

742: HOLISTIC HEALTHCARE APPROACHES- *Perspectives and Modalities*

Core Course (3 credits). 2 hr classes every week for 8 weeks, plus assignments.

Faculty Name: Caitlin Connor MAcOM, DAOM

Email Address: caitlin_connor@mindspring.com

Phone Number: 520-609-1766

Caitlin Connor, MAcOM, DAOM was double major in Anthropology and Political Science as an undergraduate at Mount Holyoke College and the *ISSSEEM 2011* gold medal winner of the *Rustum Roy Emerging Scientist Award* for undergraduates and a 2014 *Bernard Grad Emerging Scientist* silver medal winner for graduate students. A Resonance Modulation energy practitioner, she is a graduate in acupuncture and oriental medicine of the Arizona School of Acupuncture and Oriental Medicine in Tucson, AZ and she has recently completed her doctoral work at the American College of Traditional Chinese Medicine/California Institute for Integral Studies in San Francisco, CA.

COURSE DESCRIPTION

The goal of this course is to learn about some of the many healing systems utilized today which focus on the person as a whole, within a particular context. Class meetings will be used to discuss specified healing systems, with assigned reading. Students will then do an in-depth exploration of a previously discussed topic. Students will use the internet and available libraries to select journal articles, thesis and dissertations and foundational books as resources to write these explorations. They will write a series of three papers on their selected topics over the course of the semester. There will also be a final project on either a previously discussed topic or one that has been approved.

COURSE TOPICS

Qi Gong & other Somatic Approaches to Healing

Acupuncture and Auricular therapy

Herbal

Massage therapy and Cranial Sacral

Laying on of Hands Healing

Chiropractic

Aromatherapy

Dowsing

Shamanism

Sound Therapy

Homeopathy

Crystal Healing

COURSE OBJECTIVES

Students will:

- Identify a broad spectrum of holistic approaches to health-
- Learn how different holistic approaches operate

- Understand the principles that guide the selection and use of energetic or holistic therapies

COURSE DELIVERY STYLE

This course will include 8x2 hr. classes online, with a total of 3 papers and a final project. There will also be a series of assigned reading between 5 and 15 pgs in length. Zoom links will be emailed to all students for the class meetings. These can also be attended by phone, though a computer link is recommended, as PowerPoint presentations are likely to be used.

REQUIRED COURSE MATERIALS

Handouts and Websites will be posted on Populi.

COURSE ASSIGNMENTS

3 papers on a topic previously discussed in class, or approved by the instructor. 1 PowerPoint presentation the last class, 20 minutes long.

General requirements:

1. Papers are to be 2-5 pgs long, double spaced, New Times Roman 12pt font. APA style referencing is preferred.
2. You must reference your work and include a bibliography. Papers without a bibliography will be given a grade of 0. Please use a minimum of 5 sources on each assignment.
3. 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.
4. 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_Assignment#1.doc. (Last Name, First Initial, Course #, Assignment#.doc)**

GRADE EVALUATION

To determine the course grade, the instructors will evaluate the course papers, PowerPoint, and classroom participation.

COURSE GRADING DETERMINANTS:

- Assignment 1: Due at the start of class week 2
- Assignment 2: Due at the start of class week 4
- Assignment 3: Due at the start of class week 6
- Assignment 4: Due in class week 8

Please Note:

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

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. If you have not received a response after three days, re-send the email, call the instructor and leave a voice message.

All of the following are recommendations only.

Aromatherapy: An A-Z: The Most Comprehensive Guide to Aromatherapy Ever Published by Patricia Davis

Introduction to Massage Therapy (LWW Massage Therapy and Bodywork Educational Series) 1st Edition by Mary Beth Braun

An Introduction to Acupuncture Revised Edition by Johannes Bischo

The Web That Has No Weaver: Understanding Chinese Medicine by Ted J. Kaptchuk

An Introduction to Shamanism 2nd Edition by Rebekah Laughing Crow Gamble

Sky Shamans of Mongolia: Meetings with Remarkable Healers by Kevin B. Turner

The Mozart Effect: Tapping the Power of Music to Heal the Body, Strengthen the Mind, and

Unlock the Creative Spirit by Don Campbell

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3950955/>

Energy Medicine: The Scientific Basis by James L. Oschman

The Body Electric: Electromagnetism and the Foundation of Life by Robert Becker and Gary Selden

The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles by Bruce H. Lipton

Advanced Body reading by Melinda Connor

An Introduction to Craniosacral Therapy: Anatomy, Function, and Treatment by Don Cohen, Forward by John Upledger

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085832/>

<https://nccih.nih.gov/health/herbsataglace.htm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1071505/>

Chinese Herbal Medicine: Materia Medica by Dan Bensky

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4036702/>

<https://www.monroeinstitute.org/node/2500>

<https://www.monroeinstitute.org/node/2522>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3570304/pdf/1472-6882-12-191.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4036395/pdf/drp-12-202.pdf>

<http://www.homeopathyworks.com/content/Homeopathy%20Research%20Evidence%20Base%2007.12.17%20Master.pdf>

Resonance Modulation: Biofield Basics by Melinda Connor

Wheels of Light: A Study of the Chakras by Rosalyn Bruyere

Hands of Light: A Guide to Healing Through the Human Energy Field by Barbara Ann Brennan

Light Emerging: The Journey of Personal Healing by Barbara Ann Brennan