

**SPECIAL TOPICS IN THE INTEGRATION OF
SPIRITUALITY AND PSYCHOLOGY**

Hsin-hsin Huang, PhD

PST-D587-01

2 Credits

Eight classes, 5:45 to 8:45 p.m.

- Monday, Tuesday, Wednesday—June 4, 5, 6
- Monday, Tuesday, Wednesday—June 11, 12, 13
- Monday, Tuesday—June 18, 19

Description: The course provides opportunities for students to explore selected topics in the integration of spirituality and psychology. These topics include: 1) authentic faith: moving from beliefs to experiences; 2) the impact of one's family of origin on the development of vocational choices and identity; 3) birth order and the formation of self; 4) images and experiences of God; 5) emotionally healthy spirituality; 6) paschal mystery and the dynamics of transformation; 7) trauma and healing; and 8) facilitating self-forgiveness. As the use of self is extremely important for those engaged in the healing, spiritual, and pastoral ministries, students will be invited to examine their own selves through experiential and reflective assignments and class activities. Reading assignments will be drawn from various authors in psychology as well as theology/spirituality.

Objectives: To come to a deeper understanding of the intricate interplay between spirituality and psychology in lived human experiences.

To learn how one's family of origin may shape one's professional identity, images/experiences of God, and faith development.

To deepen one's awareness on the use of self in the healing, spiritual, and pastoral ministries and to identify opportunities and challenges one faces in the context of the helping relationship.

To recognize the dynamics of change and transformation, to identify critical elements in the process of change, and to help facilitate transformation in all forms of pastoral care.

Procedures: Lectures/presentations, class discussions, reading assignments, experiential activities, and written assignments. Final paper will be due on July 15, 2012.

Evaluation: Presence and active participation in class sessions, knowledge of assigned reading materials, and the quality of one's oral and written work will determine the student's grade for the course. To honor students' individual experiences, letter grades will not be used in this course. Students will obtain only a Pass/Fail grade.

Required Texts:

Because this is an intensive summer course, please read the required textbooks prior to the classes if possible.

Beck, Martha. *Finding Your own North Star: Claiming the Life You Were Meant to Live.*

New York, N.Y.: Three Rivers Press, 2001.

Bruteau, Beatrice. *The Easter Mysteries.* New York: Crossroad, 1995.

Scazzero, Peter. *Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ.* Nashville, TN: Integrity Publishers, 2006.

Other articles provided by the Instructor.