing

Required readings: Sanford (126pp.)
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*”
Hull, John, Hellenistic Magic and the Synoptic Tradition, ch. 6 “Luke…”*
(* = also available as photocopies)
Reserve articles:
Wolff, Jesus the Therapist, ch. 3 “The Courage for Self Encounter”
Smith, Morton, Jesus the Magician, ch.3 “…Evidence in the Gospels”

Meeting # 5 – 2/17 – Meeting # 6 – 2/24 – Medieval approaches to healing

Required readings: Clift (159pp.) – esp. ch. 1, 4, 6-8
Presentation readings:
Reserve books: Ellenberger, ch. 1 (overview)
Reserve articles:
Madden, JRH, “Teresa of Avila: the Will and the Weaving”
Von Franz, Alchemy, ch. 1

Meeting # 6 – 2/24 – Medicine women and witches

Required readings: Perrone (226pp.) – esp. Parts One, Two and Four
Presentation readings:
Reserve books: Perrone, Ulanov, The Feminine...
Reserve articles:
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”

(March 3rd – no meeting – Reading week)
Meeting # 7 – 3/10 – Mesmerism

**Required readings:** James, VRE, lectures 1-8  
**Presentation readings:**  
Reserve books: Ellenberger, ch.2  
Reserve articles:  
Darnton, ch.1 and/or 2

**An Experience of Healing report Due 3/10**

Meeting # 8 – 3/17 – Christian Science and faith healing

**Required readings:** James, VRE, lectures 9-17  
**Presentation readings:**  
Reserve books: Frank, ch.4  
Reserve articles: Mary Baker Eddy reading from *Science and Health*, ch. 1

Meeting # 9 – 3/24 – Placebos and persuasion

**Required readings:** Frank, ch. 5-9  
**Presentation readings:**  
Reserve books: Frank (chapters above – choose one)  
Reserve articles: from 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

**(March 31 – no class – Easter Recess)**

Meeting #10 – 4/7 – 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  
Reserve articles:  
“Formulations …Two Principles of Mental Functioning” (1911)  
“Instincts and their Vicissitudes” (1915)  
“ Mourning and Melancholia” (1917)  
“The Economic Problem of Masochism” (1924)
Meeting #11 – 4/14 – Twentieth century depth psychology: Jung

**Required readings:** Moore and Meckel –
- Jung and Theology,
- Jung and Pastoral Care

**Presentation readings:**
- Reserve books: Ellenberger, ch. 9
  - One chapter from M & M: Jung, Feminism and Spirituality
- Reserve articles: TBA

Meeting #12 – 4/21 – Twentieth century depth psychology: Frankl, Assogioli, Grof

**Required readings:** Grof and Grof, 3 chapters in part one & Perry chapter

**Presentation readings:**
- Reserve books: Ellenberger, ch.10
- Reserve articles: TBA
- Frankl,
- Assogioli

**An Essay on Healing: Due 4/21**

Meeting # 13 – 4/28 – Psychotherapy, spirituality and the medical model of healing

**Required readings:** Miller

**Presentation readings:** TBA
- Ulanov,
- Kornfeld (reserve)

May 5 – Exam week – TBA – Practice test for Mental Health Counselor exam and 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 future?**