

Humanistic & Transpersonal Psychology

PSYC 365

**Spring Semester 2014
Sierra Nevada College
Incline Village, NV**

Instructor - Donna Axton

SYLLABUS & COURSE OUTLINE - DONNA AXTON - Spring 2014
Sierra Nevada College
CRN 10093

Course Code	PSYC 365, Section 1
Course Title	Humanistic and Transpersonal Psychology (3 credits)
Term and Year	Spring 2014
Course Reference Number	10093

Instructor	Donna Axton
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Office	DA 101
Office Hours	Monday - Wednesday 1:00 - 2:00

Class Meeting Time	Tuesday, Thursday 10:00-11:15 a.m.
Location	PA 213

Prerequisite	PSYC 101
Corequisite	None

Required Texts

Man's Search for Meaning by Viktor Frankl
To Have or To Be by Erich Fromm
Ego and Archetype by Edward Edinger
Toward a Psychology of Being by Abraham Maslow

Course Description: Personal growth and human potential of the Humanistic and Transpersonal “schools” of Psychology are explored. Major theories examined from a scientific point of view. Implications for responsible personal practices of growth and higher consciousness. Students critique and apply systematic theories and modes (e.g. Maslow, Fromm, Frankl, Rogers, Jung) and explore popular practices of consciousness-raising.

Student Outcomes:

Upon successful completion of this course, a student will:

1. Describe and critique the major theories in the fields of Humanistic and Transpersonal psychology.
2. Describe how these theories differ from those of more “mainstream” psychologies (e.g. Behaviorism, Freud)
3. Explain the implications of these differences
4. Apply principles and practices of Humanistic and Transpersonal psychologies to better understand and to improve their own lives.

Methods of Assessing Student Outcomes

Students are expected to show knowledge of the subject matter and understanding of class material and demonstrate that knowledge in the following ways:

Daily response papers

Quizzes

Reports

Essay mid-term exam and final exam

Final project presented to class applying concepts or theory to life issues.

Instructional strategies:

Assigned readings, written homework based on the reading material, individual and group discussion, written comments on papers, feedback on oral presentations.

Assignments

Reading assignments: In general, you will have written homework due with your assigned reading. Assignments from four text books are listed in the syllabus. You must turn in the assignment the day it is due for full credit. Late assignments will be docked 1 point out of 10 for each day they are late.

Attendance: Due to its participatory nature, attendance is very important in this class; that importance is reflected in the fact that 30% of your grade depends on your presence and your participation.

Class Requirements

Respect for each other, for diversity of opinions, and for the learning environment.

Grading policy

ATTENDANCE AND PARTICIPATION	300 points
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WRITTEN HOMEWORK, PRESENTATIONS, REPORTS	400 points
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(Homework must be turned in on due date for full credit.)

EXAMS	300 points
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A = 900-1000

B = 800 - 899

C = 700 - 799

D = 600 - 699

F = below 600

Prim Library Resources

Using the library's resources effectively (not just Internet resources) contributes to developing each of SNC's core themes by exposing students to high quality academic resources, diverse opinions, new ideas, and a future that includes building on a liberal arts education. In this course, you will be expected to utilize the library's resources (either on-site or remotely) as you complete your assignments.

Prim Library Resources for Psychology include, but are not limited to:

1. Lib Guides: <http://libguides.sierranevada.edu/psychology>. These web pages have been compiled to highlight specific resources in psychology. Tabs indicate Prim library information regarding books, articles, websites, citations, and general interest psychology information.
2. Introduction to Prim Library website – <http://libguides.sierranevada.edu/library>
3. Books (to be checked out):
 - a. In general, books related to psychology have Library of Congress Classification numbers can be found in the BF and RC sections. (RC will lead you to the more therapy-based books) Search the Prim Library Catalog using key words related to the topic that you are researching.
 - b. Dunn, D. (2008) *A short guide to writing about psychology*. New York: Pearson/Longman. BF 76.8 .D86 2008.
4. Electronic databases most likely to include articles on psychology topics are EBSCO: Academic Search Premier, and PsycInfo. To access electronic databases off campus, use your first initial and your last name as the username and your 9 digit student ID number as the password.
5. Hardcopy periodicals: Prim Library has current subscriptions for a few academic psychology journals; however, many full-text articles are available through the electronic databases.

LOGIN information for SNC Prim Library Electronic Databases

<http://libguides.sierranevada.edu/library>

Betts Markle, Library Director

emarkle@sierranevada.edu , 775-881-7511

When you need to access SNC's licensed database content from off campus, you will need the following information:

· Students: Use your first initial and your last name as the username and your 9 digit student ID number as the password.

Sanctions for Cheating and/or Plagiarism

The Honor Code

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

Consequences of Violating the Student Honor Code

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

- 1st Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 2nd Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 3rd Offense: Student is expelled.

ADA Accommodations

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

The SNC Email System

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

The Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

The Core Themes:

Liberal Arts	Professional Preparedness
Entrepreneurial Thinking	Sustainability

Humanistic Transpersonal Psychology
PSYC 365
Course Outline
Spring 2014

Week 1

Tuesday, January 21 – Introduction and Overview of Course

Thursday, January 23

How Humanistic and Transpersonal Psychologies differ from other Psychologies

Reading due: “4 Trends in Contemporary Psychology”

Week 2

Tuesday, January 28 - Humanistic Psychology – Basic Tenets

Reading due: The Major Themes in Humanistic Psychology

Thursday, January 30 – Humanistic Psychology - Maslow

Readings due from *Towards a Psychology of Being*

Ch. 1 “Towards a Psychology of Health

Ch. 2 “What Psychology can learn from the Existentialists”

Ch. 14 “Some Basic Propositions”

Week 3

Tuesday, February 4 – Humanistic Psychology – Maslow

Readings due from *Towards a Psychology of Being*

Ch. 10 “Creativity in Self-Actualizing People”

Ch. 7 “Peak-Experiences as Acute Identity-Experiences”
“A theory of Meta-motivation”

Thursday, February 6– Humanistic Psychology - Maslow

Readings due from *Towards a Psychology of Being*

Ch. 3 “Deficiency Motivation and Growth Motivation”

Ch. 4 “Defense and Growth”

Week 4

Tuesday, February 11 – Humanistic Psychology - Rogers

Readings due from *A Way of Being*

Ch. 5 “Do we need “A” Reality?”

Ch. 6 “Foundations”

Ch. 12 “Can Learning Encompass both Ideas and Feeling?”

Thursday, February 13– Humanistic/Transpersonal Psychology

Readings due from *Healing and the Mind*

“Another way of Seeing” by Michael Lerner

“Wholeness” by Rachel Naomi Remen

“The Chemical Communicators” by Candace Pert

Week 5

Tuesday, February 18 – Humanistic Psychology – Frankl

Reading due from *Man's Search for Meaning*

“Preface” by Harold Kushner

“Preface to the 1992 Edition”

“Experiences in a Concentration camp” p. 17-32

Thursday, February 20 – Humanistic Psychology – Frankl

Reading due from *Man's Search for Meaning*

“Experiences in a Concentration camp” p. 32-64

Week 6

Tuesday, February 25 – Humanistic Psychology – Frankl

Reading due from *Man's Search for Meaning*

“Experiences in a Concentration camp” p. 64-100

Thursday, February 27 – Humanistic Psychology – Frankl

Reading due from *Man's Search for Meaning*

“Logotherapy in a nutshell”

“The Case for a Tragic Optimism

Week 7

Tuesday, March 4 -- Humanistic Psychology – Frankl

Activity: Life is Beautiful

Thursday, March 6

Take-Home Mid-term due

Review for written Mid-term

Week 8

Tuesday, March 11

In-class Mid-term

Thursday, March 13 – Transpersonal Psychology

Readings due from *Healing and the Mind*

“Meditation and Consciousness” An interview with Shinzen Young by Charles T. Tart

“Meditation” by Jon Kabat-Zinn

SPRING BREAK – March 17-21

Week 9

Tuesday, March 25– Humanistic Psychology – Fromm

Selected readings: “The Productive Person” from *Growth Psychology*

Thursday, March 27– Humanistic Psychology – Fromm

Readings due from *To Have or to Be*

Part 1: “Understanding the difference between Having and Being”

Week 10

Tuesday, April 1 - – Humanistic Psychology – Fromm

Readings due from *To Have or to Be*

Part 2: “Analyzing the Fundamental Differences between the two Modes of Existence

Thursday, April 3 – Humanistic Psychology – Fromm

Readings due from *To Have or to Be*

Part 3:”The New Man in Society”

Week 11

Tuesday, April 8– Transpersonal Psychology

“The Shamanic Journey: Experiences, Origins and Analogues”

“Some Assumptions of Orthodox Western Psychology”

Thursday, April 10 – Transpersonal Psychology – Edinger/Jung

Reading due: Excerpts from “Ego and Archetype”

Part I: “The Inflated Ego”

“The Alienated Ego

Week 12

Tuesday, April 15– Transpersonal Psychology – Edinger/Jung

Readings due from *Ego and Archetype*

Part I: “Encounter with the Self”

Part II: “The Search for Meaning”

Thursday, April 17– Transpersonal Psychology – Edinger/Jung

Readings due from *Ego and Archetype*

Part II: “Paradigm of the Individuated Ego”

“Being an Individual”

“The Trinity Archetype and the Dialectic of Development”

Week 13

Tuesday, April 22– Transpersonal Psychology – Edinger/Jung

Readings due from *Ego and Archetype*

Part III: Symbols of the Goal

Thursday, April 24– Transpersonal Psychology – Edinger/Jung

Activity: See film: Artist of the Soul

Week 14

Tuesday, April 29– Transpersonal Psychology - Jung

Readings from Carl. Jung literature

Thursday, May 1 – Transpersonal Psychology - Jung

Readings from Carl. Jung literature

Week 15

Tuesday, May 6

Final Review

Wednesday May 7 and Thursday May 8 are designated as study days.

FINAL: Tuesday, May 13th, 11:30-am to 2:30

