

**P-632: FOUNDATIONS OF HEALING**

*Christian Theological Seminary  
Pastoral Theology and Psychology*

**Tuesdays 2:15-5**

Fall 2010

**Felicity Brock Kelcourse, Instructor**

Office 244 – Hours by appointment

Tel: (317) 931-2354, 255-2655 (vm)

E-mail: [fkelcourse@cts.edu](mailto:fkelcourse@cts.edu)

**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:** (all available on reserve)

**Required texts:**

Week 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*

## **P-632: FOUNDATIONS OF HEALING**

- 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 11 - Ulanov, A. (2004) – *Spiritual aspects of clinical work*  
Week 12 – Johnson, S. (2010) – *Hold me tight*

### **Suggested Presentation Texts:**

- Achterberg - *Woman as healer*  
Armistead – *God images in the healing process*  
Barstow – *Witchcraze*, ch. 6. “From Healers to Witches”  
Bloom, Jack, Ed. – *Jewish relational care A-Z* (2006).  
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*  
Frank - *Persuasion and healing*  
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*  
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*  
Miller, P. – *Dreams in Late Antiquity*  
Moore - *Carl Jung and Christian spirituality*  
Moore and Meckel, Ed.s – *Jung and Christianity in dialogue*  
Pinn – *Varieties of African American Religious Experience*  
Sanford – *Healing and Wholeness*  
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)

## **P-632: FOUNDATIONS OF HEALING**

### **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.
- 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, then post electronic copies on the course LMS site*; 3) a brief (10-15 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 10/19 or 26**  
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.
- 5) **A Book Review: 20% -- scheduled weekly throughout the semester.**  
This must be a newly released book (2010) that you identify, read and review for publication. Suggested length: 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, as well as posting your final version on LMS. **Please identify a suitable journal or magazine and submit your article (properly formatted) for publication.**
- 6) **An Essay on Healing: 25% – Due 11/30 or 12/7**  
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.**

## **P-632: FOUNDATIONS OF HEALING**

**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:**

2:15-3: Checking in, presentations by class participants including group discussion.

3:00-3:15 break

3:15-4: Sharing reading notes, lecture and discussion.

4-4:15 break

4:15-5: Video illustrations of course material, guest speakers and/or further lecture and discussion.

## **COURSE OUTLINE**

### **Week # 1 – 8/31 - Introduction to course material and each other.**

Sign up for reading notes, presentations and book reviews

### **Week #2 – 9/7 – Shamanic healing as precursor to many traditional and contemporary understandings of healing.**

Required readings: - *Shamanism* (1993) Edited by Shirley Nicholson

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

Shamanism video

### **Week # 3 – 9/14 – Dreams in pre-Christian antiquity**

Required readings: Meier, especially Ch.s 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

**Tuesday 9/21 – NO CLASS** – plan a visit to the library to do research for books reviews, presentations, etc.

## **P-632: FOUNDATIONS OF HEALING**

### **Week # 4 – 9/28 – Early Christian rituals and traditions of healing**

Required readings: Sanford (126pp.)

Presentation readings:

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...”\*

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 – 10/5 – Medieval approaches to healing**

Required readings: Bolen

Presentation readings:

Clift (159pp.) – esp. ch. 1, 4, 6-8

Ellenberger, ch. 1 (overview)

Whitmont, *The Return of the Goddess*, ch. 11, “The Grail”

Madden, JRH, “Teresa of Avila: the Will and the Weaving”

Von Franz, *Alchemy*, ch. 1

### **Tuesday 10/12 – No class – reading week**

### **An Experience of Healing report Due 10/19 OR 10/26**

### **Week # 6 – 10/19 – Medicine women and witches – women as healers**

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

Presentation readings:

Achterberg

Ulanov, *The Feminine...*

Ulanov, A. *The Witch and the Clown*, ch. 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”

## **P-632: FOUNDATIONS OF HEALING**

### **Meeting # 7 – 10/26 – 18<sup>th</sup> and 19<sup>th</sup> 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

### **Meeting # 8 – 11/2 – Christian Science and faith healing**

Required readings: Otto

Presentation readings:

Frank, ch.4

Mary Baker Eddy reading from *Science and Health*, ch. 1

### **Meeting # 9 – 11/9 – Twentieth century depth psychology: Freud**

Required readings: Freud – the Dora case

Presentation readings: TBA

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)

### **Meeting #10 – 11/16 – Varieties of 20<sup>th</sup> century psychotherapy**

Required readings: Frank, *Persuasion and Healing*, chapters 1-12  
(six chapter minimum)

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

## **P-632: FOUNDATIONS OF HEALING**

**No class 11/23 – Thanksgiving break– Reading Week**

**An Essay on Healing: Due 11/30 or 12/7**

### **Meeting #11 – 11/30–Twentieth century depth psychology**

Required readings: Ulanov, A. (2004) – read two sections of your choice (I-IV)  
All read Coda

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, *Sychoanalysis*, “Self-realization and psychological disturbances”

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

### **Meeting #12 – 12/7 — Twentieth century Emotionally Focused Couples Therapy**

Required readings: Johnson, S (2010) – *Hold me tight*

Presentation readings: TBA – any reading on the theme of attachment theory

### **Meeting # 13 – 12/14 – Final class session – Reflect and review**

#### **Additional topics not covered that could be addressed:**

Jewish rituals and traditions

*Understanding the Occult* – Volney Gay

African, Asian and Other Non-Western Healing Traditions (in addition to Shamanism)

Suggested topics for the future?

***Best wishes for Advent and the New Year***