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 are cultural contexts influential? 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, critical criteria for evaluating 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: (all available on reserve)

Sue & Sue, Counseling the Culturally Diverse, 6th edition (MHC licensure text)
Week 2 - Nicholson, Shamanism
Week 3 – James, Varieties of Religious Experience
Week 4 - Otto, The Idea of the Holy
Week 5 - Freud, Dora
Weeks 6 & 7 - Cooper-White, Many Voices
Weeks 8 & 9 – Jung et.al. Eds. Man and His Symbols
Weeks 10 & 11 – Frank & Frank, Persuasion and Healing
Weeks 12 & 13 – Ulanov & Dueck, The Living God and Our Living Psyche
Suggested Presentation Texts: (Bold = on reserve)

Achterberg - Woman as healer
Armistead – God images in the healing process
Barstow – Witchcraze, ch. 6. “From Healers to Witches”
Bolen – Crossing to Avalon
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
Edy, 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 (collected works)
Gay – Understanding the occult
Grof – Spiritual emergency
Harding – Women’s mysteries
Hull – Hellenistic magic
Kalweit – Dreamtime and Inner Space
Kornfeld – Cultivating wholeness
Johnson, S. (2010) – Hold me tight
L’Heureux – Life journey and the Old Testament
Luke – The inner story
Meier – Healing dream and ritual
Miller, – A hunger for healing: The twelve steps as a classic model for Christian spiritual growth
Miller, P. – Dreams in Late Antiquity

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 body and soul
Smith, Morton. Jesus the Magician,
Stutley, M. – Shamanism: An introduction
Ulanov, A. – The Unshuttered heart: Opening aliveness/deadness in the Self
Von Franz – Alchemy (medieval precursor of chemistry and psychotherapy)
Wolff, Jesus the Therapist,
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 other week class members will 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 including your subjective response to the material.

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 (normally six entries in APA or MLA format, both articles and books related to the presentation theme) – please bring copies of the summary and bibliography to distribute on the day, then send electronic copies to post on the course site; 3) a brief (20 minute) presentation on the topic to begin class discussion followed by 10 minutes of discussion. Please choose a presentation reading related to the weekly topic.

4) **An Experience of Healing:** 20% - Due 2/12 OR 2/19
This can be your experience or someone else’s (anonymously, not a family member) – 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.

5) **A Book Review:** 20% -- scheduled weekly throughout the semester. This must be a newly released book (2012) that you identify, read and review for publication. Suggested length: 500 words. Plan to bring in copies of the review to distribute the week you are scheduled to summarize. All members of the class will read the review and return it to you with suggestions for revision the following week. Each reviewer is then required to revise the review for publication, including proper format, and then submit a final copy of the revised book review two weeks after your presentation, as well as posting your final version electronically for the class. Please identify a suitable journal or magazine and submit your article (properly formatted) for publication.

6) **An Essay on Healing:** 25% – Due 4/16 OR 4/23
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, 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:
1-2: Checking in, presentations by class participants including group discussion.
2:00-2:15 break
2:15-3: Sharing reading notes, lecture and discussion.
3-3:15 break (as needed)
3:15-4: Video illustrations of course material, guest speakers and/or further lecture and discussion.

COURSE OUTLINE

Week #1 – 1/22 - Introduction to course material and each other.

Sign up for reading notes, presentations and book reviews

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

Required readings: - *Shamanism*, Shirley Nicholson, Ed. (selected chapters)
Sue &Sue – Chapters 1 & 2

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

Week #3 – 2/5 – Religion as healing

Required readings: James, selected chapters
Sue & Sue – Chapters 3 & 4

Video: Whole and Forgiven – a bible study experience with Walter Wink CRC video who 1991 v.4 c.3

**An Experience of Healing report Due 2/12 or 2/19**

**Week # 4 – 2/12 – Holy and taboo**

**Required readings:** Otto, selected chapters
Sue and Sue – Chapters 5 & 6

**Presentation readings:**
Barstow – *Witchcraze*, ch. 6. “From Healers to Witches”
Gay – *Understanding the occult*
Grof – *Spiritual emergency*
Harding – *Women’s mysteries*

Active imagination/ guided imagery exercise

**Week # 5 – 2/19 – Freud and the unconscious**

**Required readings:** Dora case (all read)
Sue and Sue – Chapters 7 & 8

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

**Tuesday 2/26 – No class – reading week**

**Week # 6 – 3/5 – Pastoral psychotherapy and relational psychotherapy**

**Required readings:** Cooper-White, part one
Sue & Sue – Chapters 9 and 10

**Presentation readings:** TBA
15th Annual Spirituality and Psychotherapy Lectures:
Shared Wisdom: Intersubjectivity and Use of the Self in Pastoral Psychotherapy
Pamela Cooper-White, PhD.
Friday March 8, 7-9pm
Saturday March 9, 9am-3pm

Week # 7 – 3/12 – Pastoral psychotherapy in practice

Required readings: Cooper-White, part two
Sue & Sue – Chapters 11 & 12

Presentation readings: TBA

Week # 8 – 3/19 – The cultural and collective unconscious

Required readings: Jung, et al. Ed. Parts 1 & 2
Sue & Sue – Chapters 13 & 14 (African American)

Presentation readings: Close – Ceremonies for spiritual healing & growth
Darnton – Mesmerism and the end of the enlightenment in France (ch.1, 2)
Downing – Women’s mysteries

Easter break: March 25-29 – no class 3/26

Week # 9 – 4/2 - The cultural and collective unconscious

Sue & Sue – Chapters 15 & 16 (Indian & Asian)

Presentation readings: TBA

Week #10 – 4/9 – Varieties of 20th century psychotherapy

Required readings: Frank & Frank, Persuasion and Healing, chapters 1-6
Sue & Sue – Chapters 17 & 18 (Latinos, Multiracial)

Presentation readings: Brody, Placebos and the Philosophy of Medicine
Perrone, ed. Medicine women, curanderas and women doctors
An Essay on Healing: Due 4/16 or 4/23

Week #11 – 4/16 - Varieties of 20th century psychotherapy

Required readings: Frank & Frank, Persuasion and Healing, chapters 7-12
Sue & Sue – Chapters 19 & 20 (Arab and Jewish)
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, *Psycho synthesis*, “Self-realization and psychological disturbances”
Miller – *The Hunger for Healing* (the 12 Steps – the spirituality of AA

**Last date for book reviews**

**Week # 12 – 4/23 – Depth psychology and theology**

**Required readings:** Ulanov & Dueck
Sue & Sue – Chapter 21 & 22 (Immigrants, GLB T)

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

**Week #13 – 4/30 - Depth psychology and theology**

**Required readings:** Ulanov & Dueck
Sue & Sue – Chapters 23-26

**Last date for presentations**

**Week #14 – 5/7 – Summing up – Final course discussion and celebration**

Best wishes for a restful summer,

Felicity Kelcourse