

COURSE DESCRIPTION

This class focuses on using all aspects of the human experience- physical, emotional, behavioral, cultural, sensorial, mental- in order to achieve long-lasting balance on all levels. It investigates, among other things, the effects of different ways of thinking, the impact of stress factors, and conditioning, and their relation to the immune system and the imbalance of the body and disease. Students will learn about and explore many age-old tools which have been used in various traditions to promote health on a holistic level: yoga, tai chi, meditation, chanting, relaxation, hypnosis, visual imagery, biofeedback, cognitive-behavioral therapies. Students will understand the modern scientific research that is beginning to explain the biochemical mechanisms behind these ancient modalities from various traditions.

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LEARNING OBJECTIVES

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COURSE PREREQUISITIES

None

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REQUIRED TEXTS

None- Instructor lectures and handouts.

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RECOMMENDED TEXTS

Goleman & Gurin, Mind Body Medicine  
Healing Words: The Power of Prayer and the Practice of Medicine; Larry Dossey, MD  
The Energy of Prayer: How to Deepen Your Spiritual Practice; Thich Nhat Hanh  
The Relaxation Response by Herbert Benson, Miriam Z. Klippe  
Yogananda: Healing affirmations.

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COURSE REQUIREMENTS

Grades will be based on class participation and final presentation.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

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SPECIAL NOTES

**Professionalism and Full and Prompt Attendance:** To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

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CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)  
Students will be able to define mind-body medicine and mind- body healing techniques.  
Assignments: Goleman & Gurin, Mind Body Medicine, Chapters 1-3

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**CLASS TWO**

Students will receive basic knowledge about chakras, auras and healing energies of the body.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS THREE**

Students will be able to discuss spirituality and medicine from a western orthodox medical perspective and alternative medicine perspective.

Students will be able to describe the roles of chants and prayers in healing process.

Assignments: notes from the instructor's lecture and handouts.

*Recommended texts:*

Healing Words: The Power of Prayer and the Practice of Medicine; Larry Dossey, MD

The Energy of Prayer: How to Deepen Your Spiritual Practice; Thich Nhat Hanh

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**CLASS FOUR**

Students will be able to describe the role of sound and music in a healing process.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS FIVE**

Students will be able to describe different ways of energy management in the healing process. Students will know about using charms, spells and other similar techniques in different cultures throughout the history.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS SIX**

Students will be able to describe and perform simple meditation and concentration exercises.

Students will be able to describe hypnosis and its benefits as it is used in any hospitals for various problems. Students will have an opportunity to experience induction and light hypnosis.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS SEVEN**

Science behind the mind and emotions. Psychoneuroimmunology.

Students will be able to describe the mind's role in illness in terms of cardiac issues, cancer and pain.

Students will be able to describe the mind's role in terms of dermatological issues, nervous system disorders and gastrointestinal disorders.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS EIGHT**

Students will be able to describe the mind's role in illness in terms of diabetes, arthritis and allergies.

Role of colors and color therapy; emotional aspects of scents/odors.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS NINE**

Students will be able to describe the mind's role in illness in terms of infertility, pregnancy and somatization.

Assignments: notes from the instructor's lecture and handouts.

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**CLASS TEN**

Students will be able to describe and perform scientific healing affirmations.

Students will be able to describe simple guided imagery and visualization exercises.

Students will be able to describe and perform the relaxation response.

Assignments: notes from the instructor's lecture and handouts

The Relaxation Response by Herbert Benson, Miriam Z. Klippe

Yogananda: Healing affirmations.

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**CLASS ELEVEN**

Final presentations. Students will be able to describe strategies that work according to their subjective experience

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**REFERENCE MATERIAL**

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**FACULTY INFO**

Shaginyan, Sergei

Please check with instructor during class to get updated contact info.

Dr. Shaginyan is an MD licensed to practice medicine in the former USSR and licensed acupuncturist in California. He received his medical degree from Moscow Medical School, the highest ranked in Russia and is trained in a number specialties, including psychiatry, pediatrics, neurology and other areas such as herbology, healing and integrative medicine. He completed his PhD in neurology in 1988 and afterwards completely dedicated himself to the holistic medicine. He has published over 30 articles and has been a guest on numerous TV and radio shows.