

Endicott College
Beverly, MA

Psychology of Spirituality
PSY360
Summer 2020
(This syllabus is subject to change.)

Faculty: Dr. Jan Wall

Contact Information: jwall@endicott.edu; 617.515.8896 (always best to email - will always respond within 72 hours, but usually within 24 hours).

I will be online at least every Monday, Wednesday, and Friday, generally in the morning hours. If you have general questions, please begin a new threaded discussion post with 'Help' in the subject line/title as others in the class may have similar questions. *If you have questions of a sensitive nature, please email me directly.*

Required Reading

All articles will be posted in Canvas under 'Files'. Many of these articles are complex. I suggest reading them with the intention of beginning to understand some concepts and terminology related to psychology/spirituality without getting caught up in the language or details.

Text:

Wall, J. (2013) *The Answers Within: Your Intuition* is Calling* (can be purchased at www.possibilitydetectives.com)

(*for the sake of this course, interpret intuition to be interchangeable with spirituality)

Articles (Posted in Canvas under 'Files')

Davis, D., Hook, J., Worthington, E., VanTongeren, D., Gartner, A., & Jennings, D. (2010)

Relational spirituality and forgiveness: Development of the Spiritual Humility Scale (SHS), *Journal of Psychology and Theology*, 38(2), 91-100

Lancaster, B. & Palframan, J. (2009) Coping with major life events: The role of spirituality and self-transformation. *Mental Health, Religion & Culture*, 12(3), 257-276

Land, H. (2015) *Spirituality, Religion and Faith in Psychotherapy*. Chicago, IL: Lyceum Books
pp 20-24 & pp 43-50

Jong, H. (2013) Mindfulness and spirituality as predictors of personal maturity beyond the influence of personality traits. *Mental Health, Religion & Culture*, 16(1), 38-57

Miovic, M. (2004) An Introduction to Spiritual Psychology: Overview of the Literature, East and West, *Harvard Review of Psychiatry*, 12(2), 105-115

Siegel, D. (2009) Mindful awareness, mindsight, and neural integration. *The Humanistic Psychologist*, 37, 137-158

Strohl, J. (1998) Transpersonalism: Ego meets soul, *Journal of Counseling & Development*, 76, 397-403

Course Description: We will survey the theory and research in the field of Transpersonal Psychology that is the interface of psychology and the spiritual disciplines. We will also explore applications with emphasis on meditation, psychotherapy and ritual.

Course Goals: Students will be able to describe some of the important theories and applications of the psychology of spirituality and will have some direct exploration and experience of the subject matter (i.e. through meditation).

Expectations/Grading:

Weekly Expectations

Each unit begins on Tuesday and runs through the following Monday. Students are expected to make an initial posting to threaded discussion no later than midnight Thursday. This will allow classmates to read your message and respond. Each student must also respond to at least one other posting no later than midnight Saturday.

Those are the deadlines for posting, however keep in mind that the earlier in the week you post and respond to your classmates, the livelier the discussion will be (and the less stressed you'll feel towards the end of the week).

Netiquette Expectations (<http://albion.com/netiquette/corerules.html>)

- Review posted comments and content before you dive in with a reaction or response.
- Remember to humanize your written comments since the body language is absent. You can do this by being mindful of your intention for posting the comment and in carefully choosing your language.
- Be forgiving of other people's mistakes.
- Be tactful and aware of your tone – it is easy to misinterpret intent online.

Papers:

- All writing assignments are to be emailed directly to the instructor (jwall@endicott.edu). They will be returned with comments in a timely manner.
- Quality - Students must exhibit a clear understanding of organization, clarity, in-depth thinking, formatting/mechanics (spelling, punctuation, etc), use of quotations/references to sources, and correct and complete use of APA style of documentation of sources.

Here are several simple cheat sheets that will be useful in this class, as well as your future classes!

[APACheatSheet.pdf](#) 

[Hacker-Mira-APA.pdf](#) 

- Due dates: Papers are due to instructor on the dates noted on the syllabus and assignment map, unless accommodations have been made, and paperwork completed, through the Center for Teaching and Learning. Late papers are marked down: an assignment turned in up to three (3) days late is marked down one full letter grade. ***Assignments will not be accepted more than one (1) week past a due date.*** Plan to submit work on time.

Grading:

- Online Participation 30% Each week you will be asked to post your own (initial) response to a posted question, and to reply to at least one other student's initial response. **(Be sure to read the Discussion Board Rubric for what is expected. Meaningful and rich responses are expected.)**
- Weekly Homework Assignments 50% (Weeks 1 through 5)
- Final Reflection/Research Paper 20% (Week 6 assignment – due 8/30)
 - See below for what will be expected. Begin to form (and keep track of) thoughts and ideas early.
- You will write a 6-8 page paper* which is both reflective (your personal thoughts, feeling) and research (cite at least 4 course articles and *The Answers Within*). Detailed instructions will be provided later but general questions I may ask about:
 - your understanding of the psychology of spirituality prior to taking this course, and then if there were changes (what were they)
 - how your background informed your ideas and feelings about spirituality
 - any new understanding about the concepts of faith, belief, religion, spirituality, etc.
 - specifics about some of the concepts you will be learning/discussing throughout the course (neuroplasticity, contemplative practice, disorienting dilemmas, and others) – these should be supported by citing course readings
 - how the Hero's Journey (Week 6 video) relates to the course concepts.

* double spaced, Times New Roman 12 pt font, 1" margins, no cover page (but be sure to include your name and the date). Correct citations, spelling, and grammar will be taken into consideration. Read and re-read your paper carefully before sending.

6 Week OUTLINE

(I will open weekly units on the Sunday prior to the next week's course offerings)

Week 1: Introduction to Psychology of Spirituality (this week is detailed in the syllabus, others will be detailed online)

- **Read:**
 - Land (***Spirituality**, Religion and Faith in Psychotherapy*), pp. 20-24
 - Miovic (*An Introduction to Spiritual Psychology*)
- **Post:** (By Thursday, 7/18, midnight):
 - Go to Week 1 Discussion - Introduction. Create a new Discussion thread by clicking on '+ Discussion' in the upper right corner. Write an introduction about yourself (your major, where you are in your program, anything to help us get to know you better) and your personal understanding, relationship, thoughts about spirituality. Include how your background (family, schooling, religion, culture, etc) informed your ideas and feelings about spirituality
 - Tell us why you have chosen to take a course on Spirituality (it's fine to say it was to fulfill a requirement)
 - Keep in mind the word god/God and spirituality can be defined in whatever way you wish. Respect others perspectives regarding spirituality.
- **Respond** (by Saturday, 7/20, midnight):
 - Respond to at least one other student's introductory post.
 - Try to respond to ones that have not been responded to.
 - **Review the Online Discussion Rubric and Netiquette guides** posted in myEndicott (under Resources)
 - 30% of your grade will come directly from your online posts, both initial and responses to others posts.)
- **Due** (to Instructor by Tuesday, 7/23, midnight):
 - In your own words, what do each of the words below mean to you? Which ones, and why, most resonate with you. Refer to Land pp 20-24 and the Miovic readings for some of the definitions (but restate whenever possible in your own words, which ones resonate more for you – maybe all – and why?)
 - Keep to short answers – no more than as sentence or two for each.
 - Terms:
 - Faith
 - Religion
 - Belief
 - Spirituality
 - Theism
 - Atheism
 - Agnosticism
 - Perception
 - Pragmatic
 - Solipsistic
 - Soul
 - Consciousness

Week 2: Spirituality Myths, Transpersonal Psychology, Transcendence, Awareness (specifics for Week 2-6 will be posted directly onto myEndicott)

- **Read:** Wall, *The Answers Within* Chapters 1 & 2
- **Read:** Strohl, *Transpersonalism: Ego Meets Soul*
- **View:** Deepak Chopra video: <https://www.youtube.com/watch?v=BKto8nIK8Ik>

Week 3: Neuroplasticity, Contemplative Practice (Mindfulness), Spirituality

- **Read:** *Answers Within* Chapter 3 (Intuitive/Spiritual Brain on Present Moment Awareness)
- **Read:** Land, *Spirituality, Religion and Faith in Psychotherapy*, pp 43-50
- **Read:** Siegel article: *Mindful Awareness, Mindsight, and Neural Integration*

Week 4: Spirituality and Forgiveness

- **Read:** Wall, *The Answers Within* Chapter 5 (Forgiveness: Is It Always Right or Required)
- **Read:** Davis, et al. *Relational Spirituality and Forgiveness – Development of the Spiritual Humility Scale (SHS)*
- **View:** YouTube video on Forgiveness: <https://www.youtube.com/watch?v=bKQA6I4BA7o>

Week 5: Chaos, Disorienting Dilemmas, and Spirituality

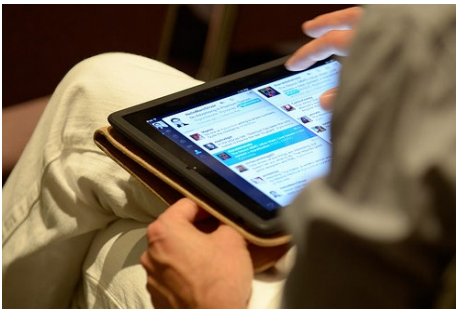
- **Read:** Wall, *The Answers Within* Chapter 7 (Being on the Edge)
- **Read:** Lancaster & Palframan, *Coping with Major Life Events – The Role of Spirituality and Self-Transformation*

Week 6: *Your Spiritual Journey*

- **Read:** Jong, *Mindfulness and Spirituality as Predictors of Personal Maturity Beyond the Influence of Personal Traits*.
- **View:** The Hero's Journey <https://www.youtube.com/watch?v=KGV1BvnyvGo>

Honor Code: You are bound by an honor code of student conduct for all of your graded work in this course. Accept and give no assistance on any of the graded assignments for the course except when/if assigned to do group. Your name on your assignments and tests is your pledge that you abided by the honor code.

ADA policy. If you as a student qualify as a person with a disability as defined in Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), you are strongly encouraged to register with the Center for Teaching and Learning. The Center for Teaching and Learning is located in the Diane M. Halle Library, room 201, and online at www.endicott.edu/academicresources. Once registered with the Center for Teaching and Learning, it is your responsibility to present your accommodation letter to your instructor at the beginning of each semester.



If you run into problems with technology there are some resources at the Van Loan School at Endicott College:

Canvas HELP DESK: On the upper right tab of your home page is 24 hour Canvas help. Please use this 24 hours a day.

Call IT: (978) 232-2072

Email IT: support@endicott.edu

Link to Help Desk: <http://www.endicott.edu/About/Admin/IT/Help-Desk.aspx>