

## **AI 239 TRANSPERSONAL PSYCHOLOGY; A HOLISTIC APPROACH TO HEALING - Spring 2006**

**Faculty:** Carol Friedman, 2859 Central #242, Evanston, IL 60201-1234; (847) 866-9692 Fax: (847) 866-9674;  
E-Mail: cfriedma@sbcglobal.net

**Location:** O'Hare Campus, Saturdays; March 25th, April 8th & 22nd, May 6th & 20<sup>th</sup>; 9 am – 4 pm.

**Course Description:** Transpersonal Psychology differs from other schools of psychology by defining health as an integration of the physical, mental, emotional, spiritual, and social aspects of human beings. This class provides an introduction to the basic theory of this more expansive model of psychology, explores the meaning and implications of spirituality, consciousness, and health, and offers students an opportunity to assess their own level of wellness according to the transpersonal model.

### **Competencies:**

A-3-B: Can explore a model of spiritual development and apply it to oneself or others.

You will achieve this competence by learning several theories of human development including transpersonal, which incorporates spiritual development as one aspect of overall human growth. You will have the opportunity to reflect on your own development and will learn practices that enhance spiritual growth and skills for utilizing them yourself or with others.

H-3-F: Can understand the interrelationship among intellectual, psychological, spiritual, and physical health in one's own life.

You will achieve this competence by learning basic transpersonal theory and completing a self-scoring assessment instrument designed to enhance awareness and measure your level of expression and balance in these areas.

S-3-B: Can assess health care practices based on an understanding of the biological and social factors that contribute to definitions of health.

You will achieve this competence by learning how various models of health and healing (western approach and eastern approach) differ in their definition of health, the practices they employ, and the underlying biological, social (cultural), and environmental factors contributing to their differences.

FX: To be negotiated between student and faculty.

### **Faculty:**

Carol Friedman is a member of the visiting faculty at SNL. She has an M.A. from the Institute for Transpersonal Psychology and numerous certifications in Mind-Body disciplines. She has a wealth of experience teaching transpersonal principles as an employee assistance counselor, corporate consultant and trainer, director of mental health and addiction treatment programs, and in private psychotherapy, life-coaching, and bodywork practices.

### **Learning Activities:**

Didactic lectures, large and small group exercises, selected readings in texts and additional handouts, experiential exercises in guided imagery, meditation, dream work, and other transpersonal practices as well as one field assignment. Brief self-reflective papers and journaling are an integral part of the class. This class is highly experiential. Students anticipating numerous absences should reconsider registration.

### **Required Texts:**

*The Inward Arc: Healing in Psychotherapy and Spirituality*, Frances Vaughan  
*Wellness Index*, John Travis M.D.

**Assignments:**

- 1.) Reading assignments in texts and additional handouts. Quiz on readings. (10%)
- 2.) Attendance at a minimum of one twelve step meeting. A short reflection paper will be required. (20%)
- 3.) Maintain an on-going journal /assigned worksheets (20%)
- 4.) Final worksheet and brief “Integrative” paper as evidence of competence development. (25%)

**Class attendance and participation is an integral part of this course, comprising 25% of overall grade. Students who anticipate missing classes should reconsider registration.**

**Attendance Policy:**

When it is necessary to miss a class it is the student’s responsibility to:

- Notify instructor by phone or E-mail in advance of absence (if known) or within 24 hours of absence.  
*Points will be deducted from Class Participation grade for failure to notify instructor.*
- Obtain lecture notes, handouts, and assignments from another student or the Blackboard website.
- Whenever possible, submit any assignments due on the day of the missed class in advance of absence.  
*Points will be deducted on assignments submitted late.*

**Return of Submitted Assignments:**

Whenever possible, assignments will be returned as soon as possible. Students wishing to have Final assignments returned via U.S. mail are asked to provide a self-addressed, stamped envelope.

**Criteria for Assessment:**

Assessment of student’s work will be in accordance with specific information reviewed in class. Instructor assessments will embody the qualities of clarity, integrity, flexibility, and empathy.

**This course will be conducted in accordance with the Academic Integrity Policy of DePaul University**

**Course Outline** (subject to change)

Week #1: Review syllabus, goals, and assignments. Introduction to Transpersonal Psychology; history and definitions. Implications of Consciousness for healing.

Week #2: Self-concept, Transpersonal Self, Observer-Self, Introduction to Spirituality in Healing. Integrative Model of Human Nature.

Week #3: Stanislav Grof’s theories re: Consciousness, Coex Systems, Perinatal Matrices. Altered States and Healing.

Week #4: Spirituality, Spiritual Emergencies, Addiction as Spiritual Emergency.

Week #5: Transpersonal therapeutic practices, dreams, meditation, intuition, breathwork.