Course Overview

This course will provide a grounding in the historical roots of humanistic psychology. Major theorists will be presented, with the opportunity of reading original texts. The course will also present some recent developments in the field as well as cross-cultural and transpersonal psychologies which use the humanistic perspective. The course itself will be conducted in a manner congruent with the material and will be experiential and process-oriented.

Required Reading


Optional Reading -- Choose ONE of the following (or a book of your choice approved by the instructor):


Web site: Division 32 (Humanistic Psychology) American Psychological Association

http://www.apa.org/divisions/div32/
Grading

Exam #1 (based on Rowan) -- 30% -- February 12
Take-home Exam #2 (based on Rogers) -- 30% -- due March 19
Research Paper or Class Presentation -- 30% -- due April 16
Class Participation -- 10%

Examinations -- Examination #1 will cover the material presented in the Rowan book as well as lecture and discussion material. It will be 1 1/4 hours in length and will be an in-class exam. The format will consist of essay questions. Examination #2 will cover the Rogers book as well as lecture and discussion material. It will be a take-home exam that will be given to you on Tuesday March 13 and is due in class on March 20. The exam will include short-essay questions on Rogers' philosophy as well as some practical, counselling material. Criteria for higher marks on both these exams include: (1) evidence presented in writing that you understand the content of the humanistic psychology texts at a deep level; (2) your writing style and the process of your written responses are constructed in a manner congruent with the assumptions of humanistic psychology.

Research Paper or Class Presentation -- This final assignment is an opportunity for you to explore an area in Humanistic Psychology that is particularly meaningful to you. The basis for the research project will be the experiential activity you have chosen for the semester supplemented by theoretical material. Please choose your topic from your optional book choice and supplement your research with additional sources if necessary. Some examples of paper topics are: cross-cultural healing; transpersonal psychology; recovery from addiction, humanistic psychology from a woman's perspective, yoga, meditation, Reiki, lucid dreaming, etc. As we progress through the semester, it will become clear what the parameters are for topics in humanistic psychology. You have the choice of a 10 page (maximum) research paper or a one-half hour class presentation. The 10-page research paper must be presented using APA format and will be due on April 9. The 1/2 hour class presentation must be scheduled in advance and include a written outline of your talk as well as a reference list. Please speak with me in advance about your paper topic.

Participation. Our work during the semester will be to experience the humanistic perspective by becoming a community. This process is facilitated by openness and a capacity for self-reflection in our effort to be authentic with each other. Although grading this process is difficult, if not inappropriate, those students who present evidence of active engagement in this self-reflection will receive higher marks.

Metaskills:

You will develop the ability to critically analyse the field of humanistic psychology, not only as a historical field, but a relevant field for today's world. Through you personal development experience, you will develop the ability to connect and work with the community at large.
The talking circles and information on cross-cultural community healing will assist you in learning about Aboriginal healing.

**Accommodations:** If there is any student in this course who, because of a disability, may have a need for accommodations, please come and discuss this with me, as well as contacting the Coordinator of Special Needs Services at 585-4631.

**Student Responsibilities and Course Prerequisites**
Students are responsible for understanding and following the academic regulations outlined in the University Calendar. Please see §5.1 of the 2014-15 Calendar under Responsibilities of Students. Your first responsibility is to ensure that you have the necessary prerequisite for this class. If not, you will not receive credit for it at graduation time, and you may have difficulty in completing your degree program.

**Attendance**
Regular and punctual attendance is expected of students in their courses. Students who are persistently tardy or absent or who neglect academic work may be subject to disciplinary action and may be excluded from the final examinations (§5.3 of the 2014-15 Calendar). Please note any specific requirements for attendance in this course.

**University Email Accounts**
Check your University of Regina email account regularly or have your University email forwarded to your preferred email address; see [http://www.uregina.ca/is/student/email/index.html](http://www.uregina.ca/is/student/email/index.html)

**Procedures and Dates for Dropping Courses**
All changes to course registration must be made in writing to your Faculty or College. Students who are not attending but have not formally withdrawn are still considered to be registered, are liable for fees, and are assigned a failing grade of NP for failing to complete the course. **Non-attendance does not constitute withdrawal.**

- Last day to drop a course and receive 100% refund: January 19, 2015
- Last day to drop a course without a transcript record: January 19, 2015
- Last day to withdraw from a course and receive 50% refund: February 2, 2015
- **Last day to withdraw from a course without a failing grade:** March 16, 2015

**Academic Misconduct – Plagiarism and Cheating**
Note the definitions of plagiarism and cheating in §5.13.2.2 of the 2014-15 Calendar, as well as the potential punishments (which range from a mark reduction on the test or essay in question up to expulsion from the University). **If you have any questions about the proper methods of citing sources, the extent to which sources (including internet resources) must be cited, or what might constitute plagiarism, please discuss your questions with your instructor before**
**handing in work!** Please note that when you hand in assignments, it is assumed that you handed in the version you intended to hand in – the excuse that you ‘accidentally’ handed in the wrong file will not be accepted.

*Procedures for Requesting Deferrals of Final Exams or Term Work*
If you are unable to finish your final exam or term work for reasons beyond your control (e.g., illness, accident, death in the family), please contact the Assistant/Associate Dean of your Faculty or College as soon as possible for advice. Procedures for requesting deferral of final examinations or term work are outlined in see §5.7 of the 2014-15 Calendar. If you experience any personal difficulties during the semester, for example due to illness or family issues, please discuss your situation with your instructor and/or your Assistant/Associate Dean as soon as possible.

*University Harassment and Discrimination Prevention Policy*

All members of the University community are entitled to a professional working and learning environment free of harassment and discrimination. See §8.4.6 of the 2014-15 Calendar for more details.
COURSE SCHEDULE

This schedule is flexible.....

JANUARY

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues.</td>
<td>6</td>
<td>Introduction to Course</td>
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<tr>
<td>Thurs.</td>
<td>8</td>
<td>Fundamental Principles of Humanistic Psychology</td>
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<tr>
<td></td>
<td></td>
<td>Reading: Rowan, <em>Ordinary Ecstasy</em>, chapter 1, 2, &amp; 3</td>
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<tr>
<td>Tues.</td>
<td>13</td>
<td>Guest Speaker: Chaeryl Logan (Reiki Master)</td>
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<tr>
<td>Thurs.</td>
<td>15</td>
<td>Guest Speaker: Sarah Atcheston-Achter, Holistic Nutrition.</td>
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<tr>
<td>Tues.</td>
<td>20</td>
<td>Reading, Rowan, Chapters 4, 5, 6, 7</td>
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<tr>
<td>Thurs.</td>
<td>22</td>
<td>Reading: Rowan, <em>Ordinary Ecstasy</em>, chapters 8, 9, 10</td>
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<td>Tues..</td>
<td>27</td>
<td>Guest Speaker: Kelly Green, Healing Through Meditation</td>
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<tr>
<td>Thurs.</td>
<td>29</td>
<td>Gestalt: Perls Video,</td>
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FEBRUARY

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues.</td>
<td>3</td>
<td>Reading, Rowan chapters 11, 12, 13</td>
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<tr>
<td>Thurs.</td>
<td>5</td>
<td>Summary of Humanistic Psychology</td>
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<td></td>
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<td>Hand in your exam questions</td>
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<td></td>
<td></td>
<td>Potential Exam Questions will be handed out</td>
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<tr>
<td>Tues</td>
<td>10</td>
<td>Reading: Rowan, <em>Ordinary Ecstasy</em>, chapters 14 &amp; 15</td>
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<tr>
<td>Thurs.</td>
<td>12</td>
<td>Examination #1 based on <em>Ordinary Ecstasy</em></td>
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<tr>
<td>T/R</td>
<td>18-20</td>
<td>Midterm Break, No Class</td>
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<td>Instructor out of town. No Class on Feb. 24</td>
</tr>
<tr>
<td>Tues.</td>
<td>24</td>
<td>No class</td>
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Thurs. 26    Rogers Video, Rogers Part I

MARCH

Tues.  3     Reading, Rogers, *A Way of Being*, Part II
Thurs.  5    Rogers, Part III
Tues. 10    Rogers, A Way of Being, Part IV
Thurs. 12   Exam #2 handed out in class
             Practice Counselling Tapes
Tues. 17    Cross-cultural Counselling
             *The dancing healer*..
Thurs. 19   Exam #2 due in class
Tues. 24    Transpersonal Psychologies, *Fire in the Soul*
Thurs. 27   *Straight Path, Zen Therapy*
Tues. 31    Class Presentations

APRIL

Thurs.  2    Class Presentations
Tues.  7     Class presentations
Thurs.  9    Last Class
Thurs. 16   Research Paper Due
Required Reading is the 6th episode of Teen Wolf Season 5. Scott and his friends follow Dr. Valack's advice; and experience strange effects as a result. EDITOR'S NOTE: This episode is directed by British director Alice Troughton, best known for her work on Doctor Who and its spinoff shows and Merlin. Scott McCall is lying on the floor grasping for an asthma inhaler. His breath comes in ragged gasps. The Pathologist steps on the inhaler, crushing it and releasing the medicine within in a puff of gas. I imagine that "required reading" has often significantly contributed to childhood dissatisfaction and lack of bonding among siblings, since many a youngster has had to sadly play by himself because Big Bro/Sis had to study books instead of paying attention to said toddler. by QuacksO July 25, 2019. 0. 0. Flag. Get a required reading mug for your cousin Manafort. Jun 23 Word of the Day. BHAZ. What does required reading mean? required reading is defined by the lexicographers at Oxford Dictionaries as Literature which must be read for an educational course or in order to gain an understanding of a subject; specifically reading which is essential for a person in a particular position or occupation. Origin. Late 19th century; earliest use found in Southwestern Christian Advocate (New Orleans).