HEALTH AND HEALING (HH)

HH 5180 Exploring Personal & Organizational Health (3 Credits)
Exploration of the evolving and emerging paradigms of holistic health and healing, and how the personal and organizational realms interconnect. In addition to examining the traditional wellness models, discussions will include concepts of mind, transpersonal psychology and energetics. Through an examination of personal and organizational contexts, students will explore ways to transform personal and work environments through mindfulness towards good intention, open mind and compassionate heart. Also offered as OH 5180 and BU 5180.

HH 5570 Mindfulness Meditation: Theory and Practice (3 Credits)
Mindfulness Meditation Theory and Practice examines the theoretical basis for the use of meditation as a healing tool. In a meditative retreat format, participants learn and practice various types of meditation such as body scan, sitting, walking, eating and music meditation. Extended periods of practice and interspersed with discussion, reflection, presentation and small group work. Also offered as CO 5570.

HH 5590 Transpersonal Psychology (3 Credits)
Transpersonal Psychology addresses aspects of mind and behavior that transcend individual ego and personal identity. This course considers the dimensions of consciousness, the implications of transpersonal experiences and the connection between psychology and spirituality. Class members gain an understanding of the fundamental assumptions underlying transpersonal theory and skills in applying theory to facilitate growth, health and well-being. Also offered as CO 5590.

HH 5600 Energy, Body and Health (3 Credits)
Energy, Body and Health provides an overview of multiple therapeutic approaches by examining such techniques as massage, therapeutic touch, Rolfing, reflexology, Reiki, shiatsu, acupressure, Alexander Technique and other therapies.

HH 5610 Circle of Life: Living and Dying Well (3 Credits)
The course is designed to facilitate the learning of individuals who intend to work in professions related to wellness. The topic of death and dying will be addressed in a comprehensive way with an emphasis on the development of compassion for individuals and their life experiences. The course will also address the topic of living well and making choices that may increase happiness and decrease suffering. The course will offer students time to examine their own beliefs and understanding of death as well as learn how the medical profession and caring communities can assist those experiencing the dying process. The course will also offer readings and discussions that will help students to identify ways they would like to be living their own life with an emphasis on increasing their sense of wellbeing regarding their mind, body and spirit. Also offered as CO 5610.

HH 5620 Spiritual Health (3 Credits)
Spiritual Health provides an opportunity to explore the role of the spiritual dimensions of wellness. A process of inquiry will help you better understand the spiritual dimension of self and the relationship of spirit to the health and healing process. Also offered as CO 5620.

HH 5630 Transformational Inquiry and Research (3 Credits)
This course will illuminate the potential of research/inquiry to effect transformation in the research, participants, organizations, communities and cultures. Transformation manifests as meaningful and profound changes in one's attitudes and views of oneself as well as one's view of others and the world at large, which in turn catalyze consequential personal and organizational change and evolution. The transformative potential of research can be optimized through purposeful intention, careful design, and the deliberate inclusion of multiple ways of knowing. Through this course, students will explore and learn to use transformation-fostering research/inquiry approaches alone or in combination with traditional research methods as means for effecting personal and/or organizational transformation, health, and sustainability.