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**EMP 828: THEORIES OF WHOLISTIC SPIRITUAL HEALING(3 Credits)**

**Overview of Course:**

Students will explore a spectrum of theories to understand and explain wholistic spiritual healing.

**Course Topics:**

I. DEFINITION of Wholistic Spiritual Healing

II. THEORIES TO EXPLAIN HEALING

- A. Self-Healing
- B. Bioenergies
- C. Non-local consciousness
- D. Transcendent

**Learning Objectives:**

- Students will understand wholistic healing – addressing body, emotions, mind, relationships (with people and environment) and spirit.
- Students will identify a spectrum of theories that explain aspects of wholistic spiritual healing.
- Students will appreciate the over-all combination and balance of explanations that together make spiritual healing understandable.

**Audience:**

Open to all students in the Doctorate program. Students are required to have a prior knowledge of research methodology that informs and enables the evaluation of studies in support of theories of healing. This requirement may be satisfied by taking the instructor's course on Research in Wholistic Spiritual Healing.

This course requires language and writing skills adequate to analyzing technical research reports. (Students who are lacking in these skills could bring their work up to the required levels with the help of a hired editor. Submitted papers must clearly indicate if this option is engaged.)

**Course Description**

The course of study will explore the advantages and limitations of various research methods, and of a spectrum of theories to understand and explain wholistic spiritual healing.

Study will be through reading of source books and papers, student papers that review and critically analyze research reports and theories, and critiques of classmates' papers.

**Need Statement**

Students will:

- 1) Develop an in-depth appreciation and understanding of the multi-faceted elephant that is the spectrum of theories explaining wholistic spiritual healing. The world can appear very different when we perceive it through one part or another of this animal. No one theory explains all of the pachyderm. Putting together a coherent picture from its various parts will be the outcome of the course.

- 2) A graduate student in a healing profession needs to understand the assumptions and values at the core of their knowledge – in order to fully communicate their own knowledge, critically assess the work of other professionals, and extend their own research and therapeutic methods.
- 3) Develop skills needed in identifying essential factors pertaining to wholistic spiritual healing
- 4) Be able to assist clients in performing a personal assessment of therapeutic approaches that will be appropriate to their needs and consonant with their personal beliefs, for dealing with their problems in a responsible manner, for optimal wholistic healing
- 5) Develop the critical skills needed to think as a responsible clinician and researcher in wholistic spiritual healing

### **Faculty-Student Communication**

- Personal introductions

All students should send instructors and classmates a short bio (10 sentences) and photograph for their files

- Telephone Contacts

It is important that the students arrange by email beforehand for all telephone communications. Periodic telephone interaction, as required, at student's expense, can most easily be arranged through email contact.

It is requested that students stay in bi-weekly correspondence with the instructor using e-mail. The student should also set up bi-monthly telephone conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by e-mail, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. The instructor is also willing to set up one-on-one discussions with the student via audio & video Internet exchange using a variety of Net programs. Check your e-mail frequently for messages.

Students will normally send communications via email and submit papers as MSWORD Format files attached to email messages.

### **Course Delivery Style**

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips, with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact the University by facsimiles, and postal mail, and by personal visit to the University.

All lessons, coursework and papers must be copied to lessons@energymedineuniversity.org from both the student and professor.

#### **1) Reading Assignments**

Students will read the course assignments and text materials in a timely manner.

## 2) Course Papers

Students will post their required papers on a website by the dates due.

Classmates are required to post on the website, under each of their classmates' papers, comments and 2 constructive criticisms of each of their classmates' papers as soon as they are posted or, at the latest, within 1 week of the due date of each paper. Detailed observations on points the reviewer approves, and respectful suggestions for improvement are expected. Simple praises (e.g. "I like this") or unexplained disagreements with the content of the paper (e.g. "This is erroneous") are not acceptable. Points raised may not be simple replications of points posted by other classmate reviewers of a paper, but must add further reasons for the comments/criticisms.

## 3) Essay Examination

The course assignments, readings and explorations will prepare students for the written essay final examination on the materials.

## Course Assignments

### **Assignment #1. WHOLISTIC SPIRITUAL HEALING – definition and applications**

Choose a disease or psychological problem and write a discussion of how wholistic approaches extend treatments beyond those usually offered by conventional medicine and counseling for the problem you have chosen (2-4 pages, single spaced).

See discussion of wholistic spiritual healing at

<http://wholistichealingresearch.com/wholisticintegrativecare.html>

### Assignment #2: THEORIES OF SELF-HEALING

List 5 theories and mechanisms of self-healing, with a brief critique of the strengths and weaknesses of each. 2-4 pages, single-spaced.

See definition of self-healing at <http://www.wholistichealingresearch.com/faq.html#sh>

### **Assignment #3: THEORIES OF BIOENERGY HEALING**

List 3 theories and mechanisms of bioenergy-healing, with a brief critique of the strengths and weaknesses of each. (2-4 pages, single spaced)

See definition of bioenergies at <http://www.wholistichealingresearch.com/faq.html#bioe>

### **Assignment #4: THEORIES OF NON-LOCAL CONSCIOUSNESS AND HEALING**

List 3 theories and mechanisms of non-local consciousness, with a brief critique of the strengths and weaknesses of each. This is the level of healing through psychic powers, mental intent to influence at a distance, etc. (Distinguished from Transcendent healing, the topic of assignment # 5) 2-4 pages

See definitions of non-local consciousness at

<http://www.wholistichealingresearch.com/faq.html#nlc>

<http://www.wholistichealingresearch.com/faq.html#ph>

### **Assignment #5: THEORIES OF THE TRANSCENDENT AND HEALING:**

List 3 theories and mechanisms of transcendent healing, with a brief critique of the strengths and weaknesses of each theory. Transcendent healing attributes the healing to God, angels, Christ or other luminaries, or spirits. (Distinguished from healing through non-local consciousness, the topic of assignment # 4) 2-4 pages

See definition of transcendent healing at <http://www.wholistichealingresearch.com/faq.html#transcendh>

### **Assignment #6: SUMMARY ESSAY**

The final examination will be a 20-page scholarly paper, submitted in a manner similar to previous assignments and will cover the materials in the class assignments.

### **Individualization of Student Assignments**

The topics within each assignment will be chosen by the students to best support their individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research reviews and evaluations and providing constructive criticism of each other's work.

Each student will be afforded the opportunity of writing on a subject that is related to his or her field of interest. The student is also encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, will be encouraged to transfer the theoretical information which the course provides into a practical format in the final paper.

### **Course Evaluation**

The course grade will be based upon the quality of the assigned papers, the comments and criticisms on classmates' papers, participation and promptness of postings, and the final examination.

Extra credits will be given for relevant references incorporated in the students' papers from sources outside the specific required (with asterisk) readings.

### **Course Grading Determinants**

Grades are based on the following elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

- Required assignments and on-line readings – 75%
- Critiques of classmates' papers – 10%
- Essay examination – 15%

Using this technique, there will be 100 points assigned to the course. Final semester grades will be calculated as follows:

- 92-100 points = A range
- 86-91 points = B range
- 80-85 points = C range
- 70-80 points = D range
- Under 70 points = F

### **Course Completion Timetable**

- Week 1-2 assigned reading #1, complete paper on wholistic spiritual healing
- Week 3 Post critiques of classmates' papers
- Week 4-6 assigned reading #2, complete paper on theories of self-healing
- Week 7 Post critiques of classmates' papers
- Week 8-10 assigned reading #3, complete paper on theories of bioenergy healing
- Week 11 Post critiques of classmates' papers
- Week 12-14 assigned reading #4, complete paper on Non-local consciousness

- Week 15 Post critiques of classmates' papers
- Week 16-18 assigned reading #5, complete paper on theories of the transcendent and healing
- Week 19 Post critiques of classmates' papers
- Week 20-22 Summarizing paper

### Special Notes and Instructions

All students should send instructors and classmates a short bio (10 sentences) and photograph for their files.

All coursework must be completed in a timely fashion. Students are encouraged to phone or e-mail the instructor whenever they need advice, comments, or instruction.

### Suggested Sources (\* asterisk indicates required reading)

#### **Wholistic healing**

\* Benor, Daniel J. Wholistic integrative care

<http://www.wholistichealingresearch.com/wholisticintegrativecare.html>

Dienstfrey, Harris, *Where the Mind Meets the Body*, New York: HarperPerennial 1991

Dossey, Larry, *Space, Time and Medicine*, Boulder, CO: Shambala 1982. Holistic medicine, basis and theory

Shannon, Scott (ed), *Handbook of Complementary and Alternative therapies in Mental Health*, San Diego, CA:Academic/Harcourt 2001

#### **Self-Healing**

Bandler, Richard & Grinder, John, *ReFraming: Neuro-Linguistic Programming and the Transformation of Meaning*, Moab, UT: Real People Press 1982 *Perceptual preferences, potent ways of shifting beliefs*

Barasch, Marc Ian, *The Healing Path: A Soul Approach to Illness*, New York/ London: Arkana/ Penguin 1993. *A personal experience of dealing with cancer through wholistic approaches*

\* Chapter 1, Benor, D. J. *Healing Research, Volume II: Consciousness, Bioenergy and Healing*, Medford, NJ: Wholistic Healing Publications, 2004. *Self-healing, wholistic complementary/ alternative medicine and integrative care, biological energies, and environmental interactions with bioenergies.*

Hirschberg, Caryl/ Barasch, Marc Ian. *Remarkable Recovery: What Extraordinary Healings Tell Us About Getting Well and Staying Well*, New York: Riverhead 1995. *People who were successful at self-healing tell their stories. Excellent descriptions of personal transformations through illness*

Roud, Paul C. *Making Miracles: An Exploration into the Dynamics of Self-Healing*, Wellingborough, England Thorsons 1990. *People who were successful at self-healing tell their stories.*

Dienstfrey, Harris, *Where the Mind Meets the Body*, New York: HarperPerennial 1991 *Good discussion of Psychoneuroimmunology*

Haley, Jay. *Uncommon Therapy: The Psychiatric Techniques of Milton H Erickson, MD* New York: Ballantine 1973. *Healing through unusual hypnotic and suggestive approaches.*

LeShan, Lawrence, *You Can Fight for Your Life: Emotional Factors in the Treatment of Cancer*, New York: M. Evans 1977

LeShan, Lawrence, *Cancer as a Turning Point*, New York: E P Dutton 1989 *Cancer as an opportunity to reassess where you are in life, potentially a life transformation*

\* Rosenthal, R and Rubin, DB. Interpersonal expectancy effects: the first 345 studies, *Behavior and Brain Sciences*, 1978, 3, 377-415. *Clinical suggestion, including*

*suggestion within research studies*

Siegel, Bernie. *Love, Medicine and Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients* NY: Harper & Row 1986  
*A classic on transformation through illness as an awakening to personal growth*  
Simonton, O.C. et al. *Getting Well Again* Los Angeles: Tarcher 1978 *Self healing for cancer*

### **Bioenergy healing**

\* Reports of Edgar Chase, (family) Krivorotov, Dolores Krieger; Ronald Miller, Hillary Morgan, Julie Motz, Stefania Powolny, Yefim Shubentsov, Ursula Thunberg, Mietek Wirkus in Chapter 1 of Benor, Daniel J, *Healing Research: Volume I*, (popular edition) *Spiritual Healing: Scientific Validation of a Healing Revolution*, Southfield, MI: Vision Publications, 2001. *Healers describe their work, research in parapsychology as a context for understanding healing, brief summaries of randomized controlled studies, pilot studies.*

\* Chapters 3, 4 in Benor, D. J. *Healing Research, Volume II: Consciousness, Bioenergy and Healing*, Medford, NJ: Wholistic Healing Publications, 2004. *Self-healing, wholistic complementary/ alternative medicine and integrative care, biological energies, and environmental interactions with bioenergies.*

Brennan, Barbara, *Hands of Light*. New York: Bantam 1987.

Brennan, Barbara, *Light Ascending*, New York: Bantam 1993.

Gerber, Richard, *Vibrational Medicine: New Choices for Healing Ourselves*, Santa Fe, NM: Bear & Co. 1988; Rev. ed. 2000.

Krieger, Dolores, *Living the Therapeutic Touch*, New York: Dodd Mead 1987.

Oschman, James L. *Energy Medicine the Scientific Basis*, Harcourt Publishers Limited 2000.

Oschman, James L/ Pert, Candace. *Energy Medicine: The Scientific Basis*, London: Churchill Livingstone 2000

### **Non-local, intentional healing**

\* See reports of Edgar Cayce, Oszkar Estebany, Joyce Goodrich, Dean Kraft, Bruce MacManaway, Vladimir Safonov, Daniel Slomoff in Chapter 1, Benor, Daniel J, *Healing Research: Volume I (popular edition)*, *Spiritual Healing: Scientific Validation of a Healing Revolution*, Southfield, MI: Vision Publications, 2001. *Healers describe their work, research in parapsychology as a context for understanding healing, brief summaries of randomized controlled studies, pilot studies.*

Dossey, Larry, *Healing Words*: New York: HarperSanFrancisco 1993

LeShan L *The Medium, the Mystic and the Physicist*, New York: Ballantine 1977 (UK edition: *Clairvoyant Reality* Wellingborough, UK: Thorsons 1974) *Psychologist studied healers, found common denominators in methods, learned to heal and teach healing. Excellent theoretical discussion on healing, altered states of consciousness, and other dimensions of reality*

### **Transcendent healing**

\* See reports of the following authors/healers: Ruth Benor, Harry Edwards, Nancy and Esmond Gardner, Max Freedom Long, Gordon Turner, Ambrose and Olga Worrall in Chapter 1 of Benor, Daniel J, *Healing Research: Volume I (Popular edition)*, *Spiritual Healing: Scientific Validation of a Healing Revolution*, Southfield, MI: Vision Publications, 2001..

\* See reports of the following authors: Richard Casdorph, John Dowling in Chapter 5 of Benor, Daniel J, *Healing Research: Volume I (Professional Supplement)*, Southfield, MI: Vision Publications, 2001. *Only the studies -- described in much greater detail, including statistical information.*

Braud, William and Anderson, Rosemarie, *Transpersonal Research Methods for the Social Sciences: Honoring Human Experience*, Thousand Oaks, CA: Sage 1998.

Dethlefson, Thorwald and Dahlke, Rudiger, *The Healing Power of Illness: The Meaning of Symptoms and How to Interpret Them*, Longmead, UK: Element 1990 (Orig. German 1983).

*Profoundly insightful book on comprehensive holistic views*

Wright, Machaelle Small. *Co-Creative Science: A Revolution In Science Providing Real Solutions For Today's Health & Environment*, Warrenton, VA: Perelandra, Ltd 1997.