

PSYC 3800 (honors) Psychology of Mind and Body syllabus*

Spring Semester 2018

Tuesdays and Thursdays 9-10.40

Humanities academic room 209

Professor:

Dr. Christine Simmonds-Moore

Contact details:

Melson 215

Telephone: 678-839-5334 (office) you can also text (678) 390-5033

Email: csimmond@westga.edu *and via email within the courseden environment*

Office hours (By appointment only):

Monday 1-4.30

Tuesday 2-5.30

Wednesday 2.30-4.30

Friday 3.30-4.30

Please sign up for an appointment via google calendar [google calendar appointments for office hours](#) or via email or verbal arrangement with your professor. Appointment slots are 30 minutes in length. Office hours can be held via google hangouts, via Skype, over the telephone, or in person.

Prerequisites: PSY 201 Minimum Grade: D or PSYC 1101 Minimum Grade: D. As this is an honors class, students will usually be students in the honors college at UWG.

Course description

This course examines the effect of psychological experiences on bio-physiological processes. Topics discussed include: Psychoneuroimmunology, state dependent learning, therapies (e.g., biofeedback, meditation, hypnosis, guided imagery, etc.), disciplines (e.g., yoga, tai chi, etc.), and philosophical conceptions of mind/body relations.

Learning objectives for the class:

- Demonstrate an understanding of the physiological and psychological aspects of mind/body interaction
- Learn how an understanding of the mind/body relationship contributes to the larger discipline of psychology
- Engage in a mind/body discipline and develop a framework for articulating benefits for self and others
- Demonstrate an understanding of cross cultural views of the mind/body relationship

Text book

Beauregard, M. (2013). *Brain Wars: The Scientific Battle Over the Existence of the Mind and the Proof that Will Change the Way We Live Our Lives*. New York: HarperCollins

Publishers. ISBN-13: 978-0062071224

We will also be reading pdfs and weblinks that will be provided via courseden.

Organization of course

There are 6 main modules comprising the course.

Module 1 – Models of mind-body relationship

Module 2 – embodied cognition

Module 3 – stress and emotions

Module 4 – social aspects of mind and body

Module 5 - nonlocal and energetic models of mind and body

Module 6 – Exploring some mind-body practices

Class schedule (subject to minor amendments and alterations)

| Date of class | Description of Class topic | Readings | Activities |
|-----------------------------------|--|--|---|
| Tuesday January 9 th | Introduction and overview | The syllabus | <ul style="list-style-type: none">Start keeping a dream diary. Make a note of your sense of body, mental imagery, motor actions, flying, physical sensations therein. |
| Thursday January 11 th | Module 1: begins: Exploring models of the mind-body relationship and consciousness | <ul style="list-style-type: none">Read introduction in the Brain Wars text book (p. 1-15)Read article on the mind body problem provided on courseden.Read chapter on consciousness by Les Lancaster, pdf on courseden. | |

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| Tuesday January 16 th | Exploring some materialist perspectives: Phantom limbs (“body based ghosts”) and God in the brain | <ul style="list-style-type: none"> • Read http://brain.oxfordjournals.org/content/brain/121/9/1603.full.pdf • Read article about the “God Spot” | |
| Thursday January 18 th | Introducing neuroplasticity | <ul style="list-style-type: none"> • Read the chapter on neuroplasticity in the Brain Wars text book | <ul style="list-style-type: none"> • Decide which mind body practice you will explore during the semester. • Open a blog account. |
| Tuesday January 23 rd | Exploring will and intention (how do I lift my arm to drink my coffee?). | <ul style="list-style-type: none"> • Read pdfs of articles on volition (Frith and Haggard) on courseden | |
| Thursday January 25 th | Exploring some non-materialist perspectives; the case for Psychokinesis as anomalous mind-matter interaction. | <ul style="list-style-type: none"> • Read chapter on mind-matter interactions (psychokinisis) | |
| Tuesday January 30 th | Library searching session to help with finding academic sources for your blog assignment (<i>date to be confirmed</i>). | | Writing assignment 1 due today by 5pm. |
| Thursday February 1 st | Module 2: Cognition and perception Embodied cognition and perception | <ul style="list-style-type: none"> • Read Shapiro’s summary of Embodied cognition http://ruccs.rutgers.edu/faculty/pylyshyn/P/roseminar07/Shapiro_EmbodiedCognition.pdf | Blog 1 due. Submit blog 1 – defining your mind body practice and articulating why you selected this particular practice by 5pm today. |

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| | | <ul style="list-style-type: none"> • Read review of embodied cognition http://www.agcognition.org/papers/AI_Review.pdf • Read Lakoff and Johnson chapter on embodied cognition | |
| Tuesday February 6 th | Mental Imagery mind and body | <ul style="list-style-type: none"> • Read article on models of mental imagery • Read article by Luke • Read article on flying dreams | |
| Thursday February 8 th | Mental imagery mind and body 2 – synesthesia | <ul style="list-style-type: none"> • Read 2 articles on synesthesia | |
| Tuesday February 13 th | Exploring the somatic marker hypothesis and Interoception | <ul style="list-style-type: none"> • Read article by Damasio on courseden • Read articles by Craig on interoception pdf on courseden • Read presentiment article on courseden. | <ul style="list-style-type: none"> • Complete interoception measure (in class). |
| Thursday February 15 th | <p>Module 3 : stress and the body</p> <p>Psychoneuroimmunology (PNI) and mind body pathways.</p> | <ul style="list-style-type: none"> • Read the chapter on PNI in the Brain Wars text book (chapter 4) • Read pdf about mind body | <p>Writing assignment 2 due today by 5pm today.</p> |

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| | | pathways on courseden. | |
| Tuesday February 20 th | Stress, relaxation and mind body health; somatic psychology | <ul style="list-style-type: none"> • Read chapter 1 in Psychobiological processes in health and illness • Read articles on somatic psychology on courseden. | |
| Thursday February 22 nd | Exploring Candace Pert's theory | <ul style="list-style-type: none"> • Read pdf on the Wisdom of the Receptors by Candace Pert. | <ul style="list-style-type: none"> • Watch video of Pert discussing her theory. • Complete the worksheet provided in class. |
| Tuesday February 27 th | Positive emotions, positive psychology | <ul style="list-style-type: none"> • Read article on positive psychology. • Read chapter on positive emotions in health and illness. • Read the healing power of laughter (pdf provided) | |
| Thursday March 1 st | Module 4: Social aspects of mind and body I Empathy and the mirror neuron system | <ul style="list-style-type: none"> • Read article on mirror neurons • Read article on empathy and mirror neurons • Read article on empathy and reading | <ul style="list-style-type: none"> • Submit writing assignment 3 today by 5pm today. |

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| Tuesday March 6 th | Exploring the polyvagal theory and Dan Siegel's mindsight | <ul style="list-style-type: none"> • Read article by Porges on Polyvagal theory. • Read articles by Dan Siegel | Submit blog 2 – what is your mind body practice like? By 5pm today. |
| Thursday March 8 th | Placebo and nocebo effects | <ul style="list-style-type: none"> • Read chapter on placebo effects in Brain Wars • Read article by Kaptchuck on placebos. • Read review article about placebo effects | Watch a video on placebo effects and depression in class. Discussion about placebos. |
| Tuesday March 13 th | Religious beliefs and practices and mind-body relationship | <ul style="list-style-type: none"> • Read chapters on religion in E book on PNI and religion • Read articles on possession and stigmata. | |
| Thursday March 15 th | <p>Module 5: unconventional models of mind and body</p> <p>Experiences suggestive of the existence of a separate soul I (mediumship, possession, OBEs NDEs;</p> | <ul style="list-style-type: none"> • Read anomalous self and identity experiences pdf. • Read article on mediumship and the mind body relationship | Submit writing assignment 4 today by 5pm. |
| March 19 th -24 th | Spring break, no classes | | |
| Tuesday March March 27 th | Experiences suggestive of the existence of a separate soul II Past life experiences, heart transplant cases); | <ul style="list-style-type: none"> • Read article on heart transplants http://www.namahjournal.co | |

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| | Exploring the past life experience of Cameron | m/doc/Actual/Memory-transference-in-organ-transplant-recipients-vol-19-iss-1.html <ul style="list-style-type: none"> • Read article on reincarnation on courseden. | |
| Thursday March 29th | Energy and the mind body relationship I- chakras and kundalini awakening experiences | <ul style="list-style-type: none"> • Read article on chakras • Read article on bioenergy at RRC • Read article on kundalini | |
| Tuesday April 3 rd | Energy and the mind-body relationship II – energy medicine including Reiki and Johrei | <ul style="list-style-type: none"> • Read article by Gruzelier on courseden. | Submit blog 3- what is the impact of your mind body practice? By 5pm today. |
| Thursday April 5th | Chinese medicine and acupuncture | <ul style="list-style-type: none"> • Read article about acupuncture on courseden | |
| Tuesday April 10th | <p>Module 6: exploring some mind body practices</p> <p>Mindfulness and meditation and the mind body relationship.</p> | <ul style="list-style-type: none"> • Read pdf article on the psychological effects of meditation • Read Schmidt chapter on what meditation can do (pdf on courseden) | Submit writing assignment 5 by 5pm today. |
| Thursday April 12th | Yoga and mind-body | <ul style="list-style-type: none"> • Read pdf on yoga • Read article on yoga and | |

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| | | somatic psychology | |
| Tuesday April 17th | Hypnosis mind and body | <ul style="list-style-type: none"> • Read text book chapter on hypnosis • Read pdf chapter on hypnosis (pdf provided) | |
| Thursday April 19 th | Neurofeedback and Brain Computer Interfaces (BCIS) | <ul style="list-style-type: none"> • Read text book chapter on neurofeedback | |
| Tuesday April 24 th | Biofeedback and heartmath; Binaural beats | <ul style="list-style-type: none"> • Read pdf about coherence (Rollin Mccraty) • Read pdf about emwave • Read pdf about binaural beats on courseden | |
| Thursday April 26 th | Acupuncture and tapping and revision | <ul style="list-style-type: none"> • Read pdf on TFT on courseden. | <ul style="list-style-type: none"> • Submit writing assignment 6 by 5pm today. |
| Exam week is Tuesday May 2 – 8 th | | | <ul style="list-style-type: none"> • Submit your final blog assignment by 5pm on 2nd May. Complete MCT final examination on all topics explored this semester by 5pm on 8th May. |

Assignments and grading

Final grades will be calculated based on the various components of the assessed work for this course. If you submit assignments after the deadline, without a valid reason (illness or extreme personal circumstances) your grade will be reduced.

1. Writing assignments - 30%

Short writing assignments consist of:

6 short writing assignments relating to the 6 modules of this course **30%**

Assignment 1 – mind-body problem (5%)

In 1-2 paragraphs, summarize the mind body problem, why it is at the heart of psychology and the various ways in which theorists and researchers have tried to “solve” the problem (models of mind). Which model is most appealing to you at the moment and why? **Due on Jan 30th**

Assignment 2 – embodied cognition and perception (5%)

Summarize the ways in which your mind and mental processes are dependent on your body (and vice versa). Draw on class topics and your own experiences to write 1-2 paragraphs answering this question. **Due on February 15th.**

Assignment 3 – Psychosomatics and PNI (5%)

How do stress and negative emotions influence your physical body? Draw on class topics and your own experiences to write 1-2 paragraphs to answer this question. **Due on March 1st.**

Assignment 4 – Social aspects

Summarize the ways in which your mind and body are shaped by (and shape) your relationships with social others (1-2 paragraphs). **Due on March 15th.**

Assignment 5 – energy and non-local aspects (5%)

Summarize the main assumptions about energetic and non-local approaches toward understanding mind and body. Do you think that humans have an energetic component? Write 1-2 paragraphs to answer this question. **Due on April 10th.**

Assignment 6 mind body practices (5%)

How do you think mind-body practices work (pick one – it could be the one you have been working with this semester, or any of the practices we have talked about this semester) to connect the mind and body and improve psychological and physical wellbeing? Draw on Western and non-Western perspectives on the nature of the mind and body connection to answer this question (1-2 paragraphs). **Due on April 26th.**

- 2. A reflexive blog (consisting of 4 entries) about your experiences with one mind-body practice and how your experiences are supported by the research literature (40%).**
- 3. MCT on all topics explored this semester 20%** (open during exam week 4-8th May)
- 4. Participation and attendance 10%**

Important information

Please read the information contained in the following link, with regard to academic support, online courses, the UWG honor code and other UWG policies. This information is updated each semester. http://www.westga.edu/assetsDept/vpaa/Common_Language_for_Course_Syllabi.pdf

If you miss your final exam:-

If you miss your final exam, and prior arrangements have not been made, you may receive a grade of F on that exam or paper and this may affect your final grade in the class. If you miss your exam due to an emergency, please contact the Psychology office at (678)839-6510 or go to Melson Room

123 as soon as possible to complete the application: “Missed Final Exam: Verification of Emergency”. This form will need to be approved by the chair for an incomplete grade which may allow you the time to make up your exam or complete your final assignments. This application will require documentation and authorization from you to verify your emergency.