

# RELIGION 371: Spirituality, Science and Healing

## *A Cross-Cultural, Historical and Contemporary Review of Theology, Medical Practice, and the Body ~ Mind ~ Spirit Connection*

Fall 2010 – Tuesdays – 4:00 – 6:45 p.m. – August 31<sup>st</sup> thru December 14th

University Center – Sioux Falls

Instructor: Bill Cooper, M.Div., Hospital Chaplain

“Visitor” status is available to non-University students who sit in on the class for a fee of only \$100 + books

This course will review the development of both Western and non-Western theology, science & medical practice as they relate to bringing health and wholeness to human beings as individuals and community.

Each evening’s class will consist of one hour of presentation by a practitioner of a specialized or complementary approach to “traditional” western medicine; one hour of lecture material developed from the resources listed on the back of this flyer; and one hour of discussion based on the assigned texts below.

Call 605-367-5640 with registration questions or to register as a student (for credit), auditor, or “*visitor*” or email [william.cooper@usd.edu](mailto:william.cooper@usd.edu) for more details regarding course content

### Presentations will include

Medicine as an Ethical Enterprise	Tai Chi
Mindfulness Meditation	Creating Optimal Healing Environments
Native American spirituality and healing traditions	Ayurvedic Medicine
Music Therapy	Homeopathy (still looking for a resource)
Healing Touch	Acupuncture ( <i>not demonstrated</i> , though)
Art Therapy	Neuro-Linguistic Training
Guided Imagery / Visualization	Aromatherapy
Nutrition	Humor, Laughter Yoga and beyond . . .

**Additional presentations may be made in areas such as** chiropractic, *InterPlay*, hypnosis, massage, energy medicine, writing / journal therapy, pet / animal therapy, and affirmation therapy

### Readings for Discussion:

The Cure Within: A History of Mind-Body Medicine, by Anne Harrington  
The Anatomy of Hope: How People Prevail in the Face of Illness, by Jerome Groopman, MD  
Love, Medicine and Miracles, by Bernie S. Siegel, MD  
Spiritual Caregiving: Healthcare as Ministry, by Verna Benner Carson, APRN & Harold Koenig, MD  
Health and Healing: The Philosophy of Integrative Medicine & Optimum Health, by Andrew Weil, MD  
The Sacred Art of Dying: How World Religions Understand Death, by Ken Kramer

Nurses, nursing & pre-med students, physicians, social scientists, therapists, clergy, patients, and all interested in improving our understanding and delivery of *whole person* healthcare will find rich insights from these texts and practitioners, who remind us that we truly are “*awesomely and wonderfully made.*”

**Lecture materials are drawn primarily from**

A Brief History of Disease, Science and Medicine, by Michael Kennedy, MD  
Medicine Across Cultures: History and Practice of Medicine in Non-Western Cultures,  
 Eds., Helaine Selin & Hugh Shapiro

A Brief History of Medicine from Hippocrates to Gene Therapy, by Paul Strathern  
Spiritual Dimensions of Nursing Practice, Verna Benner Carson, APRN & Harold G. Koenig, MD, Eds.  
Health, Healing and Religion: A Cross Cultural Perspective, by David Kinsley  
The Scientific Basis of Integrative Medicine, by Leonard A. Wisneski, MD & Lucy Anderson  
Complementary Medicine in Clinical Practice, Eds. D. Rakel, MD & N Faass, MSW, MPH  
The Mind/Body Institute's Clinical Training in Mind/Body Medicine as presented through  
 Harvard Medical School's School of Continuing Education in March 2006

**Other resources include**

Anatomy of an Illness as Perceived by the Patient, by Norman Cousins  
Black Elk Speaks, by John Neihard  
Body Thoughts, by Andrew Strathern  
Broken Body, Healing Spirit: Lectio Divina and Living with Illness, by Mary C. Earle  
Dying Well: Peace and Possibilities at the End of Life, by Ira Byock, MD  
Energy Medicine: The Scientific Basis, by James Oschman  
Final Gifts: Understanding the Special Awareness, Needs and Communication of the Dying, Callanan & Kelley, RNs  
God in Your Body: Kabbalah, Mindfulness and Embodied Spiritual Practice, by Jay Michaelson  
Head First, by Norman Cousins  
Healing and Wholeness, by John Sanford  
Healing from the Source: The Science and Lore of Tibetan Medicine, by Yeshi Dhonden  
Healing with the Mind's Eye, by Michael Samuels, MD  
Help Me to Heal, by Bernie Siegel, MD  
Honoring the Medicine: The Essential Guide to Native American Healing, by Ken Cohen  
Integrative Oncology: Incorporating Complementary Medicine into Conventional Cancer Care, Cohen & Markman  
Kitchen Table Wisdom: Stories that Heal, by Rachel Naomi Remen, MD  
Man's Search for Meaning, by Viktor Frankl  
Meditation Made Easy, by Lorin Roche  
Mind, Music & Imagery: Unlocking the Treasures of Your Mind, by Stephanie Merritt  
My Story: A Wellness Journal, from *Write it Down!* Journals Unlimited, Inc.  
Narrative Medicine: Honoring the Stories of Illness, by Rita Charon  
Paws and Effect: The Healing Power of Dogs, by Sharon Sakson  
Peaceful Dying, by Daniel R. Tobin, MD  
Perfect Health: The Complete Mind Body Guide, by Deepak Chopra, MD  
Power vs. Force, by David R. Hawkins, MD  
Recovering the Soul: A Scientific and Spiritual Search, by Larry Dossey, MD  
Reinventing Medicine: Beyond Mind-Body to a New Era of Healing, by Larry Dossey, MD  
Rituals for Living and Dying: Turn[ing] Loss & the Fear of Death into an Affirmation of Life, Mayo & Feinstein  
Roots of Healing: The New Medicine, by Andrew Weil, MD  
Spirituality in Nursing, by Mary Elizabeth O'Brien, RN  
The Healer's Calling: A Spirituality for Physicians & Other Health Care Professionals, by Daniel Sulmasy, OFM, MD  
The Healing Brain, by Robert Ornstein and David Sobel, MD  
The Healing Energies of Music, by Hal Lingerman  
The Healing Path: A Soul Approach to Illness, by Marc Ian Barasch  
The Healing Power of Faith: How Belief and Prayer Can Help You Triumph Over Disease, Harold Koenig, MD  
The Healing Power of Pets: Harnessing the Amazing Ability of Pets to Make & Keep People Happy & Healthy, Becker  
The Man Who Listens to Horses, by Monty Roberts  
The Tibetan Book of Living and Dying, by Sogyal Rinpoche  
The Way of Qigong: The Art and Science of Chinese Energy Healing, by Ken Cohen  
Timeless Healing: The Power and Biology of Belief, by Herbert Benson, MD  
When Sickness Heals, by Siroj Sorajjakool  
Wherever You Go There You Are: Mindfulness Meditation in Everyday Life, by Jon Kabat-Zinn  
Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives, by Louise DeSalvo  
Writing out the Storm: Reading and Writing Your Way through Serious Illness or Injury, Barbara Abercrombie  
Yoga for Wellness, by Gary Kraftsow and Yoga as Medicine, by Timothy McCall, MD