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HTH 430.01: Health & Mind, Body, Spirit Relationship

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THE UNIVERSITY OF MONTANA
Department of Health and Human Performance
HHP 430: Health & Mind/Body/Spirit Relationship
T/Th 2:40-4:00pm
McGill 135

Semester: Autumn, 2013
Instructor: Robin Mochi
E - Mail: robin.mochi@umontana.edu
Office Hours: By appointment

COURSE DESCRIPTION:

Health & Mind/Body/Spirit Relationship is an exploration of how the body, mind and spirit synergize and mediate health and life outcomes. This class is a combination of lecture, guest presentations, discussion, and experiential learning. *“Every education is a kind of inward journey.” Vaclav Havel*

COURSE OBJECTIVE:

1. provide an overview of mind/body/spirit healing concepts
2. examine the current mind/body/spirit research
3. present and discuss several mind/body/spirit modalities
4. develop mind/body/spirit skills for personal and professional use
5. explore the notion that some healing modalities are not currently scientifically validated

FIVE COURSE REQUIREMENTS (6 graduate requirements):

1. Due to the nature of this course, attendance is required and participation is essential. Participation means showing up and being actively present; discussing topics; engaging yourself and others; being open-minded to topics, presenters and exercises; and completing all assignments. Points will be deducted, up to 20, for lack of the above.
2. In lieu of a textbook, each student is required to read one book (one not previously read) related to the topic of Mind/Body/Spirit throughout the semester. The book will be selected by the student and must be approved by me (by 9/03). Each student will provide an oral synopsis of the selected book.
3. Each student is required to write 5 reaction papers on presenters. Reaction papers are due at the beginning of class following the presentation or via email prior to the start of the following class. Along with each paper, at least two research articles addressing the subject matter will be required; these articles must be read, printed off in full and submitted to me. The articles may be used for class discussion, which could be led by the paper submitter. Therefore, you must know the article's content. If you cannot find research regarding the topic, substitute two other mind/body/spirit research articles.
4. Additional literature assignments and mind/body/spirit activities will be required to review or complete respectively.

5. The final will be a two-paged (word count minimum 450-maximum 500) self-appraisal/self-assessment of your performance in this class. We will discuss this paper later in the semester.

6. **Graduate Credit Only:** Graduate students will be required to research and present a specific mind/body/spirit healing modality, one not previously researched nor practiced. *Modality must be approved prior to research commencement.* Requirements will be discussed in class. (50pts.)

WRITTEN WORK:

All written work/papers will be evaluated according to content, structure and grammar.

Work will be graded on the following:

1. organization and comprehension of the subject
2. creative development of the idea/concept/research
3. clear and concise content
4. grammar and structure
5. assignment requirements

A=designates work of high quality

B=designates work of good quality

C=designates work of minimal quality

D=designates work of poor or incomplete quality, or work that does not meet assigned requirements.

F=designates no work submitted

GRADING:

<u>GRADING:</u>		Undergraduate		
Class Participation	20 pts.	108-120	90-100%	A
Reaction Papers (5 pts each)	25pts	96-107	80-89%	B
Book Summary Presentation	30pts	84-95	70-79%	C
Final Paper	45pts	72-83	60-69%	D
		<72	<60%	F
Total Points	120pts.			

<u>GRADING:</u>		Graduate		
Grad. Presentation	50pts.	156-170	92-100%	A
Total Points	170pts.	141-155	83-91%	B
		126-140	74-82%	C

ACADEMIC MISCONDUCT

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at: http://life.umt.edu/vpsa/student_conduct.php

PROSPECTIVE LECTURE TOPICS

Emotional Intelligence, Thought as Energy, Mindfulness Healing, Meditation's Physiological Effects, The Healing Breath, Mudras, Chakra Therapy, Perceptions Influencing Health, Universal Consciousness, DNA and Mind/Body/Spirit, Heart and Brain Communication, Developing a Personal Practice

TENTATIVE COURSE CALENDAR:

August/September:

Week 1 (8/27)	Introductions, class overview
(8/29)	Intro to mind/body/spirit
Week 2 (9/3)	Intro to Mindfulness and Meditation
(9/5)	Guest Presenter -Julie Rae O'Conner, Thai Massage
Week 3 (9/10)	Meditation
(9/12)	Guest Presenter -Dr. Diana Lurie, Ayurveda
Week 4 (9/17)	Psychoneuroimmunology
(9/19)	Guest Presenter -Phillippa Crawford, EFT
Week 5 (9/24)	Thought and Energy
(9/26)	Guest Presenter —Patrick Marsolek, Hypnotherapy
Week 6 (9/30)	Breath Research and Exercises
(10/3)	Guest Presenter
Week 7 (10/8)	Heart and Healing
(10/10)	Guest Presenter -Neil Chaput de Saintonge, Reiki
Week 8 (10/15)	Lecture
(10/17)	Guest Presenter -Coe Dolven, EMDR and equine assisted psychotherapy
Week 9 (10/22)	Lecture
(10/24)	Guest Presenter -Tamara Rackham, EMF Balancing
Week 10 (10/29)	Oral Book Reports
(10/31)	Guest Presenter
Week 11 (11/5)	Oral Book Reports
(11/7)	Guest Presenter -Dena Saedi, Yoga Therapy
Week 12 (11/11)	Oral Book Reports
(11/14)	Guest Presenter -Patricia Knotts, Acupuncture
Week 13 (11/19)	Oral Book Reports
(11/21)	Oral Book Reports
Week 14 (11/26)	Lecture
(11/28)	No class
Week 15 (12/3)	Graduate Presentations
(12/5)	Graduate Presentations