Description

The seminar is a basic and wide-range exploration of healing practices originating around the world and often understood as complementary and alternative medicines (CAM) in the USA. We will be exploring several traditional systems of medicine as they contribute to the development of integrative medicine. We will attempt to examine the variety of medical practices in a critical and balanced way.

The study of the CAM will include four aspects: (1) the local knowledge and theories of healing and illness; (2) the philosophical, historical, and political dimensions; (3) a review of some plausible psychobiological mechanisms that may underlie many CAM practices; and (4) a review of the clinical efficacy of complementary and alternative medicines provided by the Western biomedical sciences.

At the end of the seminar students should gain a critical and balanced understanding of the benefits and limitations of complementary and alternative healing practices, which is very important considering the enormous popularity of alternative medicine today.
**Course Requirements**

Students are required to do all assigned readings by class time, to complete weekly critiques and to participate in class discussions. There are two short (5-7 page) reflective essays, a research paper (12-15 pages), and a 3 page reflection paper on Heart-Math required to complete the course.

Students are asked to participate in experiential activities within the class (e.g. Heart-Math), as well as experiencing some aspect of the healing method chosen for their research.

Heart-Math is the name of an institute that is exploring the role of the heart in human performance. They have devised a series of techniques that allow the practitioner to control heart rate variability and achieve "entrainment" or synchronization of mind, breath and heart rhythms. This entrainment state leads to lower stress and enhanced performance physiologically and mentally. While Heart Math is not an alternative medical practice embodying systemic knowledge from another culture, it nevertheless focuses on the interrelationship of the heart-mind that is fundamental to many cultural practices. Furthermore, the Institute is researching the relationship from a western scientific perspective and provides both a practice and an intellectual research design component that will help to elucidate a number of issues raised in the course.

There is a brief training to learn the Heart-Math technique. Students are asked to practice on a regular basis and to keep a record of their progress -- computer generated data as well as impressions and experiences.

A three page essay, reflecting on one's own experience with Heart-Math will be required at the end of the semester.

Please read, Science of the Heart pp. 3-26  [www.heartmath.org](http://www.heartmath.org)
Recommended: D. Childre, H. Martin, The Heart Math Solution

**Supplementary Activities**

Guest healers, guest speakers, films, and healing demonstrations will supplement the lectures, readings, and class discussions. Students are strongly advised to attend the public events on CAM.

**Grading Policy**

- Reflection Papers 15% each
- Critiques and class participation 30%
- Research paper and oral presentation 35%
- Heart-Math essay 5%
Required Books Available at Huntley Bookstore

- Dossey L., Reinventing Medicine.
- Kuhn TS., The Structure of Scientific Revolutions.
- Malidome Some, Of Water and the Spirit
- Canizares R. Cuban Santeria: Walking with the Night.

Other readings listed within syllabus are available on electronic reserve at Honnold Library

Reading Assignments

January 23

Introduction.

January 28

History, Politics, Philosophy and Medicine.

Science: Paradigms and Changing "Reality."

January 30

Science and Culture.
Harding, Is Science Multicultural?, Chp. 4

February 4

Science: Chaos and Order.
Briggs & Peat, The Turbulent Mirror (Prologue, Chpts. 1, 2, 4, 0, 2).

February 6

Medicine, Science and Culture
An introduction to the "Theories of Illness."
Trudy Griffin-Pierce. "When I am Lonely The Mountains Call Me": The Impact of Sacred Geography on Navajo Psychological Well Being. American Indian and Alaska Native Mental Health Research.
Aronowitz, Making Sense of Illness, Science Society and Disease, (selections).
February 11-13

**Medicine and Politics: Regulation and Law**

- Cohen, *Complementary and Alternative Medicine: Legal Boundaries and Regulatory Perspectives* (Chpts. 2-4, 6-7 Listed as biomedical regulation in historical context, part 1.2.3).

February 18-20

**Paradigms of Healing and Medicine**

- Dossey, *Reinventing Medicine*

Friday, Feb. 22

**Reflection paper due**

**Understanding Changing Practices in Medicine: Principles of Scientific Research & Basic Methods of Study.**

February 25

**The Scientific Method**


**Types of Research Designs: Descriptive Studies, Cross-Sectional, Comparative Studies (Case-Control Studies, Cohort Studies, Experimental Studies, Quasi-Experimental Studies).**

February 27  
**The Self-Healing Brain? Placebo and Nocebo Phenomena.**  

March 3  
**Placebo continued.**  
Harrington, chpt. 5-7, 9 and "Conversations at the Disciplinary Borders."  

March 5  
**The Neurobiology of Stress**  
Alan Jones, Professor of Psychology  
Readings to be assigned

March 10  
**Heart-Math**  
Rollin McCraty, *The Science of the Heart*, pp. 3-26  
McCraty, "The Energetic Heart: Bioelectromagnetic Interactions Within and Between People."  
McCraty and Childre, "The Appreciative Heart: The Psychophysiology of Positive Emotions and Optimal Functioning."  

March 12  
**Research: Problems in Cross-Cultural Research Design. What is the Body?**  
Keptchuk, *The Web That Has No Weaver*, Chp. 2

Friday, March 14th  
**Second Reflection Paper Due**

**SPRING BREAK**

**Notice**

*The sequence of the units below and guest healers could change.*
March 24

**Energy Healing**
Kenneth Klee, Professor of Law, UCLA.
An overview of energy healing modalities, including Pranic, DNA, Theta, Norri, Radiance Techniques, Pulsors, Beyonder, N.E.T.
Co, *Healing Hands."
Klee, *Energy Medicine*

March 26

**Curanderismo**
Aritina Vazquez Morris, Curandera

**Readings to be assigned**

March 31

**Curanderismo Discussion**
Hubert & Sandstrom, *Meso-American Healers*, pp. 47-94, 139-78
Martin Prechtel, *Secrets of the Talking Jaguar."
E. Luna “Nurse Curanderas”, *Journal of Holistic Nursing*, Vol. 21, No. 4, Dec 2003

April 2

**African/Caribbean Medicine.**

**Video on African Healing Traditions**
Malidoma Some, *Of Water and The Spirit*, Intro, Chp. 1, 2, 3, Chp. 12, 14-15, 17, 18

April 7

**Clinical studies on African Healing Methods and Discussion**
Ngubane H. Clinical Practice and Organization of Indigenous Healers in South Africa.
M. Richter, "Traditional Medicine and Traditional Healers in South Africa

**Research paper topics are due April 7th in class**

April 9

**Santeria**
Canizares, *Cuban Santeria: Walking with the Night*, Chp 1-6, 8

**Chinese Medicine**
April 14

**The Theory of Chinese Medicine.**

April 16

**Demonstration of Chinese Medicine.**
Caroline Tomlinson, Acupuncturist.

April 21

**Clinical Trials on Chinese Healing Methods and Discussion.**
NIH Consensus Statement on Acupuncture.
Lin and Chen, "Exploratory Studies of External Qi in China."

**Amerindian Medicine.**

April 23

Cecilia Garcia, Chumash Medicine Woman.
Demonstration on Chumash Healing.
Virgil Vogel, American Indian Medicine, Ch. 2, 6.

April 28

**Quichua Healing**
Tousynant and Maldonado, "Sadness, Depression and Social Reciprocity in Highland Ecuador."
Maldonado, "Indigenous Knowledge."
Maldonado, "Are Yachataitas (Quichua Healers) Good Diagnosticians?"

April 30

**Tour of Pitzer's Native American Garden**
with Mark Acuna, Tongva Herbalist

May 5

**Student Research Reports**

May 7

**Student Research Reports.**

Graduating Seniors: Research papers and HeartMath essay papers are due on May 7.
All others: Research papers and HeartMath essays are due on Friday, May 9th.