

Anoka-Ramsey Community College

IHH 2103: Spirituality and Healing

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: IHH 1100

This course introduces students to the relationships between belief, spirituality, and healing. Students will identify personal core beliefs and values and demonstrate an understanding of the cultural aspects of healing, spirituality and ritual. The course includes an exploration of the spiritual components of the illness or disease experience and the life-changing nature of a chronic or terminal illness. Research on how prayer, religious activity, and spiritual beliefs affect the healing process is evaluated. Spirituality in patient-centered healthcare models is discussed.

B. COURSE EFFECTIVE DATES: 03/20/2006 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Core beliefs and values related to personal relationships and lifestyles, the global environment, and service to self, others and humanity. The effect of spiritual beliefs, meditation, prayer, rituals, and sacred spaces on healing.
2. Spirituality versus religion
3. Cultural aspects of healing, spirituality and ritual
4. Current literature supporting intercessory prayer as a means of non-local healing
5. Shadow aspects and forgiveness of self and others in the healing process
6. The meaning of illness and the nature of life-changing aspects of a chronic or terminal illness. The spiritual components of an illness or disease experience.
7. Spiritual aspects of grief and loss
8. Current research on prayer, religious activity, and spiritual beliefs and the healing process

D. LEARNING OUTCOMES (General)

1. Identify core beliefs and values and show how they affect personal relationships and lifestyles, the global environment, and service to self, others and humanity
2. Explore the effect of spiritual beliefs and meditation, prayer, rituals, and sacred spaces on healing
3. Explain the differences between spirituality and religion
4. Demonstrate an understanding of cultural aspects of healing, spirituality and ritual
5. Analyze current literature supporting intercessory prayer as a means of non-local healing
6. Explain how shadow aspects and forgiveness of self and others affects the healing process
7. Demonstrate an understanding of the meaning of illness and the nature of life-changing aspects of a chronic or terminal illness
8. Explain the spiritual components of an illness or disease experience
9. Demonstrate an understanding of the spiritual aspects of grief and loss
10. Review current research on how prayer, religious activity, and spiritual beliefs affect the healing process

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted