

SCIENCE, POLITICS & ALTERNATIVE MEDICINE

IIS 113, STS 113, or PS 197
Spring 2008

Sharon Snowiss

Professor of Political Studies

Office: Scott 206, ext 73178

Email: ssnowiss@pitzer.edu

Office hours: MW 4:10 - 5:30 PM and by appointment.

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
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.
- Harrington A. ed., The Placebo Effect - An Interdisciplinary Exploration.

- 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.

History, Politics, Philosophy and Medicine.

January 28

Science: Paradigms and Changing "Reality."

Kuhn TS, Structure of Scientific Revolutions (Chpts. 1-4, 6, 9-10); Vickers A, "Research Paradigms in Mainstream and Complementary Medicine," In Ernst E. Complementary Medicine - An Objective Appraisal.

January 30

Science and Culture.

Harding, Is Science Multicultural?, Chp. 4
Levi-Strauss, The Savage Mind, Chp. 1.

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."

George P. Murdock. Theories of Illness - A World Survey. Pittsburgh: University of Pittsburgh Press, 1980.

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).

Stone and Mathews, Complementary Medicine and The Law (Chp. 1, “Why History Is Important”).

National Policy Dialogue To advance Integrated Health Care: Finding Common Ground, March 2002.

Cohen and Eisenberg, "Potential Physician Malpractice Liability Associated with Complementary and Integrative Medical Therapies," Annals of Internal Medicine, 2002.

Cohen and Reggie, "Integrating Complementary and Alternative Medical Therapies in Conventional Medical Settings: Legal Quandaries and Potential Policy Models", University of Cincinnati Law Review, Winter, 2003.

Vinclair and Nicol, "When Ignorance Isn't Bliss What Healthcare Practitioners and Facilities Should Know about Complementary and Alternative Medicines", Journal of Health and Hospital Law, Vol. 30, No. 3.

White House Commission on Complementary and Alternative Medicine Policy, March 2002 (Final Report, Chair's Vision, x-xiv, Execution Report, xv-xxxi, Chp. 2, pp 9-11, Chp. 4, pp 51-57, Chp. 10 pp146-56 begin with recommendation 10.)

February 18-20

Paradigms of Healing and Medicine

Dossey, Reinventing Medicine

Kaptchuk and Miller, "What is the Best and Most Ethical Model for the Relationship Between Mainstream and Alternative Medicine: Opposition, Integration, or Pluralism?", Academic Medicine, March, 2005.

Adams et al, "Ethical Considerations of Complimentary and Alternative Medical Therapies in Conventional Medical Settings," Annals of Internal Medicine, 2002

Friday, Feb. 22

Reflection paper due

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

February 25

The Scientific Method

Duggan AK. “The Scientific Method, Inference, and Validity of Research Findings.” In DeAngelis C. An Introduction to Clinical Research. New York: Oxford University Press, 1990. p. 3-13.

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

Wissow L and Pascoe J. “Types of Research Models and Methods.” In DeAngelis C. An Introduction to Clinical Research. New York: Oxford University Press, 1990. p. 38-72.

Kaptchuck, "The double-blind randomized, placebo controlled trial; gold standard or golden calf?" Journal of Clinical Epistemology, 2001.

Kaptchuck, "Complementary Medicine: Efficacy beyond the placebo effect," Complementary Medicine. An Objective Appraisal, (chp. 4), 1996.

Understanding Changing Practices in Medicine: Neurosciences & Alternative Medicine.

- February 27 **The Self-Healing Brain? Placebo and Nocebo Phenomena.**
Harrington, The Placebo Effect: An Interdisciplinary Exploration, Intro, chp. 1-3
- March 3 **Placebo continued.**
Harrington, chpt. 5-7, 9 and "Conversations at the Disciplinary Borders."
Stone et al, "Patient Expectations in placebo controlled randomized clinical trials.",
Journal of Evaluation in Clinical Practices, 11. I pp. 77-84
Moerman and Jonas, "Deconstructing the Placebo Effect and Finding the Meaning
Response," Annals of Internal Medicine, March 2002.
- 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."
McCraty, Atkinson, and Bradley, "Eelectrophysical Evidence of Intuition: Part 2.
A system-wide Process?" Journal of Alternative and Complementary Medicine,
November 2, 2004.
- March 12 **Research: Problems in Cross-Cultural Research Design. What is the Body?**
Steven Epstein, "Bodily Differences and Collective Identities: The Politics of
Gender and Race in Biomedical Research in the U.S., Body and Society, 2004.
S. Gilbert, "Bodies of Knowledge: Biology and the Intercultural University", in
Taylor, Halton and Edwards, Changing Life: genomes, ecologies, bodies,
commodities. (1997)
Gbadegesin, "Eniyan: The Yoruba Concept of a person," in Coetzee and Roux, The
African Philosophy Reader
Sonar Farage, "Musical Proportions in the Pulse." (2004)
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.

Hintz, Youst, Kader, Schwartz, Hammerschlag and Shen, "Bioenergy Definitions and Research Guidelines," Definitions and Standards in Healing Research a supplement to Alternative Therapies, May/June 2003.

Michael Cohen, Beyond Complementary Medicine, Chapter 6, "Energy Healing: An Emerging Enigma."

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.

Sylvia Marcos, "Women, Healing Rituals and Popular Medicine in Mexico," and "Sacred Earth: Meso-American Perceptions.

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

MG Hewson. Traditional Healers in Southern Africa. Annals of Internal Medicine 1998;128:1029-1034.

Ngubane H. Clinical Practice and Organization of Indigenous Healers in South Africa.

Oyeneye OY. Mobilizing Indigenous Resource for Primary Health Care in Nigeria: A Note on the Place of Traditional Medicine. Alternative Therapies, May/June 2003.

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.**
 K. Ergil, "China's Traditional Medicine: in Micozzi (ed) Fundamentals of Complementary and Alternative 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."
 Kaptchuck, "Acupuncture Theory, Efficacy and Practice," Annals of Internal Medicine, March 2002.

Amerindian Medicine.

- April 23 Cecilia Garcia, Chumash Medicine Woman.
 Demonstration on Chumash Healing.
 Ken Cohen, "Native American Medicine" in Jonas and Levine, Essentials of Complementary and Alternative Medicine.3.
 J. Adams and Cecilia Garcia, "Palliative Care Among Chumash People," Evidenced-Based Complementary and Alternative Medicine, April 20, 2005.
 J. Adams and Cecilia Garcia, "Spirit, Mind, and Body in Chunash Healing," Evidenced-Based CAM, October 10, 2005.
 Virgil Vogel, American Indian Medicine, Chp. 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.

