*PSYCHOLOGY 6800 N01
Psychology of Mind/Body
Fall 2014

This Course is Fully Online

Please Make Sure You Have the Appropriate Technological Equipment

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Please make appointments with Ms. Victoria Yang vyang@westga.edu

Text: The Cure Within: A History of Mind-Body Medicine by Anne Harrington

The Pocket Guide to Interpersonal Neurobiology by Daniel Siegel

Other Readings are assigned in the Relevant Readings Section on the Content Page.

Other Important Information

http://www.westga.edu/assetsDept/vpaa/Common_Language_for_Course_Syllabi.pdf. It contains important material pertaining to your rights and responsibilities in this class. Because these statements are updated as federal, state, university, and accreditation standards change, you should review the information each semester.

CourseDen: All relevant information pertaining to the course can be found in CourseDen. All work is to be submitted on CourseDen

Course Description

This course is designed to gain a scientific and experiential understanding of the mind-body connection. New disciplines such as behavioral medicine, health psychology, psychoneuroimmunology, Integrative health and some holistic orientations have provided a scientific framework for understanding mind/body interaction. Elements of experiential understanding of this relationship are found in ancient disciplines such as meditation,
yoga, acupuncture and the martial arts. Contemporary research on suggestive therapies, placebo effect, body therapies, dance, massage, fMRI and PET scan studies in neuroscience, and bio and neuro-feedback has offered insight in mind/body understanding.

Various mind/body theories and practices are examined through a variety of readings discussions, and experiential exercises. All of theses are designed to enhance your self-growth.

**Course Objectives**

1. Demonstrate an understanding of what topics are included in a study of Mind/body psychology

2. Demonstrate methodological and conceptual skills for criticizing and interpreting research in mind/body psychology.

3. Demonstrate an understanding of the physiological and psychological aspects of mind/body interaction

4. Learn the mechanisms through which psychological intervention might influence physical disorders. What are the plausible explanations for an influence of the mind on the body?

5. Have an understanding of how the mind/body relationship contributes to the larger discipline of psychology.

6. Engage in a mind/body discipline and develop a framework for articulating benefits for self and others.

7. Demonstrate an understanding of cross-cultural views of the mind/body relationship.

**REQUIREMENTS**

Students are expected to:

a) Read the texts and related materials found in the modules on CourseDen.

I would suggest that you do your reading concurrently along with the PowerPoint in order to get a global understanding of the course. As Siegel notes in the introduction to his book, you can start anywhere. However, I suggest you start at the beginning. While I will not require you to do a lot of memorization, I do want you to have a firm understanding of the concepts. Basically what we are looking at the mind-body integration both
vertically and horizontally. Vertically refers to integrating higher cortical functions with mid-brain limbic (emotional areas). Horizontally refers to integrating left and right hemispheres. Using this as a guide, we can pretty much map on any mind-body function.

b) Approximately every two weeks you will submit a summary of the modules covered in that two-week period. What I am looking for in your paper is a demonstration that you understand the concepts and can respond in a critical way. These submissions are not to exceed three double-spaced pages.

c) Post on CourseDen Everyday an Experiential Account of the experiential exercise you are practicing

d) Write 10 Page paper (APA style) with references describing your personal mind/body Exercise or another one you wish to explore

Evaluations and Grading

Summary Papers = 30% of final grade
CourseDen Experiential Exercise Postings =20% of final grade
Mind/Body Discipline Paper= 50% of final grade

Details

Summary Papers: As stated above, approximately every two weeks, you will submit a paper not to exceed three double-spaced pages summarizing the learning modules for that period. Your response and critique may come from a variety of sources including but not limited to: your texts, posted articles, and discussions that will take place in the discussion areas. You are not required to respond in any particular formal way (i.e. you do not have to attach a word file, you may right inside the text box provided). However, I do want you to observe the normal rules of good writing and grammar.

Mind-Body Experiential Entries: Beginning on September 2 through December 1, you are to make entries in your journal on CourseDen Everyday (excluding weekends, Sat and Sun.) regarding your daily practice of a mind-body Exercise for a total of sixty-five entries. You will be graded on the entries that are made on time in your journal. These entries are only visible to me. If you have an exercise that you practice already, you may continue and write about that exercise. I will provide information on some meditation and breathing techniques that you can use.
Guidelines for writing about your experiential exercise

1. Your entries should be at least a paragraph (approximately four to five complete sentences).
2. Your entries should include a description of what you are experiencing before, during and after your practice.
3. You can deconstruct your experiences to your body, thoughts, and feelings
4. Note any unusual feelings, thoughts, or body sensations
5. Note any changes in eating habits and sleeping and dreaming patterns
6. Note any changes in personal relations and intrapersonal experiences
7. Find a quiet place and make an effort to write in your journal around the same time each day. Remember this practice too is helpful in mind-body integration.

Mind/Body Paper: You are required to choose a mind/body area to research. It can be the same one that you are practicing or a different one. You can choose also among such disciplines as the various meditation techniques, yoga, relaxation methods, Breath work, martial arts, etc. Your final paper will be a description of a Mind/body exercise, and what benefits you think it has for health purposes. The paper should have no less than five references (no more than two from Web). A personal interview can count as one reference. Too the Paper should be five, double-spaced pages not including the reference page. The paper must be written in APA style and saved in MS Word. More information and links can be found on CourseDen.

Important Dates

Journal Entries September 2 through December 1, 2014 this span excludes weekends

Summaries approximately every two weeks: See dates below.

September 3, 2014 Last Day to Withdraw with “W”

Final Paper Dec 3, 2014

Semester Schedule

Aug. 25-Sept. 5 Read Introduction and Chapters 1 and 2 in The Cure Within and View Powerpoints: Mind/Body Introduction and The Power of Suggestion

August 25- September 2: View the modules on Mind/body disciplines and select one to practice for the remaining of the semester. This is the discipline you will practice and report in your daily journal.
September 8-submit your summary covering the readings and power points above

September 8-19: Read Chapters 2 and 3 in The Cure Within and view the power point: *Neuro-Hormonal System*

September 22- Submit your summary covering readings and power points from previous two weeks

September 22-October 3-Read Chapters 4 and 5 in The Cure Within and View Power Point: *Brain Power*

October 6- Submit your summary covering readings and power points from previous two weeks

October 6- October 20- Read Chapters 6 and the Conclusion in The Cure Within (no power points for this period).

October 20- Submit your summary covering readings for the previous two weeks

October 20- November 3-Read Chapters 1-16 in Pocket Guide to Neurobiology and view power point: HPA Axis

November 3-Submit your summary for the readings from the past two weeks

November 3- November 17- Read Chapters 17-32 in Pocket Guide to Neurobiology, also read under Relevant Articles “Psychoneuroimmunology,” and view power point PNI

November 17- Submit your summary for the readings from the previous two weeks

November 17- December 1- Read Chapters 32-43 in Pocket Guide and view power points: Psychopharmacology, Alternative and Complimentary Medicine, and the Placebo Effect

December 3-Submit your summary from the previous two weeks.

*I reserve the right to make reasonable changes to this syllabus*