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).
Required texts (all requested for reserve shelf):
(Book prices are estimates based on past years)
Week 3 - Meier - Healing Dream and Ritual. (19.95)
Week 4 - Sanford - Healing Body and Soul (13.00)
Week 5 – Bolen – Crossing to Avalon – (16.00)
Week 6 - Perrone, ed. - Medicine Women, Curanderas & Women Doctors (15.95)
Week 7 – James, Varieties of Religious Experience
Week 8 – Otto- The Idea of the Holy - (13.95)
Week 9 - Frank - Persuasion and Healing (17.97)
Week 10 – Corbett – The Religious Function of the Psyche
Week 11 – Freud’s approach to healing – TBA
  Studies on Hysteria (“Anna O”) OR
  Freud – Dora (case study)
Week 12 – Jung and healing - TBA (ONE of the following)
Week 13 – Grof – Spiritual Emergency (15.95)

Suggested Presentation Texts: (Texts in bold requested for reserve shelf)
Armistead – God Images in the Healing Process
Achterberg, J. – Imagery in Healing
  Woman as Healer
Barstow, Witchcraze, ch.6, “From Healers to Witches”
Brody, Placebos and thePhilosophy of Medicine
Cassirer, E. – Language and Myth
Clift, D. - Archetype of Pilgrimage
Darnton, R. Mesmerism and the end of the enlightenment in France.
  ch.1 and/or 2
Downing – Women’s Mysteries
Edinger. E. – Ego and Archetype
Edy, Mary Baker – Science and Health with Key to the Scriptures
Ellenberger – Discovery of the Unconscious
Eliade, M. – Sacred and Profane
Frankl, V. - Psychotherapy and Existentialism
  Will to Meaning
Freud, S. – Volumes from the Standard Edition (his collected works)
Gay, P. – Understanding the Occult
Harding, E. – Women’s Mysteries
Hull – Hellenistic Magic
Kalweit, H. – Dreamtime and Inner Space
Kornfeld, M. – Cultivating Wholeness
L’Heureux – *Life Journey and the Old Testament*

**Luke, H. – The Inner Story**
Miller, P. – *Dreams in Late Antiquity*
**Miller – A Hunger for Healing: The Twelve Steps as a Classic Model for Christian Spiritual Growth**
Moore & Meckel, Ed. – *Jung and Christianity in Dialogue*
Pinn – *Varieties of African American Religious Experience*
Sanford, J. – *Dreams: God’s forgotten language* (see part 2)
   *Dreams and healing*
   *Healing and Wholeness*
Smith, M., *Jesus the Magician*, ch.3 “…Evidence in the Gospels”
Ulanov, A. *The Feminine in Jungian Psychology and in Christian Theology*, ch. 9
Ulanov, A. and B, *The Witch and the Clown*, ch. 6
**Von Franz, M-L., – Alchemy (medieval precursor of chemistry and psychotherapy)**
Wolff, *Jesus the Therapist*, ch. 3 “The Courage for Self Encounter

**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%): every week class members will be asked to comment on 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 but please provide a photocopy of the chapter or article at least one week prior to your presentation.**

3) **An Experience of Healing** (20%) – Due 3/8
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 (2004-5) 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 revision. 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 5/3**
This should be a statement (7-10 pages) summarizing 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 ideas.

**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** (times for each section of the class are approximate):

*First hour – 2:15-3:10 – Checking in, sharing reading notes, lecture and discussion.*

*Second hour – 3:20-4:00 - Presentations by class participants with group discussion.*

*Final hour – 4:10-5- Video illustrations of course material, guest speakers and/or further lecture and discussion.*
P-632: FOUNDATIONS OF HEALING

COURSE OUTLINE

Meeting #1 – 1/18 - Introduction to course material and each other.

Meeting #2 – 1/25 – Shamanic healing as precursor to many traditional and contemporary understandings of healing.

Required readings: - *Shamanism: an introduction* – Margaret Stutley
Suggested presentation readings:
Ellenberger ch. I (reserve)
Kalweit (any chapter)
*Shamanism* (1993) Ed. by Shirley Nicholson (or other scholarly resource)

Meeting #3 – 2/1 – Dreams and healing rituals in pre-Christian antiquity

Required readings: Meier - *Healing Dream and Ritual*.
(especially Chs. 1,3,5,8

Suggested presentation readings:
Achterberg, Jeanne – *Woman as Healer*, chapters 1-6
Patricia Cox Miller – *Dreams in Late Antiquity*
Harding, chapters 4, 5 or 6 re: the moon cycle in women (reserve)

Meeting #4 – 2/8 – Early Christian rituals and traditions of healing

Required readings: Sanford (126pp.)

Suggested presentation readings:
Otto (required list), ch. 10 or 11
Luke, chapter on the Exodus OR ch. on Saul
L’Heureux, ch.4, “Disease and Healing in the Psalms*
Wolff, *Jesus the Therapist*, ch. 3 “The Courage for Self Encounter”
Smith, Morton, *Jesus the Magician*, ch.3 “…Evidence in the Gospels”

Meeting #5 – 2/15 – Medieval approaches to healing – healing as pilgrimage

Required readings: Bolen

Suggested presentation readings:
Clift – esp. ch. 1, 4, 6-8
Ellenberger, ch. 1 (overview)
Madden, JRH, “Teresa of Avila: the Will and the Weaving”
Von Franz, *Alchemy*, ch. 1
Meeting # 6 – 2/22 – Medicine women and witches – women as healers

Required readings: Perrone (226pp.) – esp. Parts One, Two and Four

Suggested presentation readings:
Achterberg, *Woman as Healer*, ch. 7
Barstow, *Witchcraze*, ch.6, “From Healers to Witches”
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..”

Meeting # 7 – 3/1 – 18th and 19th century Western and religious healing

Required readings: James, *VRE*

Suggested presentation readings:
Ellenberger, ch.2
Darnton, ch.1 and/or 2
Any reading on Mesmer and Mesmerism

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

Required readings: Otto

Suggested presentation readings:
Frank, ch.4
Mary Baker Eddy reading from *Science and Health*, ch. 1

An Experience of Healing report Due 3/8

Meeting # 9 – 3/15 – Placebos and persuasion

Required readings: Frank, *Persuasion and Healing*

Suggested presentation readings:
Achterberg, *Imagery in 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

March 22nd – no meeting – Easter Recess
Meeting #10 – 3/29 – The role of the unconscious in healing


Suggested presentation readings:

Spirituality and Psychotherapy Lectures: April 1 and 2

Meeting #11 – 4/5 - Twentieth century depth psychology: Freud

Required readings: TBA
Freud and Breuer – *Studies on Hysteria* (SE vol. 2)
The case history of Anna O OR Dora

Suggested presentation readings:
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 #12 – 4/12 - Twentieth century depth psychology: Jung

Required readings: TBA

Suggested presentation readings:
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
Meeting #13 – 4/19 - Twentieth century depth psychology

Required readings: Bollas

Suggested 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”

**Reading week: April 26-29**

Meeting # 14 – 5/3 – Psychotherapy, spirituality and the medical model of healing
(Exam week –final class gathering)

Required readings: Grof

Suggested 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

**An Essay on Healing: Due 5/3**

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?

*Best wishes for a restful summer*