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).

In addition this course introduces students to the professional culture of pastoral counseling as represented by the American Association of Pastoral Counselors, which is “non-sectarian and respects the spiritual commitments and religious traditions of those who seek assistance without imposing counselor beliefs onto the client” (source: AAPC web site). To learn more about educational requirements for AAPC membership go to www.aapc.org and consult the Fellow Body of Knowledge Requirements (to be supplied in class).
Readings: (* = available on reserve)

Required texts:
*Weeks 1 & 2 – Nicholson, Ed. Shamanism
*Week 3 – Meier. Healing dream and ritual
*Week 4 – Sanford. Healing body and soul
*Week 5 – Bolen. Crossing to Avalon
*Week 6 - Perrone, Ed. Medicine women, curanderas and women doctors
*Week 7 – James. Varieties of religious experience
*Week 8 – Otto. The idea of the holy
*Week 9 – Freud. The “Dora” case
*Weeks 10 – Frank. Persuasion and healing
*Week 13 – Ulanov, A. (2004). Spiritual aspects of clinical work, con’t

Suggested Presentation Texts:
Achterberg - Woman as healer
Armistead – God images in the healing process
Assogioli – Psychosynthesis: A Collection of Basic Writings
Barstow – Witchcraze, ch. 6. “From Healers to Witches”
Brody – Placebos and the philosophy of medicine
Cassirer – Language and myth
Clift - Archetype of pilgrimage
Close – Ceremonies for spiritual healing and growth
Darnton – Mesmerism and the end of the enlightenment in France (ch.1, 2)
Downing – Women’s mysteries
Edinger – Ego and archetype
Eddy, Mary Baker – Science and health with key to the scriptures
*Ellenberger – Discovery of the unconscious
Eliade – Sacred and profane
Frankl - Psychotherapy and existentialism
Frankl – Will to meaning
Freud, S. – Volumes from the Standard Edition (SE, collected works)
Gay – Understanding the occult
Grof & Grof – Spiritual emergency
Harding – Women’s mysteries
Hull – Hellenistic magic
Kalweit – Dreamtime and inner space
Kornfeld – Cultivating wholeness
L’Heureux – Life journey and the Old Testament
Luke – The inner story
Miller, – A hunger for healing: The twelve steps as a classic model for Christian spiritual growth
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Miller, P. – Dreams in Late Antiquity
Moore - Carl Jung and Christian spirituality
Moore and Meckel, Eds – Jung and Christianity in dialogue
Pinn – Varieties of African American religious experience
Sanford – Healing and wholeness
Smith, Morton, Jesus the magician, ch.3 “…Evidence in the Gospels”
Stutley, M. – Shamanism: An introduction
Ulanov, A. – The Unshuttered heart: Opening aliveness/deadness in the Self
   - The feminine in Jungian Psychology and in Christian Theology
Ulanov, A & B – The witch and the clown
Von Franz – Alchemy (medieval precursor of chemistry and psychotherapy)
Whitmont, The return of the goddess, ch. 11, “The Grail”
Wolff, Jesus the therapist, ch. 3 “The Courage for Self Encounter”

→ Also consider journal articles from journals such as the Journal of Religion & Health (JRH) and the Journal of Spirituality in Mental Health

Requirements and Evaluation:

1) **Attendance and 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) **Reading notes** (10%): Every other week class members will briefly summarize 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.

3) **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 (other than the regular reading assignment) – the reading to be presented should be identified at least one week prior to the presentation; 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. Please choose a presentation reading related to the weekly topic.

4) **An Experience of Healing**: 20% - Due 2/17 OR 3/3
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 (2008-9) that you identify, read and review for publication. *Suggested length: 500 words.* Plan to bring in copies of the review to distribute on the week you are scheduled, briefly stating why you chose the book and where you plan to submit your review, so that all members of the class can read your review and return it to you with suggestions for revision the following week. Each reviewer is then required to revise the review for publication based on class comments, including proper format for the journal of your choice, and then e-mail copies of the revised review to all class participants and the journal in question two weeks after your original date. **Please identify a suitable journal or magazine and submit your article (properly formatted) for publication.**

5) **An Essay on Healing:** 20% - Due 4/28 or 5/5
This should be a statement (7-10 pages) delineating 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 throughout 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, page numbers for direct citations only) 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:**

*Tuesdays – 10:45-noon – Checking in, sharing reading notes, lecture and discussion.*

*Thursdays – 10:45-noon - Presentations by class participants, book reviews and group discussion.*

*Time permitting - Video illustrations of course material, guest speakers and/or further lecture and discussion.*
COURSE OUTLINE

Week #1 – Tuesday 1/20 - Introduction to course material and each other.

Thursday 1/22 – Reading notes on shamanism (see below) and sign up for presentations (in future weeks reading notes are due on Tuesdays, presentations and book reviews are scheduled on Thursdays).

Week #2 – 1/27 & 29 – Shamanic healing as precursor to many traditional and contemporary understandings of healing.


Presentation readings (Optional recommendations – other readings may be substituted – 20 pages or less): Ellenberger ch. I (reserve)
Kalweit (any chapter)
Frank (required text), chapter 5

Video: *Cabeza de Vaca* OR Korean shamanism video

Week #3 – 2/3 & 5 – Dreams in pre-Christian antiquity

Required readings: Meier, especially Chs 1,3,5,8

Presentation readings: Miller, P. – *Dreams in Late Antiquity*
Harding, chapters 4, 5 or 6 re: the moon cycle in women

Active imagination/ guided imagery exercise

Week #4 – 2/10 & 12 – Early Christian rituals and traditions of healing

Required readings: Sanford (126pp.)

Presentation readings:
Luke, chapter on the Exodus* OR ch. on Saul
(Comparing Christ and Asclepius)
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”

Video: Whole and Forgiven – a bible study experience with Walter Wink
CRC video who 1991 v.4 c.3
Week # 5 – 2/17 & 19 – Medieval approaches to healing

Required readings: Bolen

Presentation readings:
Clift (159pp.) – 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

An Experience of Healing report Due 2/17 OR 3/3

2/24 and 26 – no class – reading week

Week # 6 – 3/3 & 5 - Medicine women and witches – women as healers

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

Presentation readings:
Achterberg
Ulanov, *The feminine...ch.9*
Ulanov, A. *The witch and the clown*, ch.
Whitmont, *The return of the goddess*, ch. 10 “The Feminine and Repression."
Barstow, *Witchcraze*, ch.6, “From Healers to Witches”

Week # 7 – 3/10 & 12 – 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

Week # 8 – 3/17 & 19 – Christian Science and faith healing

Required readings: Otto

Presentation readings:
Frank, ch.4,
Ellenberger, chapter 3
Mary Baker Eddy reading from *Science and Health*, ch. 1
Week #9 – 3/24 & 26 – Twentieth century depth psychology: Freud

**Required readings:** Freud – the Dora case

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

Week #10 – 3/31 & 4/2 – Varieties of 20th century psychotherapy

**Required readings:** Frank, *Persuasion and Healing*, chapters 1-3, 6-12

**Presentation readings:**
Achterberg
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

**No class 4/7 & 9 – Easter recess – Reading Week**

Week #11 – 4/14 & 16 – 20th century psychotherapy

**Required readings:** Ulanov, A. (2004) – Parts One and Two

**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”
Assagioli, *Psychosynthesis*, “Self-realization and psychological disturbances”

Week #12 – 4/21 & 23 – 20th century psychotherapy

**Required readings:** Schwarz, (1994).
**Presentation readings:** See above or other readings in 20th century psychotherapy

**NB: Please plan to attend the 11th annual Spirituality & Psychotherapy lectures**
(Free to members of the CTS community): Thursday 4/23, 7-9pm, Friday 4/24, 9-4pm
Week # 13 – 4/28 & 30 – 20th century psychotherapy


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, Cultivating Wholeness, ch. 2

An Essay on Healing: Due 4/28 or 5/5

5/5 – Exam week – final class gathering

Additional topics not covered that could be addressed:
Jewish rituals and traditions, c.f. Jack Bloom
Understanding the Occult – Volney Gay
African (c.f. Pinn), Asian and Other Non-Western Healing Traditions
Suggested topics for the future?

Best wishes for refreshing summer break