

SYLLABUS
885: INTEGRATIVE SPIRITUAL COUNSELING
Distance Learning
FACULTY: Ann Nunley, PhD & Christine Hibbard, PhD
Date Revised: 6/15/10

COURSE DESCRIPTION

Students will develop a specific integrative approach for offering spiritually based self-help guidance to those who seek spiritual counseling. The most important aspect of any such approach is that it support the wisdom of the healer within each person. The spiritual counselor's primary responsibility is to help the person get in touch with and utilize that wisdom. Each student will creatively and effectively combine personally selected processes, methods, and schools of thought into an integrative approach that supports each participant's connection with his or her inner healing wisdom. This integrative approach might include experiential processes such as neuro-feedback, Inner Counselor, Mandala, various body-work, yoga, journaling, and dream work combined with concepts from various counseling philosophies such as the study of archetypes, the Integration Chart, Energy Anatomy, and other creative self-help approaches. Included is a section on ethics taught by Dr. Christine Hibbard. The ethics part of this course is designed to provide an ethical guide for the work of spiritual integrative counseling and the need to understand and deepen one's integrity as a spiritual counselor. The objective is to become familiar with the ethical and legal considerations of spiritual integrative counseling.

The student is expected to design an approach that includes self-help exercises the client can use between one-on-one sessions with the spiritual counselor. The texts include many suggestions for innovative self-help approaches. However, the student may suggest other self-help exercises, such as those found in Roberto Assagioli's book, *The Act of Will*. After designing an approach and having it carefully reviewed by the course instructor, students will be asked to put that design into practice with three informed, consenting adult volunteers and submit Session Descriptions that illustrate its use. Students are advised to enroll in this course in their last 30 hours of course work. Instructor: Ann Nunley, Ph.D.

If a student chooses to use, as part of the approach, a technique or modality that is not taught in the Holos curriculum, that student will need to have Dr. Nunley's permission and will also be required to illicit the supervision of a qualified person in that modality as a supervisor of that part of the work. Any approach used must support the healer within each person.

FACULTY BIOGRAPHY

Dr. Ann Nunley, faculty member and Dean of Academics, received her Master of Fine Arts degree and a Doctorate in Energy Medicine and Transpersonal Psychology. Ann is recognized for her transformational art which has appeared in numerous magazines and on book covers. She has spent the last 15 years developing the Integration Chart™ and other concepts that support the Inner Counselor Process (ICP™). Her book, the *Inner Counselor*, functions as a modern I-Ching book of wisdom. She has presented Keynote and workshop presentations at various national energy medicine and psychology conferences such as ACEP, NICABM, and ISSSEEM. She is past Co-President of ISSSEEM. She is President and an ordained minister of the *All Faiths Church of Spirituality and Health*.

Dr. Hibbard has been a clinical psychotherapist and psychophysiological in Boulder County, Colorado, for twenty eight years, and is co-founder of the Family Medical Center, where she has been the director of the Louisville Biofeedback Clinic since 1982. She is a professor and was core faculty in the Transpersonal Psychology Department at Naropa University. Dr. Hibbard received a Masters Degree in Science Education at the University of Colorado and a PhD in Clinical Psychology, and is a national and international lecturer and author on Mind/Body/Spirit health. She is certified in EMDR, NLP, Bereavement Counseling, and Relationship/Conflict Dispute Mediation. She is past co-president of ISSSEEM, and past president of the Colorado Association of Applied Psychophysiology and Biofeedback. She serves on the Board of Directors for the Gladys Taylor McGarey Medical Foundation, Conflict Dispute Resolution

Associates, ISSSEEM Board of Directors, and Access Counseling of Boulder County. Dr. Hibbard is an Ordained Interfaith Minister, and has spent the past decade working with post war trauma and conflict in Kosovo, Israel, Syria, and Uganda.

FACULTY CONTACT INFORMATION

Faculty: Ann Nunley, PhD
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Faculty: Christine Hibbard, PhD
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Conference Call #: 605-715-4900 Access Code: 269 417

COURSE DELIVERY STYLE & PLAN OF ACTION

This is an All-Distance Course. Once you have enrolled:

1. **Contact the Instructor and request the Assignment Schedule.**
2. Read through the Syllabus and Assignment Schedule carefully and clarify any questions you have on your individual plan of action for the course prior to the end of the first week of the Semester. Acquire and/or have access to the necessary reading materials. Submit all your assignments and attend all telephone conferences according to the dates and times listed in the Assignment Supplement.

RESIDENTIAL REGISTRATION

Register with the HU Bursar, Marilyn McGehee (888-272-6109) for the residency portion of the course. There is an additional \$25.00 per day fee for residency classes held at Unity Village.

LEARNING OUTCOMES

Students will:

- Describe previous study and training and discuss ways it will contribute to a spiritual counseling approach.
- Discuss how concepts from the required texts might be used in planning a specific counseling approach.
- Outline a specific counseling approach that supports the healing that comes from the wisdom within each person.
- Create and use a consent form for a specific counseling approach.
- Create a one-page questionnaire that provides specific feedback about the aspects of your approach that were most useful to the volunteer.
- Read the Ethics text and discuss the basic ethics to be applied in Integrative and Spiritual Counseling.
- Read and apply the Holos Counseling Guidelines. This Guideline is available as a download from the HU Website <http://www.holosuniversity.org/template.php?id=175>
- Apply the counseling approach in sessions conducted over a four-week period with three informed, consenting adult volunteers.
- Successfully schedule dates and times for sessions with volunteers.
- Respond to a faculty review of the detailed *Session Descriptions* that describe each of the four sessions with each of the three adult volunteers (12 sessions in all).

- Assess the outcome of the approach by writing a final brief critique: Discuss which aspects were satisfactorily effective and what changes might be made based on your experience in using this approach with the three volunteers.

Required Materials and Texts:

Texts have been chosen to supplement student's understanding of both masculine and feminine issues, and to present creative self-help formats that may be used as part of a spiritual guidance practice. Most of these books can be found on line at Borders or Amazon.

1. Roberto Assagioli, The Act of Will, Penguin, 1974 – See Borders on line.
2. Bonnie Kreps, Subversive Thoughts, Authentic Passions, DIANE Publishing Co, 1990
3. Sam Keen, Fire In The Belly, Bantam, 1992

SUPPLEMENTAL TEXTS: CHOOSE ONE

1. Jean Houston, The Search for the Beloved: Journeys in Mythology and Sacred Psychology (Inner Workbook)
2. Robert A. Johnson, Inner Work: Using Dreams and Active Imagination for Personal Growth, Harper San Francisco, 1980
3. Julia Cameron, The Artist's Way. A Course in Discovering and Recovering Your Creative Self. J.P. Tarcher/Putnam, 1992

REVIEW: SUPPLEMENTAL TEXTS — CHOOSE One

If you have a book or manual that you wish to substitute for your additional text, you may petition your instructor to do so.

Jean Houston, The Search for the Beloved: Journeys in Mythology and Sacred Psychology (Inner Workbook).

Review #1: Sacred psychology assumes that the deepest yearning in every human soul is to return to its spiritual source. Jean Houston is a modern-day leader in this ancient field. She points out that sacred psychology has taken the form of Socrates instructing the youth of Athens, Buddha and the Sangha, and 12th-century knights pursuing the Holy Grail. In *The Search for the Beloved*, Houston provides a modern-day structure for this traditional spiritual quest, incorporating personal mythology, "rites of pathos," and archetypal imagery. *The Search for the Beloved* remains a trustworthy tool for those who are excavating the deepest mystery of all--the discovery of creative source and destiny.

Review #2: The pioneering creator of transformative workshops and books, Dr. Jean Houston here explores the nature of spiritual yearning and demonstrates to readers how to facilitate a personal quest for fulfillment by focusing on the aspects of Sacred Psychology. Houston provides a passport to the wondrous and tragic dimensions of the human psyche.

Robert A. Johnson, Inner Work: Using Dreams and Active Imagination for Personal Growth, Harper San Francisco, 1980

Review: Noted author and Jungian analyst Robert Johnson shows how working with our dreams and active imagination can integrate our conscious and unconscious selves, leading us to wholeness and a more satisfying life.

Quote from the book: "Dreams express the unconscious. Dreams are dynamic mosaics, composed of symbols, that express the movements, conflicts, interactions, and developments of the great energy systems within the unconscious.

The unconscious has a particular capacity to create images and to use those images as symbols. It is these symbols that form our dreams, creating a language by which the unconscious communicates its contents to the conscious mind."

Julia Cameron, The Artist's Way, A Course in Discovering and Recovering Your Creative Self. J.P. Tarcher/Putnam, 1992

Review: With the basic principle that creative expression is the natural direction of life, Julia Cameron and Mark Bryan lead you through a comprehensive twelve-week program to recover your creativity from a variety of blocks, including limiting beliefs, fear, self-sabotage, jealousy, guilt, addictions, and other inhibiting forces, replacing them with artistic confidence and productivity.

This book links creativity to spirituality by showing how to connect with the creative energies of the universe, and has, in the four years since its publication, spawned a remarkable number of support groups for artists dedicated to practicing the exercises it contains.

ETHICS TEXTS AND READING:

Textbook:

The Ethics of Caring by Kylea Taylor.

Recommended Additional Reading: *Ethics in Psychotherapy and Counseling* (second edition) by Kenneth Pope and Melba Vasquez. (Chapters 6, 9, and 15 are less applicable). This text is designed to raise awareness about ethical conduct in a clinical practice. Even though students may not plan to fulfill the licensing requirements in order to practice as a psychotherapist or licensed counselor, as a student of psychology and counseling students need to be aware of the ethical principles that govern those practices. Please read this text not as moralistic- type ethics, but as information about the inner relationships of our values to actions. **Ultimately, ethical behavior is reverence for life demonstrated by right relationships to another.**

HOLOS FACULTY-STUDENT COMMUNICATIONS POLICY

Students and instructor communicate frequently via email, and phone conferences create a collegial forum for sharing ideas among class participants. Telephone conferences and calls with instructors are the student's expense. Faculty should inform students of any times that they are not available for email or phone communication. Students should inform instructors if they will not be available for scheduled phone conferences. Students should allow three days for a response after emailing an instructor. If you have not received a response after three days, re-send the email, call the instructor and leave a voice message. If you have still not received a response after two more days, forward your email communications with the instructor to the Dean of Faculty. Further action will be determined by the Dean of Faculty.

ASSIGNMENT FORMATS

- All written assignments must be **Microsoft Word** documents sent by email as attached files.
- All papers should be **double-spaced**.
- **FONT:** Times or Times New Roman.
- **E-MAIL SUBJECT LINE:** Always include your name and the Assignment number in the subject line of your E-mail and on the title page of your assigned papers.
- **END NOTES:** All referenced material must be cited using endnotes. Include the Author's name, the publication name, the publisher, the date of publication, and the page number.
- **FILE NAME:** **When you "save" your document**, you **MUST** use the following format to name your Word file: Or your file will be returned so that you can add the proper file name and format: The document you attach to your e-mail should be in the following format:

SmithJ_887#1.doc. (Last Name, First Initial_Course #, Assignment#.doc) Use Times, Times New Roman, or Helvetica fonts, 12 pt. and cite all referenced material using *Chicago Manual of Style* endnotes.

OUTLINE OF ASSIGNMENTS & PERCENTAGE OF COURSE

Assignment #1: Personal background (study and training) - brief paper	5%
Assignment #2: Read four texts & write a 5-page review	5%

Assignment #3: Design a specific spiritual counseling format	20%
Assignment #4: Design a One-Page Questionnaire	5%
Assignment #5: Ethics paper (Completed before beginning sessions)	5%
Assignment #6: Set up dates and begin the Sessions	25%
Assignment #7: Session Descriptions (Sent after each session)	20%
Assignment #8: Summary Report	5%
Conference Call #1 - Nunley (Discuss formats for Assignment #5)	5%
Conference Call #2 – Hibbard (Nunley sitting in) (Discuss ethics for Assignment #5)	5%

DETAILS OF ASSIGNMENTS

ASSIGNMENT #1

Due Date: Monday, September 13

Percentage of Grade: 5%

Learning Outcomes of Assignment: Students will describe previous study and training and discuss ways it will contribute to a spiritual counseling approach.

Required Texts and/or Materials: None

Assignment Description: Submit a description of all training you have completed that you feel will influence and/or become part of your spiritual guidance practice. Include references to the training and a description of the length or degree of training. Include approximate dates of the training.

ASSIGNMENT #2

Due Date: Monday, October 11

Percentage of Grade: 5%

Learning Outcomes of Assignment: Students will discuss how concepts from the required texts might be used in planning a specific counseling approach.

Required Texts and/or Materials:

Assignment Description: *Read four texts & write a 5-page review* - Write a one-page review of each text and how you feel it will influence the spiritual counseling approach you will be designing for this class.

Format: Use a page for each of the four texts and a concluding page describing how you plan to integrate the concepts and methods presented in each.

ASSIGNMENT #3

Due Date: Monday, November 1

Percentage of Grade: 20%

Learning Outcomes of Assignment: Outline a specific counseling approach that supports the healing that comes from the wisdom within each person. Create a consent form for a specific counseling approach.

Assignment Description: *Design and submit a counseling format. Write a ten-page paper:*

Outline your own specific integrative approach for offering spiritually based self-help guidance to those who seek spiritual counseling. This integrative approach might include experiential processes such as neuro-feedback, Inner Counselor, mandala, various body work, yoga, journaling, and dream work along with conceptual material from various counseling philosophies such as the study of archetypes, the Integration Chart, Energy Anatomy, and other creative self-help approaches. For this assignment you will be required to design a series of **four sessions to be used with each of three persons**, with a week between sessions. BE CREATIVE. Set up a spiritual counseling approach that you feel will be particularly effective. Address the following aspects in your supporting paper:

Describe the profile of the persons with whom you plan to work: age, sex, specific problem areas (if any).

State the planned length of each of the four sessions you will conduct with each person.

Describe exactly what you will do during each of the four one-on-one sessions: list all methods and approaches you may be using during each session. What is the time line for each segment of the session? Describe what you hope will be gained with each of the four one-on-one sessions.

Describe each of the various assignments you might ask each person to complete between sessions (art work, journaling, visualizations, etc.). Assignments may vary with each person and may change from one week to the next. Describe what you hope will be gained through each of these assignments and why. Describe the integrative self-help effects you hope your approach will foster. Include at least ten scholarly references taken from the assigned texts or other pertinent texts that would support your approach. **Submit with this paper a one-page informed consent document to be used with your volunteers.**

In this informed consent document include the following:

- 1). **Describe** clearly your "integrative approach". Include all aspects of what you will be doing and what you will ask the volunteer to do.
- 2). **Inform** volunteer that you are not a counselor nor a therapist (or that this is not part of your current practice if you have one), but are studying approaches to spiritual counseling and have put together this "integrative educational approach" as an assignment in a class in which you are enrolled.
- 3). **Explain that your goal** for the sessions is to learn new ways to help people solve problems by taking an integrative approach to spiritual growth and that you will be very interested in their feedback about its effectiveness.
- 4). **Assure** volunteers that all personal information will be kept in strict confidence.
- 5). **Explain** that this is something volunteers enter into with complete self-responsibility and that it is free of charge. Volunteers must decide, on the basis of the above information whether or not they wish to participate.
- 6). **Signature/Date:** Provide signature and date lines following a statement that specifies that the undersigned understands all of the above and has agreed to participate in this process.

SEND A COPY OF THIS PAPER TO BOTH DR. NUNLEY AND DR. HIBBARD

ASSIGNMENT #4

Due Date: Monday, November 8

Percentage of Grade: 5%

Learning Outcomes of Assignment: Create a one-page questionnaire that will provide specific feedback about the aspects of your approach that were most useful to the volunteer.

Required Texts and/or Materials:

Assignment Description: *Design and submit a 1-page questionnaire:* Create a one-page questionnaire to be filled out by each volunteer after the end of the fourth session. This questionnaire should be designed to give you specific feedback on which aspects of your approach were most useful to the volunteer. Send it to your instructor for comment before using it.

ASSIGNMENT #5

Due Date: Monday, November 15 - **Submit to Hibbard and Nunley**

Percentage of Grade: 5%

Learning Outcomes of Assignment: Read the Ethics text. Discuss basic ethics to be applied in Integrative and Spiritual Counseling.

Required Texts and/or Materials:

Assignment Description: *Submit the Ethics paper:* Write a six-page paper discussing the ethical issues presented in the above readings. Discuss the following:

1. What aspects in the readings do you feel are of greatest importance in relationship to the protocol that you have described and will be implementing in assignments five, six, and seven.

2. How will you relate the external guidelines presented to your own internal locus of control. In other words, beyond formal guidelines, how will you check your own values and motivations to determine a course of action.
3. If you plan to complete this assignment as part of a licensed practice: Describe how you have tailored your approach to fit within the ethical guidelines of that practice (Social Worker, Nurse Practitioner, Psychotherapist, Psychiatrist, Marriage and Family Counselor, etc).
4. If you plan to complete this assignment with an emphasis on Spiritual or Intuitive Counseling and/or Spiritual Direction: Describe how you have tailored your approach to fit within the ethical guidelines of those designations.
5. If you are a practicing physician, pharmacist, or other health professional: Describe how you have tailored your approach to fit within the ethical guidelines of those professions.
6. In your conclusion, describe insights you have gained in doing this assignment, and how those insights will influence your approach.

Submit this paper to Dr. Hibbard. cdhibbard@aol.com with a copy to Dr. Ann Nunley

ASSIGNMENT #6

Due Date: Monday, November 15 – Begin Sessions

Percentage of Grade: 25%

Learning Outcomes of Assignment: Successfully organize dates and times for sessions with volunteers. Begin sessions.

Assignment Description: *Set up dates and begin Sessions with volunteers – Allow a minimum of four weeks: Procedure:* Arrange sessions with the three volunteers so that you see each one, one-on-one, once a week for four weeks. In between these sessions give each volunteer specific integrative, self-help assignments such as meditations, visualizations, or journaling. The assignments may vary with each person, and they may change from week to week. **The between-session assignments should require no more than half hour per day. For some persons, ten minutes per day is realistic.** If you plan to use group work as a part of your approach, you will need to be practical about the requirements and arrange a schedule that conforms to the volunteers' willingness and ability to comply. At the end of the fourth private session have each volunteer complete the one-page questionnaire you composed for assignment #4.

ASSIGNMENT #7 –12 Reports (Three persons, four sessions each person)

Due Dates for 12 reports:

- Three reports on November 29
- Three reports on December 13
- Three reports on January 4
- Three reports on January 18

Percentage of Grade: 20%

Learning Outcomes of Assignment: Gain experience by applying a specific counseling approach over a four-week period with three informed, consenting adult volunteers. Receive and understand a faculty review of the detailed *Session Reports* that describe each of the four sessions with each of the three adult volunteers (12 Session Reports in all).

Assignment Description: After each session with a volunteer, write a short report (Cover page plus 1-2 pages) describing the session. **SINGLE SPACE THESE REPORTS.** Beginning with the second session, include a brief description that the volunteer has of the effects of the previous weeks one-on-one session with you and the self-help exercises that she/he chose to do during the week:

Complete a short (Cover Page plus 1 –2 pages) *Session Description* at the end of each session. Submit that report to your instructor for feedback after each session.

As you proceed, combine your reports for each subject into one document. Example: In session #2 for volunteer #1 begin with the previous session report (in blue text). Then (in black text) add the second session. That way I can review all the sessions for that person each time to better understand the direction and progress. Previous sessions are always in blue text – current session is in black. For assignment #10 you will combine the final documents for all four individual subjects into one document.

Include your name and the course number in the **subject line of the email**. The title of the Word file should contain **your name_course number_Assignment #.doc** If you name files properly they won't get lost on your instructors computer.

Example for Jane Smith: **SmithJ_885#1.doc**

Assign each of the participants a number, (P#1, P#2, P#3). Assign the sessions a letter (A, B, C, and D). Include this information in the title of the Word File, for example the *first* session in

Assignment #8: File for student Jane Smith, Participant #1 assignment #8 would have this file title: SmithJ_885#8_P#1-A The next three reports would be entitled:

SmithJ_885#8_P#1-B

SmithJ_885#8_P#1-C

SmithJ_885#8_P#1-D

Once I have made my comments on the document I will add: _AE to the file name.

SmithJ_885#8_P#1-A_AE

ASSIGNMENT #8

Due Date: Monday, January 24

Percentage of Grade: 5%

Learning Outcomes of Assignment: Assess the outcome of the approach by writing a brief summary of the approach: Discuss which aspects were satisfactorily effective and what changes might be made based on the student's experience in using this approach with the three volunteers.

Assignment Description: Once all the session reports for the volunteers are finished, combine your composite reports for each subject into a single document containing the reports for all the subjects. Conclude your document with a brief summary (two pages) of your over-all experience. What did you learn by observation and what did you learn from the answers volunteers gave to your questionnaire? What changes, if any, would you make to your protocol?

PHONE CONFERENCE #1

Date: Saturday, October 16 – Ann Nunley – Plan counseling approach

Phone number: 605-715-4900

Access Code: 269 417#

Time: Percentage of Grade: 5%

Required Texts and/or Materials:

Description of Conference: 60-Minute Conference Call. In this call we will discuss each student's ideas about what they feel they would like to do for assignment #4.

Learning Outcomes of Conference #1 Learn to organize a counseling approach that supports the healing that comes from the wisdom within each person. The spiritual counselor's primary responsibility is to help the person get in touch with and utilize that wisdom.

PHONE CONFERENCE #2

Date: Week of November 1 -7. Arrange for call with Dr. Hibbard and Dr. Nunley. Ethics Discussion

Phone number: 605-715-4900

Access Code: 269 417#

Time: Percentage of Grade: 5%

Required Texts and/or Materials: *The Ethics of Caring* by Kylea Taylor.

Description of Conference: Dr. Hibbard will conduct the Conference. During this call students will discuss the ethics considerations of the protocol each student has planned for their spiritual counseling sessions. You may also ask questions about the Ethics paper you will be writing.

Learning Outcomes of Conference #2: Students will read the Ethics text and discuss the basic ethics to be applied in Integrative and Spiritual Counseling.

FINAL ASSIGNMENT:

Complete and return the course evaluation form you will receive a course evaluation form in August and February. You will receive notification of your final course grades only after you have submitted an evaluation for all courses you completed this semester. Students who plan to take an Incomplete in a course must wait until finishing a course before returning the evaluation form for the course.

ADDITIONAL INFORMATION FOR THIS COURSE

Semester Begins September 13. Semester Ends January 28				
Assignment #	Month	Day	Date	Description
#1	September	Monday	9/13/10	Persn. Background brief review
#2	October	Monday	10/11/10	6-page Text Review: Assigned texts
Conf Call #1	October	Saturday	10/16/10	9-10AM CST: Discuss Counseling Format-Nunley
#3	November	Monday	11/1/10	Submit Design of Counseling Format
Conf Call #2	Week of Nov. 1-7 Write Dr. Hibbard			Ethics Conf. Call with Dr. Hibbard
#4	November	Monday	11/8/10	Design a one-page questionnaire
#5	November	Monday	11/15/10	Submit Ethics Paper
#6	November	Monday	11/15/10	Begin conducting sessions with volunteers
#7 Report #1	November	Monday	11/29/10	Submit Report #1 for each of 3 volunteers.
#7 Report #2	December	Monday	12/13/10	Submit Report #2 for each of 3 volunteers.
#7 Report #3	January	Monday	1/4/10	Submit Report #3 for each of 3 volunteers.
#7 Report #4	January	Monday	1/18/10	Submit Report #4 for each of 3 volunteers.
#8	January	Monday	1/24/10	Composite Report
Most assignments can be submitted prior to the above dates if you wish.				