

***Transpersonal Psychology:
An Approach to Spirituality and Consciousness***

PSYC315/RELS298

(MON/WEDS, 2:00-3:15pm, ECTR 219)



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Office Hours

Mon/Weds 12:00pm -1:30pm
(or by appointment)

Mon/Weds 11:30am-1:00pm
(or by appointment)

Course Description

This course will be a survey of diverse theories in transpersonal psychology and spirituality. We will survey a variety of topics, such as transcendent experience, shadow aspects, paranormal encounters, altered states of consciousness, integral theory, holism, moral outcomes, shadow work, and forms of self-transformation. Authors surveyed will include Aurobindo, Jung, Maslow, Assagioli, Rowan, Washburn, Grof, Wilber, and Ferrer as well as others. Special attention will be given to the intersection of western and eastern approaches to consciousness, spirituality, and therapeutic techniques. The goal of the course is to explore various concepts of consciousness development and how those concepts support or challenge a robust model of human maturation.

RELS: No prerequisites; PSYC prerequisite, PSYC 103 required.

Required Reading (All books available in Kindle)

- Kelly, Edward and Rafael Locke. *Altered States of Consciousness and PSI: An Historical Survey and Research Prospectus* (Parapsychology Foundation Inc., 2010)
- Daniel, Michael. *Shadow, Self, Spirit: Essays in Transpersonal Psychology* (Imprint Academic, 2005)
- Aurobindo, Sri. *The Future Evolution of Man: The Divine Life Upon Earth* (Lotus Press, 2003)
- Welwood, John. *Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation* (Shambhala, 2002)

Expectations

You (the student) can expect **us** (the instructors) to:

- 1) have high (but fair) standards
- 2) provide thought-provoking lectures, facilitate class discussion, and otherwise provide a challenging and interesting class environment
- 3) provide ample opportunities for learning assessment
- 4) be available both inside and outside of class for all class-related questions and more general curiosity
- 5) be respectful and open minded, and willing to answer any questions



We (the instructors) will expect **you** (the student) to:

- 1) **PRACTICE CURIOSITY** – *actively engage with the material for the purpose of personal exploration, growth, discovery, and learning...not for a grade.*
- 2) **TURN OFF ALL FORMS OF COMMUNICATION WITH THE OUTSIDE WORLD**
*** Technology may be used for taking notes in class ONLY with prior approval from us ***
- 3) leave egos, bad attitudes, and prejudices at the door
- 4) attend class *regularly* and participate in discussion/activities *vigorously*
- 5) come to class prepared: read all assigned materials in advance
- 6) complete assignments thoroughly, thoughtfully, and on time
- 7) check your e-mail account and the class website regularly for class announcements/changes
- 8) be respectful and open minded, and willing to ask any question

Requirements: Attendance/participation (10%), ethnographic interviews (15%), personal “shadow work” journal exercises (15%), two in class non-cumulative exams (each 20% = 40%), and one paper (20%). *See due dates in class schedule below.*

Student Learning Outcomes (RELS/SLO): This course meets the requirements for General Education Certification based on the following two SLO. Outcome 1: Students analyze how ideas are represented, interpreted, or valued in various expressions of human culture. Outcome 2: Students examine relevant primary source materials as understood by the discipline and interpret the material in writing assignments. These outcomes will be assessed in the ethnographic interviews assignment (15% of the final grade).

Honor Code: Lying, cheating, and plagiarism are violations of the Honor Code and are not permitted at the College. A student responsible for academic dishonesty will receive a XF in the course, indicating failure based on dishonesty. Students should be aware that unauthorized collaboration on papers--working together without permission-- is a form of cheating.

Center for Student Learning offers academic support services for assistance in study strategies, speaking & writing skills, and course content. For more information regarding these services please visit the CSL website at <http://csl.cofc.edu/labs/writing-lab/> or call (843) 953-5635.

Disabilities: If you have a disability that qualifies you for academic accommodation, please present a letter from the Center for Disability Services at the beginning of the semester. Please discuss with us any special needs you may have. For more information regarding accommodation and the SNAP program, see: <http://www.cofc.edu/~cds/index.htm>

Grading Scale: Letter (or numerical) grades will be assigned as follows: A+ (100-97), **A (96-93)**, A- (92-90), B+ (89-87), **B (86-83)**, B- (82-80), C+ (79-77), **C (76-73)**, C- (72-70), D+ (69-67), D (66-63), D- (62-61), F (60 or lower).

Reading Assignments: Reading assignments must be done **BEFORE** the class for which they are assigned, not after; then you can follow the discussion, ask questions, and we can have an informed dialogue on the reading. **PLEASE BRING THE ASSIGNED BOOK TO CLASS.**

This is a work in progress and will be subject to change as needed.

MON		WEDS		TOPIC
		22-Aug	Introduction to Class, Discuss Syllabus	
27-Aug	Altered States of Consciousness and PSI: An Historical Survey and Research Prospectus, LEE 1-40	29-Aug	Altered States of Consciousness and PSI: An Historical Survey and Research Prospectus, JEN 41-86	Research into ASC and PSI
3-Sep	Shadow, Self, Spirit: Essays in Transpersonal Psychology, LEE 1-2	5-Sep	Shadow, Self, Spirit: Essays in Transpersonal Psychology, LEE 1-2; pass out Ethnographic Assignment	Approaching Transpersonal Psychology; Transpersonal and the Paranormal
10-Sep	Shadow, Self, Spirit: Essays in Transpersonal Psychology, Jen 3-4	12-Sep	Shadow, Self, Spirit: Essays in Transpersonal Psychology, Jen 3-4	Holism, Integration, and the Shadow
17-Sep	The Future Evolution of Man: The Divine Life Upon Earth	19-Sep	The Future Evolution of Man: The Divine Life Upon Earth; Ethnographic Interviews Due (SLO)	Part I-IV
24-Sep	The Future Evolution of Man: The Divine Life Upon Earth	26-Sep	The Future Evolution of Man: The Divine Life Upon Earth	Part V-VIII
1-Oct	The Future Evolution of Man: The Divine Life Upon Earth	3-Oct	EXAM on Future Evolution of Man	Part IX
8-Oct	Shadow, Self, Spirit: Essays in Transpersonal Psychology, JEN 5-6	10-Oct	Shadow, Self, Spirit: Essays in Transpersonal Psychology, JEN 5-6	Towards a Transpersonal Psychology of Evil; Maslow and Self-Actualization
15-Oct	Shadow, Self, Spirit: Essays in Transpersonal Psychology, LEE 7-8	17-Oct	Shadow, Self, Spirit: Essays in Transpersonal Psychology, LEE 7-8	Self-Actualization, Myth; Psychohistory, Phenomenology of the Soul
22-Oct	Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation; pass out Personal Journal Assignment	24-Oct	Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation	Part I: Integrating Psychology and Spirituality
29-Oct	Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation	31-Oct	Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation	Part II: Psychotherapy in a Spiritual Context
5-Nov	FALL BREAK	7-Nov	Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation	Part III: The Awakening Power of Relationship

12-Nov	EXAM on Toward a Psychology of Awakening	14-Nov	Shadow, Self, Spirit: Essays in Transpersonal Psychology, LEE 9-10; pass out Paper assignment	The Transpersonal Self; Transcendence
19-Nov	Shadow, Self, Spirit: Essays in Transpersonal Psychology, LEE 9-10; Personal Journal Assignment Due	21-Nov	TOFURKEY BREAK	
26-Nov	Shadow, Self, Spirit: Essays in Transpersonal Psychology, Jen 11-12	28-Nov	Shadow, Self, Spirit: Essays in Transpersonal Psychology, Jen 11-12	Contexts, Modes of Mystical Experience; Wither Transpersonal Psychology
3-Dec	Open; Paper due on Shadow, Self, Spirit	5-Dec		