

Studies in Mind Body Syllabus Spring 2018*

PSYC 8002

Tuesdays and Thursdays 11.15-1.05 PM

Melson 207

Professor

Dr. Christine Simmonds-Moore

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Office hours (By appointment only):

Objectives:

- Demonstrate an understanding of the physiological and psychological aspects of mind/body interactions
- 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 relationships

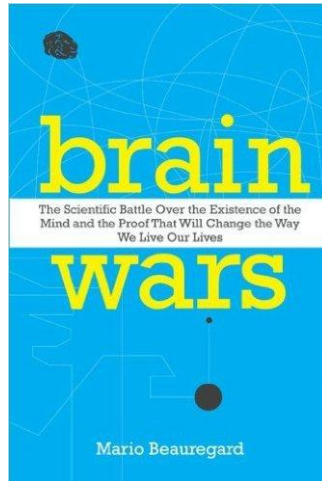
Learning outcomes

- To be versed in key models and approaches toward understanding the relationships between mind and body and body and mind
- To understand various models of mind and consciousness as they relate to the mind body problem
- Critical thinking about controversies in understanding mind and body relationships
- Application of theory and research to real world experiences and observations

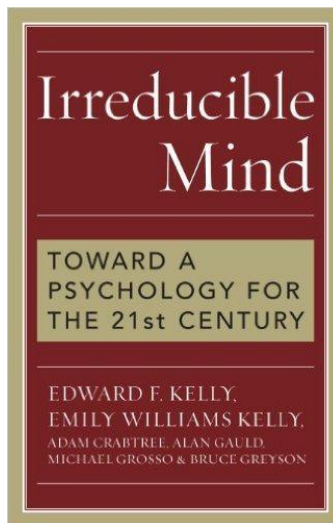
Reading:

Text books

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



Kelly, E.F., Williams Kelly E., Crabtree, A., Gauld, A., Grosso, M. & Greyson, B. (2007). *Irreducible Mind: Toward a psychology for the 21st Century*. Maryland: Rowan and Littlefield.



- We will also be reading a variety of primary source materials including other books and journal articles by key authors who have worked in or are working in this area.

Schedule of classes (subject to minor alterations and amendments):

Important dates - Spring break March 19th-24th; SPARC is April 12th; Exam week is Exam week = May 2-8th.

Date of class	Topic	Reading and assignments
Tuesday January 9 th	Introduction and overview.	<ul style="list-style-type: none"> ● Read Syllabus ● Think about which class you would like to coordinate.
Thursday January 11 th	Exploring models of mind and body and consciousness	<ul style="list-style-type: none"> ● Read p. 1-15 in the Brain Wars text book (p. 1-15) ● Read article on the mind body problem ● Read the introduction to and Chapter 1 in Irreducible mind.
Tuesday January 16 th	Exploring models of mind and body and consciousness II	<ul style="list-style-type: none"> ● Read chapter 2 in irreducible mind ● Read pdf of chapter by Les Lancaster on approaches to consciousness.
Thursday January 18 th	Psychological boundaries sensitivity, mind and body	<ul style="list-style-type: none"> ● Read article on hypnagogia ● Read article on the boundary construct ● Read article by Jauer on sensitivity.
Tuesday January 23 rd	Exploring neuroplasticity	<ul style="list-style-type: none"> ● Read the chapter on neuroplasticity in Brain Wars. ● Read articles on neuroplasticity on courseden
Thursday January 25 th	Neuroscience and materialistic ideas of mind and body- Phantom limbs and the God spot	<ul style="list-style-type: none"> ● Read articles on the God helmet on courseden. ● Read article on phantom limbs http://brain.oxfordjournals.org/content/brain/121/9/1603.full.pdf
Tuesday January 30 th	Savantism/extraordinary abilities/genius	<p>Read about acquired savantism http://users.wpi.edu/~mborowski/summer/Summer%202015/01.accidental.genius.pdf</p> <ul style="list-style-type: none"> ● Read about Jason Padgett http://www.explorejournal.com/article/S1550-8307(12)00135-8/pdf <p>Read chapter on genius in Irreducible mind.</p>
Thursday February 1 st	Will and intentionality; psychokinesis	<ul style="list-style-type: none"> ● Read articles on intention and the Libet problem pdfs on courseden. ● Read articles by Libet. ● Read article on mind-matter interactions pdf on courseden.
Tuesday February 6 th	Embodied cognition and perception (including embodied ESP)	<ul style="list-style-type: none"> ● Read Lakoff and Johnson chapter on embodied cognition on courseden ● Read introduction to embodied cognition http://plato.stanford.edu/entries/embodied-cognition/ ● Read other articles on embodied cognition on courseden (walking and creativity). ● Read articles on presentiment/embodied ESP on courseden ● http://journal.frontiersin.org/article/10.3389/fpsyg.2012.00390/

		<p>abstract</p> <ul style="list-style-type: none"> • http://www.uva.nl/binaries/content/documents/personalpages/l/o/e.lobach/en/tab-four/tab-four/cpitem%5B4%5D/asset?1355373578775
Thursday February 8 th	Interoception and the somatic marker hypothesis	<ul style="list-style-type: none"> • Read articles by Damasio on courseden • Read article by Craig on interoception on courseden . • Other readings on interoception: http://static.squarespace.com/static/528facb6e4b0a18b7e9cde91/t/5410b922e4b0ca2d730a4a20/1410382114502/Interoceptive+Awareness+and+the+Insula%E2%80%93Application+of+Neuroimaging+Techniques+in+Psychotherapy.pdf
Tuesday February 13 th	Mental imagery I (including sleep paralysis, dreaming) visualization, mind and body)	<ul style="list-style-type: none"> • Read article by David Luke on imagery in healing. • Read Lucid dreaming article. • Read article on sleep paralysis • Read pdf on theories of imagery and the mind-body relationship • Read pdf article on unconscious imagination (Brogaard) •
Thursday February 15 th	Mental imagery II - Synesthesia AMSR	<ul style="list-style-type: none"> • Read articles on synesthesia • Read articles on AMSR •
Tuesday February 20 th	Sensory substitution and BCIS	<ul style="list-style-type: none"> • Read articles on sensory substitution • See http://www.eagleman.com/research/sensory-substitution • TED talk by Eagleman.
Thursday February 22 nd	Psychosomatic medicine and Psychoneuroimmunology (PNI)	<ul style="list-style-type: none"> • Read Williams Kelly chapter (3) in irreducible mind on Psychophysiological influence. • Read the chapter on PNI in the Brain Wars text book (chapter 4) • Read chapter 1 in Psychobiological processes in health and illness – pdf on courseden. • Read somatics article •
Tuesday February 27 th	Gut, mind and body	<ul style="list-style-type: none"> • Read articles on the gut, mind and body •
Thursday March 1 st	Positive emotions, mind and body	<ul style="list-style-type: none"> • Read article by Fredrickson. • Read chapter on positive emotions in health and illness. • Read the healing power of laughter (pdf provided)
Tuesday March 6 th	Exploring Candace Pert's theory	<ul style="list-style-type: none"> • Read pdfs by Pert on courseden.
Thursday March 8 th	The mirror neuron system, empathy, and social cognition.	<ul style="list-style-type: none"> • Read articles on mirror neurons • Read article on empathy and mirror neurons • Read articles by Singer on empathy and compassion

Tuesday March 13th	Porges' Polyvagal theory	<ul style="list-style-type: none"> ● Read articles by Porges on Polyvagal theory and its applications.
Thursday March 15th	Dan Siegel's mindsight Mindfulness, meditation, mind and body.	<ul style="list-style-type: none"> ● Read articles by Siegel ● Read articles about meditation (on courseden)
March 19 th -24 th	Spring break, no classes	
Tuesday March 27 th	Research article summaries	Students share their critical summaries of recent research in mind and body .
Thursday March 29th	Hypnosis Guest lecture <i>to be confirmed</i>	<ul style="list-style-type: none"> ● Read book chapter on hypnosis ● Read pdfs on hypnosis on courseden
Tuesday April 3 rd	Placebo and nocebo effects	<ul style="list-style-type: none"> ● Read Chapter in Brain Wars (Placebo/nocebo effects). ● Read review article on the placebo effect ● Read book chapter on nocebo effects ● Read Radin's article on placebos.
Thursday April 5th	Religion, possession and stigmata	<ul style="list-style-type: none"> ● Read chapters in e book on religion and the immune system, ● Read chapter on possession and trance ● Read article on stigmata ● Jake
Tuesday April 10th	Neurofeedback and biofeedback	<ul style="list-style-type: none"> ● Read pdf about coherence (Rollin Mccraty) ● Read other articles about Emwave ● Read book chapter on neurofeedback ● Read article about binaural beats. ● Exploration of emwave system
Thursday April 12th	SPARC - no classes today.	
Tuesday April 17th	Experiences suggestive of the existence of a separate soul I (mediumship, OBEs NDEs	<ul style="list-style-type: none"> ● Read chapter 4 on memory in Irreducible mind ● Read anomalous self and identity experiences pdf. ● Read chapter 6 in irreducible mind on Near death experiences ● Read article on mediumship and the mind body relationship
Thursday April 19 th	Experiences suggestive of the existence of a separate soul II Past life experiences, heart transplant cases);	<ul style="list-style-type: none"> ● Read articles on past lives (Tucker) ● Read article on cellular memory by Dossey (pdf on courseden) ● Read article on heart transplants and personality changes http://www.namahjournal.com/doc/Actual/Memory-transference-in-organ-transplant-recipients-vol-19-iss-1.html
Tuesday April 24 th	Energy and the mind body relationship - chakras and kundalini	<ul style="list-style-type: none"> ● Read article on chakras ● Read articles on bioenergy research at RRC ● Read article on kundalini

	awakening experiences	
Thursday April 26 th	Energy and the mind-body relationship II – energy medicine including Reiki and Johrei; Chinese medicine	<ul style="list-style-type: none"> ● Read chapter 9 in irreducible mind. ● Read article by Gruzelier ● Read article about acupuncture (Kaptchuk).
Tuesday May 2 nd (exam week)	Presentations 1	<ul style="list-style-type: none"> ● Students present 10-15 minute presentations on personal understanding of the mind body relationship.
Thursday May 4 th (exam week)	Presentations 2	<ul style="list-style-type: none"> ● Students present 10-15 minute presentations on personal understanding of the mind body relationship. ● Submit blog assignment by today.

Assignments

1. **Coordinate one *in class* topic 15%** - to be discussed and allocated during the first week of classes. Students will pick a topic that they find intriguing and co-ordinate the class/discussion for these days. Assessment will include a clear plan for the class; an ability to answer questions from your peers about the topic. Your own take home message/summary about the topic and what it tells us about the nature of mind and body and how they relate to one another
2. **Mid-term summary of recent research (the last 5 years) 10%**.-Find a recent article which has relevance to mind body studies. Summarize the article's background, findings and relevance for studies in mind-body in one page. Share the article and your summary of it with the class.
3. **Mind Body Practice and Theory Blog 50%**
 - a. Choose a **Mind body practice** that you have not done before. Engage in this mind-body practice over the semester. A list of some possibilities is included here:-
 - i. Yoga
 - ii. Meditation
 - iii. Biofeedback or neurofeedback
 - iv. Hypnosis
 - v. Tai Chi
 - vi. Acupuncture
 - vii. Reiki or Johrei
 - viii. Belly dancing or other dancing
 - ix. Tapping or Thought Field Therapy (TFT)
 - b. Keep a reflexive blog (i.e., taking a subjective stance) about what the experience is like, changes you notice (if any) in terms of your emotions, your sense of self (and your sense of self in body), your interactions with social others etc.
 - c. Throughout your blog, you should describe previous research which supports your observations. Please include at least 10 citations here. We will have a library searching session to help you to locate relevant sources for this assignment.
 - d. How do various theories and studies in mind-body explain (or contradict) what you observe. How do you think your mind body practice is working?
 - e. Blogs should include (at least) one entry per week during the semester. Students will include a link to the blog, and copy and paste the written content of the blog into a word document to be submitted to the professor. The final blog should be submitted on Monday April . The blog should be supplemented with a references page consisting of all sources employed for the assignment. The references page should be in APA style.
4. **Mind body understanding . 25%**

Research, prepare and present a 15 minute presentation about your understanding of the mind body relationship. Which model of mind do you most align with and why? Your presentation should be research and theory informed, and can include music/artwork/dance/poetry to represent your understanding. Frame your answer by drawing on research and theory from our course, and your own experiences/research interests. Students will also submit a reference sheet in APA style with the presentation.

Students are referred to the following link which contains important information that should be reviewed 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.