

Cover Sheet: Request 13140

REL 3938 Spirituality and Health Care

Info

Process	Course New Ugrad/Pro
Status	Pending at PV - University Curriculum Committee (UCC)
Submitter	Erin Prophet eprophet@ufl.edu
Created	10/5/2018 3:43:47 PM
Updated	1/9/2019 5:52:34 PM
Description of request	This is a proposal for a new course.

Actions

Step	Status	Group	User	Comment	Updated
Department	Approved	CLAS - Religion 011619002	Terje Ostebo		10/10/2018
No document changes					
College	Recycled	CLAS - College of Liberal Arts and Sciences	Joseph Spillane	The College Curriculum Committee recycles this request, with the following changes needed: 1) please re-do the course description to be consistent with approved style guidelines (see http://clas.ufl.edu/curriculum/do 2) a course at this level requires a prerequisite; 3) make sure all course objectives are observable and measurable; 4) the current grading scheme adds up to 105%, please fix;	10/26/2018
No document changes					
Department	Approved	CLAS - Religion 011619002	Terje Ostebo		10/29/2018
No document changes					
College	Recycled	CLAS - College of Liberal Arts and Sciences	Joseph Spillane	The College Curriculum Committee recycles this request, with the following changes requested: 1) put the improved course description, grade scale, and course objectives on the form itself, not simply on the syllabus.	11/26/2018
No document changes					
Department	Approved	CLAS - Religion 011619002	Terje Ostebo		12/4/2018
No document changes					
College	Approved	CLAS - College of Liberal Arts and Sciences	Joseph Spillane		12/20/2018
No document changes					
University Curriculum Committee	Pending	PV - University Curriculum Committee (UCC)			12/20/2018
No document changes					

Step	Status	Group	User	Comment	Updated
Statewide Course Numbering System					
No document changes					
Office of the Registrar					
No document changes					
Student Academic Support System					
No document changes					
Catalog					
No document changes					
College Notified					
No document changes					

Course|New for request 13140

Info

Request: REL 3938 Spirituality and Health Care
Description of request: This is a proposal for a new course.
Submitter: Erin Prophet eprophet@ufl.edu
Created: 1/9/2019 5:41:39 PM
Form version: 6

Responses

Recommended Prefix REL
Course Level 3
Number 938
Category of Instruction Intermediate
Lab Code None
Course Title Spirituality and Health Care
Transcript Title Spirituality & Health
Degree Type Baccalaureate

Delivery Method(s) On-Campus
Co-Listing No
Co-Listing Explanation N/A
Effective Term Spring
Effective Year 2019
Rotating Topic? No
Repeatable Credit? No

Amount of Credit 3

S/U Only? No

Contact Type Regularly Scheduled

Weekly Contact Hours 3

Course Description Investigation of the relationship between religious and spiritual beliefs, alternative and traditional medical practice, and Western biomedicine, in historical and contemporary context.

Prerequisites Sophomore status

Co-requisites None

Rationale and Placement in Curriculum The course builds upon but does not require as a prerequisite REL 3098/ANT 3930, Religion, Medicine and Healing.

Course Objectives Students will apply qualitative analysis to understand various historical models and examine the processes and means by which spirituality influences health and health-care decision-making. This course will be of specific interest to students in pre-health majors. Students who successfully complete this course will:

- Understand the historical context of the relationship between religion, "spirituality," psychology and medicine in the West.
- Learn to critically evaluate research into the relationship between religious and spiritual belief, complementary and alternative medicine, and the practice of Western biomedicine.
- Assess the use of complementary and alternative medicine in the United States and other nations, including common modalities and competing claims made as to their risks and benefits.
- Evaluate various models for integrating spirituality and medicine, and methods of responding to patient belief and practice in a health care setting.

At the end of this course, students will be expected to have achieved the following learning outcomes in content, communication and critical thinking:

- **Content:** Students demonstrate competence in a variety of concepts, theories and methodologies related to religious studies and medicine in order to grasp the topics discussed in the course. Students will acquire a basic knowledge of historical developments, contemporary dynamics, as well as the many ways that spirituality and health care interact in the contemporary context.

Achievement of this learning outcome will be assessed through three response papers, eight quizzes, a midterm and final, and through in-class participation.

- **Communication:** Students communicate knowledge, ideas and reasoning clearly and effectively in written and oral forms appropriate to the topics covered in the course. Students are expected to actively participate in class discussions during the semester, and will in addition give an in-class presentation. Students are also expected to be able to communicate their ideas in their three response papers. Achievement of this learning outcome is assessed through evaluation (grading) of the written papers and of the presentations – paying attention to ability to present arguments in a coherent manner. Participation grades will reflect how well a student communicates during these tasks.
- **Critical Thinking:** Students analyze information carefully and logically from multiple perspectives, using discipline-specific methods, and develop reasoned solutions to problems. Students will prepare three essay responses pertaining to the topics covered in the course. Students will critically evaluate empirical data and how they are theoretically framed, and be able to draw connections between different empirical cases covered in the course. Achievement of this learning outcome will be assessed by the three response papers and by performance in class discussions.

Course Textbook(s) and/or Other Assigned Reading Reading: Required Texts: Purchase

Harrington, Anne. *The Cure Within: A History of Mind-Body Medicine*. New York: W.W. Norton. 2008.

Badaracco, Claire Hoertz. *Prescribing Faith: Medicine, Media, and Religion in American Culture*. Baylor University Press. 2007. Introduction and chapters 1 and 3.

Additional Required Reading (provided on Canvas e-learning site)

Abu-Raiya, Hisham, and Kenneth Pargament. "On the Links Between Religion and Health: What Has the Empirical Research Taught Us?" In *Oxford Textbook of Spirituality in Healthcare*, edited by Mark Cobb,

Christina Puchalski, and Bruce Rumbold, 333–339. Oxford: Oxford University Press, 2012.

Barnes, Linda L. "Multiple Meanings of Chinese Healing in the United States." In *Religion and Healing in America*, edited by Linda L. Barnes and Susan S. Sered, pp. 307-341. Oxford University Press, 2005.

Booth, Jennifer and John E. Martin. "Spiritual and Religious Factors in Substance Use, Dependence, and Recovery." In *Handbook of Religion and Mental Health*, edited by Harold G. Koenig, pp. 175-200. San Diego: Academic Press, 1998.

Carlin, Nathan. "Medical Religion." In *Religion: Sources, Perspectives and Methodologies*, edited by Jeffrey Kripal, pp. 341–56. Boston: Macmillan Reference, 2016.

Cole, Thomas R., Nathan S. Carlin, Ronald A. Carson. "Narratives of Illness." Chapter 7 in *Medical Humanities: An Introduction*. Cambridge University Press, 2015.

Exline, Julie J. 2013. "Religious and Spiritual Struggles." In *APA Handbook of Psychology, Religion, and Spirituality*, Vol. 1, edited by Kenneth I. Pargament, 459–76. Washington, D.C.: American Psychological Association.

Ferngren, Gary B. "Medicine and religion: a historical perspective." In *Oxford Textbook of Spirituality and Healthcare*, edited by Mark Cobb, Christina M. Puchalski and Bruce Rumbold, pp. 3-10. Oxford University Press, 2012.

Jantos, Marek. "Prayer and meditation." In *Oxford Textbook of Spirituality and Healthcare*, edited by Mark Cobb, Christina M. Puchalski and Bruce Rumbold, pp. 359-365. Oxford University Press, 2012.

Levin, Jeffrey S. "Energy Healers: Who They Are and What They Do" *EXPLORE* 7(1), 13-26, January/February 2011.

Levin, Jeffrey S. and Linda M. Chatters. "Research on Religion and Mental Health: An Overview of

Empirical Findings and Theoretical Issues.” In *Handbook of Religion and Mental Health*, edited by Harold G. Koenig, pp. 33-50. San Diego: Academic Press, 1998.

Pargament, Kenneth I. and Curtis R. Brant. “Religion and Coping.” In *Handbook of Religion and Mental Health*, edited by Harold G. Koenig, pp. 111–128. San Diego: Academic Press, 1998.

Puchalski, Christina M. “Restorative Medicine.” In *Oxford Textbook of Spirituality and Healthcare*, edited by Mark Cobb, Christina M. Puchalski and Bruce Rumbold, pp. 197-210. Oxford University Press, 2012.

Saunders, David C. and Brooke D. Lavelle Heineberg. “Neuroscience, Religion, and the Study of Mindfulness.” In Clements, Niki, ed. *Mental Religion*, pp. 301-317. Farmington Hills, MI: Macmillan Reference USA. 2017.

Sloan, Richard P. *Blind Faith: The Unholy Alliance of Religion and Medicine*. New York: St. Martin’s, 2006. Chapter 7, “Is there Really a Health Advantage to the Religiously Active?” and chapter 10, “Ethical Problems.”

Sloan, Richard P. “A Fighting Spirit Won’t Save Your Life,” *New York Times*, January 24, 2011. www.nytimes.com.

Specter, Michael. “The Power of Nothing.” *The New Yorker*, pp. 30-36, Dec. 12, 2011.

Stuber, Margaret L. and Brandon Horn. “Complementary, alternative and integrative medicine.” In *Oxford Textbook of Spirituality and Healthcare*, edited by Mark Cobb, Christina M. Puchalski and Bruce Rumbold, pp. 191-195. Oxford University Press, 2012.

Swift, Chris, George Handzo and Jeffrey Cohen. “Healthcare chaplaincy.” In *Oxford Textbook of Spirituality and Healthcare*, edited by Mark Cobb, Christina M. Puchalski and Bruce Rumbold, pp. 185-190. Oxford University Press, 2012.

Turner, Edith. “Taking Seriously the Nature of Religious Healing in America.” In *Religion and Healing in America*, edited by Linda L. Barnes and Susan S. Sered, pp. 387-404. Oxford University Press, 2005.

Wulff, David M. “Spirituality: A Contemporary Alternative.” In *Spirituality in the Modern World: Within Religious Tradition and Beyond*, vol. 1, edited by Paul Heelas, pp. 136-139. London: Routledge, 2012.

Yaden, David Bryce, Jonathan Iwry, Andrew B. Newberg. “Neuroscience and Religion: Surveying the Field.” In Clements, Niki, ed. *Mental Religion*, pp. 277–299. Farmington Hills, MI: Macmillan Reference USA. 2017.

Weekly Schedule of Topics Week 1: Introduction and overview of religion and medicine as a field of inquiry

Week 2: Definitions and epistemic boundaries in nineteenth-century America

Week 3: Early psychology and psychosomatic illness

Week 4: The “mind-body connection” in the twentieth century

Week 5: Early research on stress, positive thinking and controversies over measuring prayer

Week 6: Placebo in research and popular thinking

Week 7: Researching prayer and the question of prescribing faith

Week 8: Midterm and review

Week 9: Cognitive neuroscience and religion

Week 10: Trauma, addiction and transformative religious experience

Week 11: Healing touch and traditional Chinese medicine

Week 12: Spiritual assessment

Week 13: Identifying positive and negative religious coping

Week 14: Integrative medicine models in practice

Links and Policies Attendance: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Honor Code and Conduct Code

<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>

Grading Scheme Reflection Paper: There are three “reflection papers” required for the course. Each paper should be 750 words in length, typed, using 12 point Times New Roman font in a double-spaced format with one-inch margins. Papers should seek to answer “prompt” questions provided beforehand in a clear, succinct, and original way. Papers must be submitted by paper in class and online, using the Turnitin tool. Reflection papers: 10% each (30% total).

Weekly quizzes will be given most weeks during one class per week and are not announced in advance. Each quiz consists of approximately ten questions, including multiple choice and short answer, covering that week’s assigned readings. No points accrue for a missed quiz (unless for an excused absence). Make-up quizzes will be provided for those who miss quizzes due to excused absences. The quizzes combined represent 20% of the grade.

Midterm and Final Exam: The midterm exam will consist of a combination of question types: matching terms to definitions, multiple choice, and short essays. Midterm: 20%.

The Final exam will be structured similarly to the midterm, and will cover all material until the last day of class. Final: 30%.

Grading Policies

A 94 to 100

A- <94 to 90

B+ <90 to 87

B <87 to 84

B- <84 to 80

C+ <80 to 77

C <77 to 74

C- <74 to 70

D+ <70 to 67

D <67 to 64

D- <64 to 61

F <61 to 0

There is no A+ grade; grades are not rounded up. For example, a 93.85% is an A-, not an A;

Instructor(s) Erin Prophet

Course Proposal (Revised 1-9-19 for Resubmission)

University of Florida Department of Religion

Spring 2019

Erin Prophet, MPH, PhD

REL3938: Spirituality & Health Care, MWF 6, 12:50-1:40 p.m.

Brief Course Description (UF Catalog)

Investigation of the relationship between religious and spiritual beliefs, alternative and traditional medical practice, and Western biomedicine, in historical and contemporary context.

Prerequisite The course builds upon but does not require as a prerequisite REL 3098/ANT 3930, Religion, Medicine and Healing.

Course Objectives:

Students will apply qualitative analysis to understand various historical models and examine the processes and means by which spirituality influences health and health-care decision-making. This course will be of specific interest to students in pre-health majors. Students who successfully complete this course will:

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Course Requirements

The focus of this course is reading and discussion. Students are expected to come to class prepared to discuss the readings. Students will be evaluated for reading comprehension in eight weekly quizzes, a mid-term and final. Students will also submit three reflection papers of 750 words each on specific discussion questions related to course material.

1. Reading

Required Texts: Purchase

Harrington, Anne. *The Cure Within: A History of Mind-Body Medicine*. New York: W.W. Norton. 2008.

Badaracco, Claire Hoertz. *Prescribing Faith: Medicine, Media, and Religion in American Culture*. Baylor University Press. 2007. Introduction and chapters 1 and 3.

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2. Attendance and Participation

Attendance: Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Class attendance is required. Do not register for this class if you cannot arrive on time. Tardiness harms your understanding of the material and disrupts the class. Please let me know about any planned absences (for religious holidays, athletic events, or other reasons) as soon as possible, and at least 24 hours in advance, by email. For unplanned absences (due to illness or emergency), please let me know as soon as possible and please provide paper or electronic documentation (e.g., doctor's note) if possible.

3. Assignments and Grading

Reflection Paper: There are three "reflection papers" required for the course. Each paper should be 750 words in length, typed, using 12 point Times New Roman font in a double-spaced format with one-inch margins. Papers should seek to answer "prompt" questions provided beforehand in a clear, succinct, and original way. Papers must be submitted by paper in class and online, using the Turnitin tool. Reflection papers: 10% each (30% total).

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Midterm and Final Exam: The midterm exam will consist of a combination of question types: matching terms to definitions, multiple choice, and short essays. Midterm: 20%.

The Final exam will be structured similarly to the Midterm, and will cover all material until the last day of class. Final: 30%.

Grading Policies

- A 94 to 100
- A- <94 to 90
- B+ <90 to 87
- B <87 to 84
- B- <84 to 80
- C+ <80 to 77

- C <77 to 74
- C- <74 to 70
- D+ <70 to 67
- D <67 to 64
- D- <64 to 61
- F <61 to 0

There is no A+ grade; grades are not rounded up. For example, a 93.85% is an A-, not an A; grades are consistent with UF policy:

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

4. Academic Honesty and the Honor Code

Students are expected to uphold the highest standards of academic honesty and integrity. Students caught plagiarizing or cheating will automatically receive a grade of zero on the assignment in question and may fail the course. In addition, they will be reported to the appropriate university authorities. Please keep in mind that plagiarism does not consist only in copying verbatim someone else's material and presenting it as if it were yours. It also includes taking ideas (even paraphrased!) from an author without according him/her proper recognition (through a footnote, for instance). Other forms of cheating (particularly downloading material from the Internet and presenting as if it were yours) will also be subject to the same action.

See: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> for more information on UF policies.

5. Accommodations for Students with Disabilities

Students requesting accommodation or special consideration must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student, who must then provide this documentation to the instructor when requesting accommodation or special consideration.

6. Student Evaluations

Students are expected (but not required) to provide feedback on the quality of instruction in this course based on 10 criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>

Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open.

7. Course Schedule:

Day	Topic	Reading and Assignments
Week 1 Mon. Jan. 7	Course Review: Syllabus	None

Day	Topic	Reading and Assignments
	Unit 1: Mind, Body and Spirit: Eighteenth and Nineteenth Centuries	
Week 1 Wed. Jan. 9	Medicine, Spirituality and Religion	Badaracco, <i>Prescribing Faith</i> , Introduction.
Week 1 Fri. Jan. 11	Overview of the Field	Carlin 2016, "Medical Religion"
Week 2 Mon. Jan 14	Definitions: Religion, Spirituality and Medicine	Ferngren 2012, "Medicine and religion: a historical perspective"; Wulff 2012, "Spirituality: A Contemporary Alternative"
Week 2 Wed. Jan. 16	The Power of Suggestion, part 1	Harrington, <i>The Cure Within</i> , Intro. and Ch. 1, pp. 15-49
Week 2 Fri. Jan. 18	Nineteenth-Century Medicine and Religion	Badaracco ch. 1, 12-44.
Week 3 Mon. Jan. 21	No Class: MLK Day	
Week 3 Wed. Jan. 23	The Power of Suggestion, part 2	Harrington, ch. 1, "The Power of Suggestion," 49-66.
Week 3 Fri. Jan 25	Psychology and Religion	Harrington, ch. 2, "The Body that Speaks," 67-88.
	Unit 2: Mind and Medicine in the 20th Century	
Week 4 Mon. Jan. 28	20 th cent. Mind-Body Connection, Part 1	Harrington, ch. 2, "The Body that Speaks," 88-101, Ch. 3, The Power of Positive Thinking, 103-110. Reflection Paper 1 (on Unit 1) due.
Week 4 Wed. Jan. 30	Positive Thinking	Harrington, ch. 3, "The Power of Positive Thinking," 110-138.
Week 4 Fri. Feb. 1	Stress and the Mind	Harrington, ch. 4, "Broken by Modern Life."
Week 5 Mon. Feb. 4	Love and Healing	Harrington, ch. 5, "Healing Ties"
Week 5 Wed. Feb. 6	Measuring Prayer	Badaracco ch. 3, "Measuring Prayer," 91-121.
Week 5 Fri. Feb. 8	Meditation, Asian Spirituality and Health	Harrington ch. 6, "Eastward Journeys," 205-222; Optional: Benson, Greenwood and Klemchuk, 1975.
Week 6 Mon. Feb. 11	Asian Spirituality and Health (cont.)	Harrington, ch. 6, "Eastward Journeys," 222-242

Day	Topic	Reading and Assignments
	Unit 3: Implications for Research and Practice	
Week 6 Wed. Feb. 13	The Placebo Question	Specter, 2011: "The Power of Nothing"; Kaptchuk TBA Reflection Paper 2 Due (on unit 2)
Week 6 Fri. Feb. 15	Religion and Psychology	Levin and Chatters 1998, "Research on Religion and Mental Health."
Week 7 Mon. Feb. 18	Researching Prayer and Meditation	Jantos, "Prayer and Meditation," 2012
Week 7 Wed. Feb. 20	Measuring the Impact of Religion	Hisham and Pargament 2012
Week 7 Fri. Feb. 22	Is Prescribing Faith a Good Thing? The Skeptical View	Sloan Ch. 7 "Is there really an advantage?"
Week 8 Mon. Feb. 25	The Role of Religion and Spirituality in Contemporary Medicine	Cadge 2012, "Religion and Spirituality in the History of Academic Medical Centers"
Week 8 Wed. Feb. 27	Midterm Review	Review
Week 8 Fri. Mar. 1	MIDTERM	In class: Midterm
Mar. 4-8	SPRING BREAK (no class)	
Week 9 Mon. Mar. 11	Class cancelled	
	Unit 4: An Exploration of Therapies	
Week 9 Wed. Mar. 13	Cognitive Science and Religion	Documentary: "Free the Mind"
Week 9 Fri. Mar. 15	Mindfulness Research	Saunders and Heineberg 2016, "Neuroscience, Religion, and the Study of Mindfulness"
Week 10 Mon. Mar. 18	Mindfulness and Cognitive Neuroscience	Yaden, Newberg and Iwry 2016, "Neuroscience and Religion: Surveying the Field"
Week 10 Wed. Mar. 20	Trauma, Addiction and Spirituality	Reading TBA
Week 10 Fri. Mar. 22	Recovery: Twelve-Step and Beyond	Booth and Martin 1998, "Spiritual and Religious Factors in Substance Use, Dependence, and Recovery"

Day	Topic	Reading and Assignments
Week 11 Mon. Mar. 25	Entheogens	Reading TBA
Week 11 Wed. Mar. 27	Healing Touch/Reiki	Levin 2011, "Energy healers: who they are and what they do" Guest Speaker
Week 11 Fri. Mar. 29	Traditional Chinese Medicine	Barnes 2005, "Multiple Meanings of Chinese Healing in the United States" Guest Speaker
Week 12 Mon. Apr. 1	Aesthetics and Healing	Reading TBA
Week 12 Wed. Apr. 3	Narrative Medicine	Cole, Carlin and Carson 2015, "Narratives of Illness"
	Unit 5: Practical Applications	
Week 12 Fri. Apr. 5	Spiritual Assessment	Fitchett 2012, "Next steps for spiritual assessment in healthcare," Puchalski 2012, "Restorative medicine" Reflection paper 3 due (on Unit 4).
Week 13 Mon. Apr. 8	Positive Religious Coping	Pargament and Brant 1998, "Religion and Coping"
Week 13 Wed. Apr. 10	Spiritual Struggle	Exline 2013 Sloan 2011, "Fighting Spirit"; Optional: Sloan ch. 10, "Ethical Problems."
Week 13 Fri. Apr. 12	Healthcare Chaplaincy	Swift, Handzo and Cohen 2012, "Healthcare chaplaincy" Guest Speaker
Week 14 Mon. Apr. 15	Integrative Medicine Models in the United States	Stuber and Horn 2012, "Complementary, alternative, and integrative medicine"
Week 14 Wed. Apr. 17	Integrative Medicine in the United States	Guest Speaker
Week 14 Fri. Apr. 19	Integrative Medicine Models outside the US	Reading TBA
Week 15 Mon. Apr. 22	Religion and Healing, Conclusions	Turner, "Taking Seriously the Nature of Religious Healing in America"
Week 15 Wed. Apr. 24	Review	Review for final exam.
	Reading days Apr. 25-26	
Mon. Apr. 29	FINAL EXAM	10:00 A.M. – 12:00 PM