
T H E P S Y C H O L O G Y O F
R E L I G I O N A N D S P I R I T U A L I T Y

Psychology 357

University of Arizona

Fall Semester 2000

Class Location and Time: Mod Lang Bldg. Rm.311 Tue & Thr 3:30pm-4:45pm
Instructor: Carlton F. "Perk" Clark, MSW
Office: 40 E 14 Street #5 (downtown Tucson)
Office Hours: by appointment
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Required Text: readings as assigned, filed on electronic reserve at UA Library accessible via SABIO

Grading and Requirements:

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|-------------------------|-----|
| 1. Exams | 40% |
| 2. Journals | 25% |
| 3. Paper | 25% |
| 4. Class Participation: | 10% |

Course Goals:

The primary objective of the course is to give students a working knowledge of the psychology of religion and spirituality as seen through the literature and experience of transpersonal psychology.

This will be accomplished by offering an overview of human development using religious, spiritual, and psychological schema, most of which describe a progression of the human being toward higher states of functioning. Major elements the theory of this thinking will be addressed, and contrasts among religious, spiritual, and psychological schools will be cited. The student will be encouraged to observe and to keep a journal on his/her own religious, spiritual and psychological functioning as a basis for learning diagnostic categories and interventions that are named these traditions. Altered states of consciousness, meditation, and spiritual practices will be discussed. Practical clinical issues for the psychotherapist will be considered when addressing clients about these issues. Cults and authentic spiritual groups will be described. Individual and group psychotherapy methods that are concerned with religion and spirituality will be offered.

Paper Requirements:

Eight to ten pages, double spaced, typed, 1" margins normal paragraph formatting. Specific topics discussed with and **approved by me by 9/26/00**. References should follow the formatting style of the Publication Manual of the American Psychological Association, 4th edition.

Homework and Journal Assignments:

There will be a continuous Journal assignment of three handwritten pages a week (four pages if you write large handwriting). The journal counts heavily on your grade and it is highly recommended that you keep current with it. The journal assignment is to write about your reflections on the topics covered class, your emotions and reactions about particular aspects of the class material, and to note any interesting responses that you have regarding various practices that will be assigned. This has three functions: (a) you can track your own experiences

and personalize the material; (b) you can process some of the ideas addressed class; (c) I can get an understanding of where you are and what you are thinking about the subject matter.

Tests:

Short-answer essay tests will be administered on 9/26/00, 10/31/00, and a final exam will be given on 12/14/00 from 2pm to 4pm.

Format:

Lectures the classroom will feature didactic presentations, experiential meditation practices, and the interpretation of teaching stories, spiritual and religious materials from an esoteric (as opposed to exoteric) perspective. The presentation method will be the "scatter" technique, where all the methods above will be employed random fashion during the time the classroom. There will be specific time for DISCUSSION of the materials and your participation these is encouraged. When EXERCISES are encouraged between classes, I will also ask for your reactions to these class and your journals as another way to gauge your participation the course.

Reading Material:

Note that there are specific *reading assignments to be completed by the date the class meets* to discuss a topic that is associated with that material.

Date: 8/22	Topic: : welcome, syllabus, defining of terms, what brings you to this class?
Reading to have completed: none	

Date: 8/24	Topic: : defining terms, causes of suffering
Reading to have completed:	
Evolution of self-concept , pp. 25-37. Vaughan, F. (1986). <u>The inward arc</u> . Boston : Shambala.	
Sati [on-line] http://www.tucsonet.com/tucsonet/bilby/blackboard/messages/493.html , an excerpt from: Gunaratana, H. (1993). <u>Mindfulness in plain English</u> . Boston: Wisdom Publications.	
Stages of human development, p. 176. Shafii, M. (1988) <u>Freedom from the self</u> . New York: Human Services Press.	

Date: 8/29	Topic: : defining terms; the psychology of religion
Reading to have completed:	
Religion in psychological perspective, pp. 1-29. Paloutzian, R. F. (1996). <u>Invitation to the psychology of religion (2nd ed.)</u> . Needham Heights, MA: Allyn & Bacon.	
Class discussion of the reading	

Date: 8/31	Topic: transpersonal developmental spectrum, history of transpersonal psychology; the spectrum of consciousness
Reading to have completed:	
Wilber, K. (1996). Forward. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. xvii-xx). New York, NY: Basic Books.	
Scotton, B. W. (1996). Introduction and definition of transpersonal psychiatry. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. 3-8). New York, NY: Basic Books.	
Chinen, A. (1996). In The emergence of transpersonal psychiatry. B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. 9-18). New York, NY: Basic Books.	
Taylor, E. (1996). William James and transpersonal psychiatry. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. 21-28). New York, NY: Basic Books.	
Epstein, M. (1996). Freud's influence on transpersonal psychology. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. 29-38). New York, NY: Basic Books.	

Date: 9/5	Topic: transpersonal developmental spectrum, history of transpersonal psychology; the spectrum of consciousness
Reading to have completed:	
Young, R. G. (1998). An Interview with Rabbi Rami Shapiro. <u>Pathways</u> , (7)2, 11-12.	
Survey: Stages of the ascent of consciousness. pp. 178-184. Wilber, K. (1985). <u>The atman project</u> . Wheaton, IL: Theosophical Publishing House.	

Date: 9/7 & 9/12	Topic: the pearl beyond price; being and ego, psychological object relations theory
Reading to have completed:	
Personal essence legends and fairy tales, pp. 99-108. Almaas, A. H. (1988). <u>The pearl beyond price</u> . Berkeley, CA: Diamond Books.	
The transpersonal self, pp. 40-57. Vaughan, F. (1986). <u>The inward arc</u> . Boston, MA: Shambala.	

Date: 9/14 & 9/19	Topic: contrasting transpersonal psychology with conventional psychology
Reading to have completed:	
Conditioning, pp. 238-240. Shah, I. (1994). <u>The commanding self</u> . London: Octagon Press.	
Tart, C. (1975) Some assumptions of orthodox, western psychology. C. Tart (Ed.), <u>Transpersonal psychologies</u> pp. 59-111. New York: Harper & Row,.	
Psychotherapy as spiritual inquiry. Vaughan, F. & Wittine, B. (1995). Psychotherapy as spiritual inquiry. <u>Revision</u> , 17(2), 42-48.	
Discuss class, article: Conditioning.	

Date: 9/21 & 9/26	Topic: goals and tools of transpersonal psychotherapy; symbols of higher experience; spiritual emergence vs. psychiatric disorders
Reading to have completed:	
Spiritual emergence vs. Psychiatric disorders, pp. 254-255. Grof, C. & Grof, S. (1990). <u>The stormy search for self</u> . Los Angeles: Jeremy P. Tarcher, Inc..	
Differentiating spiritual emergence and spiritual emergency, p. 37. Grof, C. & Grof, S. (1990). <u>The stormy search for self</u> . Los Angeles: Jeremy P. Tarcher, Inc.	
9/26/00: First Examination	

Date: 9/28 & 10/3	Topic: altered states of consciousness: types, psychedelic drugs; a new model of the psyche based on psychedelic research; near death experiences
Reading to have completed:	
Yensen, R. & Dryer, D. (1996). The consciousness research of Stanislov Grof. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. 75-84). New York, NY: Basic Books.	
Drugs, Yoga, and psychotransformism. De Ropp, R. S. (1976). In J. Needleman. & D. Lewis (Eds.) <u>On the way to self-knowledge</u> (pp. 148-181). New York: Knopf.	

Date: 10/5 & 10/10	Topic: transference & countertransference; methods of expanding consciousness; spontaneous transcendent experiences; intuitions; hallucinations
Reading to have completed:	
Transference, countertransference, and the working alliance, pp. 41-49. Boorstein, S. (1997). <u>Clinical studies transpersonal psychotherapy</u> . Albany, NY: State University of New York Press.	

Date: 10/12 & 10/17	Topic: transcendent and pathological inner voices; methods transpersonal psychotherapy (case examples by diagnosis and the transpersonal interventions offered, with the outcomes cited)
Reading to have completed:	
Boorstein, S. (1996). Transpersonal techniques and psychotherapy. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (282-292). New York, NY: Basic Books.	
Urbanowski, F. B. & Miller, J. J. Trauma, psychotherapy, and meditation. <u>Journal of Transpersonal Psychology</u> , 28(1), 31-48.	

Date: 10/19 & 10/24	Topic: sleep: styles of psychological defense mechanisms, forms of cognition that are the way
Reading to have completed:	
Tart, C. (1996). The dynamics of waking sleep. In J. Needleman. & G. Baker (Eds.) <u>Gurdjieff</u> , pp. 116-126. New York: Continuum.	

Date: 10/26 & 10/31	Topic: prisons of thought; teaching stories
Reading to have completed:	
Dye your prayer-rug with wine, pp. 182-183. Shah, I. (1978). <u>Learning how to Learn</u> . The Octagon Press. London.	
The Idiot, the wise man, and the jug, p. 61. Shah, I. (1984).. <u>Tales of the Dervishes</u> . London: The Octagon Press.	
The wayward princess, pp. 63-65. Shah, I. (1984).. <u>Tales of the Dervishes</u> . London: The Octagon Press.	
The dervish and the princess, p. 194. Shah, I. (1984). <u>Tales of the Dervishes</u> . London: The Octagon Press.	
The increasing of necessity, pp. 195-197. Shah, I. (1984). <u>Tales of the Dervishes</u> . London: The Octagon Press.	
10/31: Second Examination	

Date: 11/2 & 11/7	Topic: introduction to awareness practices: self-remembering; concentration and mindfulness meditation
Reading to have completed:	
Deatherage, O. G. (1980). Mindfulness meditation as psychotherapy. In S. Boorstein (Ed.), <u>Transpersonal Psychotherapy</u> (pp. 173-187). Palo Alto, CA: Science and Behavior Books, Inc.	
Extending mindfulness to everyday life, pp. 197-222. Tart, C. (1994). <u>Living the mindful life</u> . Boston: Shambala	

Date: 11/9 & 11/14	Topic: bare attention, theories about what meditation accomplishes, adverse effects of meditation; identification and dis-identification
Reading to have completed:	
Adverse effects of meditation, pp. 118-123. Shafii, M. (1988). <u>Freedom from the self</u> . New York: Human Services Press.	

Date: 11/16	Topic: methods for the student: working with emotions, adopting virtues, prayer
Reading to have completed:	
Real and ostensible self-improvement; The roles of teacher and student, pp. 127-130. Shah, I. (1983). <u>Learning how to learn</u> . London: Octagon Press.	

Date: 11/21	Topic: DSM-IV: religious and spiritual problems; offensive spirituality and spiritual defenses; transpersonal therapy with religious persons
Reading to have completed:	
Battista, J. R. (1996). Offensive spirituality and spiritual defenses. In B. W. Scotton, A. B. Chinen, and J. Battista (Eds.), <u>Textbook of transpersonal psychiatry and psychology</u> (pp. 250-260). New York, NY: Basic Books.	
NOTE NO CLASS ON 11/23: THANKS!	

Date: 11/28	Topic: evaluating spiritual groups; the consistent goal of spiritual traditions
Reading to have completed:	
Clark, C. F. (1998). Transpersonal group psychotherapy. <u>Journal for Specialists Group Work</u> , (23)4, 350-371.	

Date: 12/5	Topic: the relationship of psychotherapy to sacred tradition
Reading to have completed:	
Sknner, A. C. R. (1976). The relationship of psychotherapy to sacred tradition. In. J. Needleman & D. Lewis, (Eds.) <u>On the way to self-knowledge</u> . (204-241). New York, NY: Knopf.	
Clark, C. F. (2000) <u>Can you tell me what was therapeutic about it?</u> . Unpublished manuscript.	
PAPERS DUE!!!! LAST CLASS MEETING TODAY!!!!	
FINAL EXAMINATION: 12/14/00 2pm to 4pm	