

Luther College is a federated college at the University of Regina. Grounded in the liberal arts tradition, Luther College is committed to personalized education in a community of scholars who value excellent teaching and engaged learning. Luther courses are student-centred and open to students from all faculties and federated colleges at the University of Regina.

**Course Number: Psy. 336**

**Course Title: Humanistic Psychology**

**Term/Year: Winter 2018**

**Times and Locations: TR, 10:00-11:15 LC 211.**

**Pre-Requisites/Co-Requisites: Psy. 101, 102, 330 or permission of instructor**

**Instructor Name and Title: Dr. Mary Hampton**

**Office Location: LC 223**

**Email: Mary.Hampton@uregina.ca**

**Phone Number: 306-585-4826**

**Office Hours: Before class or after**

**Teaching Assistants: None**

Any student with a disability who may need accommodations should discuss these with the course instructor, and contact the Coordinator of the Centre for Student Accessibility at 306.585.4631.

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### **Course Description:**

*This course will provide a grounding in the historical roots of humanistic psychology. Major theorists will be presented, with the opportunity of reading original texts. The course will also present some recent developments in the field as well as cross-cultural and transpersonal psychologies which use the humanistic perspective. The course itself will be conducted in a manner congruent with the material and will be experiential and process-oriented.*

### **Instructor's Bio:**

<https://www.luthercollege.edu/university/contact-luther/faculty-staff-director#maryhampton>

### **Learning Objectives and/or Outcomes:**

*Students will learn the historical origins of humanistic psychology as well as modern-day applications. They will develop skills in basic listening and humanistic counseling.*

### **Meta-skills and/or Capabilities:**

*You will develop the ability to critically analyse the field of humanistic psychology, not only as a historical field, but a relevant field for today's world. Through your personal development experience, you will develop the ability to connect and work with the community at large. The talking circles and information on cross-cultural community healing will assist you in learning about Aboriginal healing.*

### **Required Readings or Texts: All books are on reserve in the Luther library**

Rogers, C.R. (1995). A way of being. Boston: Houghton-Mifflin.

Rowan, J. (2001). Ordinary ecstasy: The dialectics of humanistic psychology, 3<sup>rd</sup> ed.. New York: Routledge.

**Optional Reading -- Choose ONE of the following (or a book of your choice approved by the instructor):**

Borysenko, J. (1993). *Fire in the soul: a new psychology of spiritual optimism*. New York: Time Warner.  
(Available in Bookstore)

Brazier, D. (1995). *Zen Therapy: Transcending the Sorrows of the Human Mind*. Toronto: John Wiley & Sons.  
(Available in Bookstore)

Hammerschlag, C. (1998). *The dancing healers: A doctors' journey of healing with Native Americans*. New York: Harper & Row

Katz, R., Biesele, M., & St. Denis, V. (1997). *Healing Makes Our Hearts Happy*. Rochester, Vermont: Inner Traditions.

**Electronic Resources:**

Web site: Division 32 (Humanistic Psychology) American Psychological Association

<http://www.apa.org/divisions/div32/>

**Class Schedule**

*Consider outlining a schedule or pathway for students as they experience the course. Include dates of key evaluation components, reading weeks, and/or scheduled exam periods.*

*Example:*

<b>Week/Module/ Class Dates</b>	<b>Focus/Topic</b>	<b>Activities/Assessments</b>	<b>Readings</b>	<b>Lab Activities</b>
<b>1 Tues, Jan 9</b>	<b>FIRST CLASS</b>	<b>Introductions and overview</b>	<b>Rowan ordinary ecstasy, chapter 1, 2, 3</b>	
<b>2 Thurs, Jan 11</b>	<b>Fundamental Principles of Humanistic Psychology</b>		<b>Rowan, chapter 1, 2, 3</b>	
<b>3 Tues, Jan 16</b>	<b>Guest Speaker</b>	<b>Charyel Logan - Reiki</b>	<b>Rowan chapters 4, 5, 6</b>	
<b>4 Thurs, Jan 18</b>	<b>Guest speaker</b>	<b>Sarah Atcheson – Body talk and nutrition</b>		
<b>5 Tues, Jan 23</b>		Learning circle	<b>Rowan, chapter 8, 9, 10</b>	
<b>6 Thurs, Jan 25</b>	<b>Guest speaker</b>	<b>Kelly Green -- meditation exam questions</b>		
<b>7 Tues, Jan 30</b>	<b>Gestalt Humanistic psychology</b>	<b>Summary of humanistic psychology</b>	<b>The entire Rowan book is fair game.</b>	<b>Learning circle</b>
<b>8 Thurs, Feb 1</b>	<b>Humanistic psychology continued</b>	<b>Learning Circle, Rowan, chapters 14, 16 – Hand in</b>	<b>Rowan, chapters 14, 15</b>	

<b>9 Tues, Feb 6</b>		Your exam questions		
<b>10 Thurs, Feb 8</b>	<b>Exam 1 Rowan and class</b>		<b>Rogers, A Way of Being Rogers, Part I</b>	
<b>11 Tues, Feb 13</b>	<b>Humanistic Counseling continued</b>	<b>Rogers, A Way of Being Rogers, A Way of Being</b>	<b>Rogers, Part I</b>	
<b>12 Thurs, Feb 15</b>	<b>Humanistic Counseling continued</b>	<b>Rogers, A Way of Being</b>	<b>Rogers, Part II</b>	
<b>14 Tues, Feb 27</b>	<b>Humanistic Counseling continued</b>		<b>Rogers Part I</b>	
<b>15 Thurs, Mar 1</b>	<b>Make practice counseling tapes</b>	<b>Assumptions</b>		
<b>16 Tues, Mar 6</b>	<b>Cross-cultural counseling</b>	<b>Make practice Counseling Tapes Hand out exams Video</b>		
<b>17 Thurs, Mar 8</b>	<b>Cross-cultural counseling continued</b>	<b>Video, The Honour of All – part 1</b>  <b>Addictions and community exam Empowerme nt</b>		
<b>18 Tues, Mar 13</b>	<b>Community empowerment continued</b>	<b>Exam 2 to be handed in either in class or by email</b>		
<b>19 Thurs, Mar 15</b>	<b>TBA</b>			
<b>20 Tues, Mar 20</b>	<b>Guest Speaker</b>	<b>Dr. Bill Wynn</b>		
<b>21 Thurs, Mar 22</b>	<b>Guest Speaker</b>	<b>Dr. Bill Wynn</b>		
<b>22 Tues, Mar 27</b>	<b>TBA</b>			
<b>24 Thurs, Mar 29</b>	<b>Class presentations</b>			
<b>25 Tues, Apr 3</b>	<b>Class presentations</b>			
<b>26 Thurs, Apr 5</b>	<b>Class presentations (if required)</b>			
<b>Tues, April 10</b>	<b>LAST DAY OF CLASSES</b>			
<b>Thurs. Apr 17</b>	<b>Papers due</b>			



Examination #2 - based on Rogers – Take Home	30%	Hand In Thurs., March 8
<p><b><i>Research Paper or Class Presentation</i></b></p> <p>This final assignment is an opportunity for you to explore an area in Humanistic Psychology that is particularly meaningful to you. The basis for the research project will be the <b>experiential activity</b> you have chosen for the semester supplemented by theoretical material. Please choose your topic from your optional book choice and supplement your research with additional sources if necessary. Some examples of paper topics are: cross- cultural healing; transpersonal psychology; recovery from addiction, humanistic psychology from a woman's perspective, yoga, meditation, Reiki, lucid dreaming, etc. As we progress through the semester, it will become clear what the parameters are for topic in humanistic psychology. You have the choice of a 10 page (maximum) research paper or a one-half hour class presentation. The 10-page research paper must be presented using APA format and will be due <u>Thursday, April 19</u>. The 1/2 hour class presentation must be scheduled in advance and include a written outline of your talk as well as a reference list. Please speak with me in advance about your paper topic. For the presentations, a handout to be given to your colleagues is very useful.</p>	30%	Thurs, April 18 or one week after last day of class.
<b>Total</b>	<b>100%</b>	

## Professional Conduct & Policies

### Academic Honesty:

*Note the definitions of plagiarism and cheating in §5.14.2.2 of the 2016-2017 Calendar, as well as...if you have any questions about the proper methods of citing sources, the extent to which sources (including internet resources) must be cited, or what might constitute plagiarism, please discuss your questions with your instructor before handing in work!"*

**Late Submission Policy:** *Speak to Dr. Hampton regarding this issue.*

**Attendance Policy:** *Regular and punctual attendance is expected of students in all courses. Students who are persistently tardy or absent or who neglect academic work may be subject to disciplinary action and may be excluded from the final examinations (§5.3 of the 2014-15 Calendar)."*

**Use of Cell Phones:** *Unless you are a doctor or other professional on call, cell phones are to be turned off during class.*

**Think deeply. Act passionately. Live faithfully.**

