HTH 430.01: Health & Mind, Body, Spirit Relationship

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Semester: Autumn, 2013
Instructor: Robin Mochi
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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:**

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<th>Undergraduate</th>
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<tr>
<td>Class Participation</td>
<td>20 pts.</td>
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<td>Reaction Papers (5 pts each)</td>
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**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](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:
  (8/29)  (9/5)  (9/12)  (9/19)  (9/26)  (10/3)
  Introductions, class overview  Intro to Mindfulness and Meditation  Meditation  Psychoneuroimmunology  Thought and Energy  Breath Research and Exercises
  (8/29)  (9/5)  (9/12)  (9/19)  (9/26)  (10/3)
  Guest Presenter-Julie Rae O’Conner, Thai Massage  Guest Presenter-Dr. Diana Lurie, Ayurveda  Guest Presenter—Phillippa Crawford, EFT  Guest Presenter—Patrick Marsolek, Hypnotherapy  Guest Presenter
  (10/10)  (10/10)
  Heart and Healing  Guest Presenter—Neil Chaput de Saintonge, Reiki
  (10/10)  (10/10)
  Lecture  Lecture  Lecture  Lecture  Lecture  Lecture
  (10/17)  (10/17)  (10/22)  (10/24)  (10/24)  (10/24)
  Guest Presenter-Coe Dolven, EMDR and equine assisted psychotherapy  Guest Presenter-Tamara Rackham, EMF Balancing  Oral Book Reports  Oral Book Reports  Oral Book Reports  Oral Book Reports
  (10/17)  (10/17)  (10/24)  (10/24)  (10/24)  (10/24)
  Guest Presenter  Guest Presenter  Guest Presenter  Guest Presenter  Guest Presenter  Guest Presenter
  (10/31)  (10/31)  (11/7)  (11/7)  (11/14)  (11/14)
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