



Syllabus



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PSY-440: Psychology and Spiritual Formation

Written by:

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Course Description

This course is a synthesis of spiritual and psychosocial development, including spiritual formation as a part of individual and relational developmental theories. Spiritual disciplines and practices of spiritual direction that contribute to healthy psychosocial-spiritual development are emphasized.

Credit Hours: 3

Prerequisite Courses: None

Prerequisite Skills and Knowledge: None

Course Outcomes

Upon completion of this course, you should be able to:

1. Describe the foundational models and biblical principles of spiritual formation.
2. Discuss the practice of spiritual direction and the psychotherapeutic process.
3. Compare and contrast psychosocial development and spiritual formation theories.
4. Examine the interrelationship between spiritual growth practices and healthy psychosocial development.
5. Apply a set of spiritual practices and disciplines to a personal growth plan.

Course Textbooks

Hall, T. W., & McMinn, M. R. (Eds.). (2003). *Spiritual formation, counseling, and psychotherapy*. Hauppauge, NY: Nova Science Publishers, Inc.

Scrapper, R. L. (2009). *Franklian psychology and Christian spiritual formation*. Lima, OH: Wyndham Hall Press.

Frankl, V. E. (2006). *Man's search for meaning*. Boston, MA: Beacon Press.

Course Technology

- Computer with Internet connection

Grading Scale

Grade	Quality Points Per Credit	Percentage	Score
A	4.0	95%–100%	950–1000
A-	3.7	92%–94.9%	920–949
B+	3.3	89%–91.9%	890–919
B	3.0	85%–88.9%	850–889
B-	2.7	82%–84.9%	820–849
C+	2.3	79%–81.9%	790–819
C	2.0	75%–78.9%	750–789
C-	1.7	72%–74.9%	720–749
D+	1.3	69%–71.9%	690–719
D	1.0	65%–68.9%	650–689
F	0.0	0%–64.9%	0–649

Grading Policies

Your grading policy for your course depends on your school and program. Your grading policies can be found in the IWU Catalog.

Letter Grade Equivalencies

Grade	Description of Work

A	Clearly stands out as excellent performance. Has unusually sharp insights into material and initiates thoughtful questions. Sees many sides of an issue. Articulates well and writes logically and clearly. Integrates ideas previously learned from this and other disciplines. Anticipates next steps in progression of ideas. Example "A" work should be of such nature that it could be put on reserve for all cohort members to review and emulate. The "A" cohort member is, in fact, an example for others to follow.
B	Demonstrates a solid comprehension of the subject matter and always accomplishes all course requirements. Serves as an active participant and listener. Communicates orally and in writing at an acceptable level for a graduate student. Work shows intuition and creativity. Example "B" work indicates good quality of performance and is given in recognition for solid work. A "B" should be considered a good grade and be awarded to those who submit assignments of quality less than the exemplary work described above.
C	Quality and quantity of work in and out of class are average. Has marginal comprehension, communication skills, or initiative. Requirements of the assignments are addressed at least minimally.
D	Quality and quantity of work are below average. Has minimal comprehension, communication skills, or initiative. Requirements of the assignments are addressed at below-acceptable levels.
F	Quality and quantity of work are unacceptable and do not qualify the student to progress to a more advanced level of work.

Course Summary

Workshop	Discussion*	Assignment*	Journal*	Total Points
Workshop One	2/60	1/80	1/40	180
Workshop Two	2/60	1/80	1/40	180
Workshop Three	2/40	2/100	1/40	180
Workshop Four	2/60	1/80	1/40	180
Workshop Five	2/60	2/80	1/40	280

Course Totals	10/280	7/520	5/200	1000
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* Number of Activities/Sum Point Totals

Course Assignments

Workshop One

Title	Due Dates	Time	Points
1.1 Discussion: Awakening to Longing	Initial post due by the end of the fourth day of the workshop; one response due by the end of the workshop	1 hour	10
1.2 Assignment: Reflection: Hope and Meaning	Due by the end of the workshop	8 hours	40
1.3 Discussion: Hope and Meaning	Initial post due by the end of the third day of the workshop; two responses due by the end of the workshop	6 hours	50
1.4 Assignment: Experiential Essay: Finding Meaning in Difficult Circumstances	Due by the end of the workshop	3 hours	80
1.5 Reading: Suggested Optional Readings: Deeper Reflection into Workshop One	N/A	0	0
Totals		18 hours*	180

*These times are only estimates. Actual assignment completion times will vary.

Workshop Two

Title	Due Dates	Time	Points
2.1 Discussion: Awakening to Hope and Help	Initial post due by the end of the fourth day of the workshop; one response due by the end of the workshop	1 hour	10
2.2 Assignment: Reflection: The Meaning of Suffering	Due by the end of the workshop	4 hours	40
2.3 Discussion: Finding Meaning in Adversity	Initial post due by the end of the third day of the workshop; two responses due by the end of the workshop	5 hours	50

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2.4 Assignment: Experiential Exercise: Apply Your Creativity	Due by the end of the workshop	8 hours	80
2.5 Reading: Suggested Optional Readings: Deeper Reflection into Workshop Two	Due by the end of the workshop	0	0
Totals		18 hours*	180

*These times are only estimates. Actual assignment completion times will vary.

Workshop Three

Title	Due Dates	Time	Points
3.1 Discussion: Awakening through Maturation: The Declaration	Initial post due by the end of the third day of the workshop; one response due by the end of the workshop	1 hour	10
3.2 Assignment: Reflection: Wholeness Is Holiness (Friel)	Due by the end of the workshop	5 hours	40
3.3 Discussion: Wholeness Is Holiness	Initial post due by the end of the third day of the workshop; two responses due by the end of the workshop	3 hours	30
3.4 Assignment: Wholeness Is Holiness: Presentation	Due by the end of the workshop	4 hours	40
3.5 Assignment: Attachment to God Self-Inventory	Due by the end of the workshop	5 hours	60
3.6 Reading: Suggested Optional Readings: Deeper Reflection into Workshop Three	Due by the end of the workshop	0	0
Totals		18 hours*	180

*These times are only estimates. Actual assignment completion times will vary.

Workshop Four

Title	Due Dates	Time	Points
4.1 Discussion: Awakening to Life	Initial post due by the end of the fourth day of the workshop; one response due by the end of the workshop	1 hour	10

4.2 Assignment: Reflection: Dark Night of the Soul	Due by the end of the workshop	5 hours	40
4.3 Discussion: Gratitude	Initial post due by the end of the third day of the workshop; two responses due by the end of the workshop	4 hours	50
4.4 Assignment: Spiritual Growth Plan–Using the Meaning Matrix: Part 1	Due by the end of the workshop	8 hours	80
4.5 Reading: Suggested Optional Readings: Deeper Reflection into Workshop Four	Due by the end of the workshop	0	0
Totals		18 hours*	180

*These times are only estimates. Actual assignment completion times will vary.

Workshop Five

Title	Due Dates	Time	Points
5.1 Discussion: Awakening to Love: The Prayer of Jesus	Initial post due by the end of the fourth day of the workshop; one response due by the end of the workshop	1 hour	10
5.2 Assignment: Reflection: One Another	Due by the end of the workshop	3 hours	40
5.3 Discussion: One Another	Initial post due by the end of the third day of the workshop; two responses due by the end of the workshop	4 hours	50
5.4 Assignment: Personal Growth Plan Using the Meaning Matrix—Part 2	Due by the end of the workshop	8 hours	140
5.5 Assignment: Unitive Prayer	Due by the end of the workshop	2 hours	40
5.6 Reading: Suggested Optional Readings: Deeper Reflection into Workshop Five	Due by the end of the workshop	0	0
End of Course Survey	Due by the end of the workshop	15 minutes	10 Extra Credit Points
Totals		18 hours*	280

*These times are only estimates. Actual assignment completion times will vary.

Course Development Resources

Akita, L. G. (2015). Pearls of wisdom: Great mind. Retrieved from

<https://www.goodreads.com/work/quotes/45089802-pearls-of-wisdom-great-mind>

Ball, M. (n.d.). The Olivier Messiaen page. Retrieved from

<http://www.oliviermessiaen.org/messiaen2index.htm>

Bible: New international version life application study Bible. Hebrews 11:13–16, John 1:17, 1 Peter 1:22, Psalm 23:1-4, Romans 8:18–25.

Bishop, R. (2015). Transformation keys: The attitude of gratitude. *Huffpost Healthy Living*.

Retrieved from http://www.huffingtonpost.com/russell-bishop/transformation-keys-the-a_b_144223.html

Calhoun, A. (2005). *Spiritual disciplines handbook: Practices that transform us*. Downers Grove, IL: Intervarsity Press.

Chandler, C. K., Holden, J. M., & Kolander, C. A. (1992). Counseling for spiritual wellness: Theory and practice. *Journal of Counseling & Development*, 71(2) 168–175.

Chen, M. (November 29, 2011). Messiaen: Quartet for the end of time [Video]. [Recorded by Trio Oriens]. Retrieved from https://www.youtube.com/watch?v=zYpBHc8px_U

Grof, C., & Grof, S. (n.d.). The stormy search for the self. L. Cornett (Ed.). Retrieved from

<http://www.creativespirit.net/learners/counseling/docu35.htm>

Dennis, D. (n.d.). Spiritual formation: A journey towards Christlike transformation. Retrieved from

<https://seminary.ashland.edu/media/the-table/16/spiritual-formation-a-journey-towards-christlike-transformation>

Ferguson, D. (2015, March). 5 Stages of spiritual awakening [Web log post]. *Leadership Journal*.

Retrieved from <http://www.christianitytoday.com/le/2015/march-online-only/5-stages-of-spiritual-awakening.html>

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- Friel, J. (n.d.). Reflection on psycho-spiritual development. Retrieved from <http://daneoservices.weebly.com/refection-on-psycho-spiritual-development-john-friel-cp.html>
- Gallagher, W. (2001). *Spiritual genius: The mastery of life's meaning*. New York: Random House.
- Gilbert, E. (February 9, 2009). Your elusive creative genius [Video]. Retrieved from <https://www.youtube.com/watch?v=86x-u-tz0MA&feature=youtu.be>
- Helliwell, T. (2014). Stages in our soul's growth. *Spiritual Transformation—International Institute for Transformation*. Retrieved from <http://www.iitransform.com/2014/07/stages-in-our-souls-growth/>
- Jent, G. A. (n.d.). Spiritual formation: Or, the development of faith. *Torch Trinity Journal*. pp. 62–81. Retrieved from http://www.ttgst.ac.kr/upload/ttgst_resources13/20123-122.pdf
- Jones, R. (2013). The prayer of Jesus: John 17.1 [Video]. Retrieved from <https://www.youtube.com/watch?v=HCXlmbx0K1o>
- Lewis, C. S. (1980). *The weight of glory*. New York, NY: Harper Collins.
- LifespanLearning LA. (2009). Search for meaning in life today with Viktor Frankl [Video]. Retrieved from https://www.youtube.com/watch?v=Y_Cey-UZX-E
- Louw, D. (2014). *Wholeness in hope care: On nurturing the beauty of the human soul in spiritual healing*. Zurich: LIT Verlag GmbH & Co.
- McLeod, S. (2013). Erik Erikson. *Simply Psychology*. Retrieved from <http://www.simplypsychology.org/Erik-Erikson.html>
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- Olsen, J. (2015). Jeff Olsen near death experience story at IANDS [Video]. *Alive Again TV Series*.

International Association of Near Death Studies – 2015 IANDS Conference. Retrieved from <https://www.youtube.com/watch?v=VeuDjXIMHCg>

Proctor, M. T., Miner, M., McLean, L., Devenish, S., & Bonab, B. G. (2009). Exploring Christians' explicit attachment to God representations: The development of a template for assessing attachment to God experiences. *Journal of Psychology and Theology*, 37(4), 245–264.

Raoofi, N. (2013). My shoes [Video]. Retrieved from <https://www.youtube.com/watch?v=SolGBZ2f6LO>

Saint John of the Cross. (n.d.). Spiritual canticle. Retrieved from http://www.catholictreasury.info/books/spiritual_canticle/cn_33.php

Stevenson, M. (1994). Footprints in the sand. Retrieved from

Reflect in ePortfolio

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Activity Details

Completion Summary



Task: View this topic