



SPIR 243: Psychological Issues in Spirituality

Spring Quarter 2010

Donald D. St. Louis, D.Min., MFT

Classes will be held in Kenna Hall 218: Wednesdays, 6:00 – 9:00 PM

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COURSE DESCRIPTION AND GOALS:

The course will provide students with a variety of lenses through which to view the relationship between psychological and spiritual growth. Among topics to be considered are the following: psychological and theological perspectives on human development; self-image; the sources of our God-language and God-imagery, and they relate to self-image; prayer, spiritual practice and discernment; images of holiness and wholeness; spirituality and pastoral helping relationships: spiritual direction, pastoral counseling, and psychotherapy. Students will explore their personal experience as it relates to these topics and will develop familiarity with major theorists and determine how their work may contribute to students' pastoral effectiveness.

Among other goals, this course will help students:

- Understand the historical and emerging relationships between psychology and religion
- Develop an integrated understanding of one's own personal and spiritual development
- Acquire tools to evaluate adult faith, authentic religious experience, and foster integrated human development
- Develop familiarity with key developmental theorists
- Develop criteria to assess psychological and spiritual health
- Learn models for personal development as a believer and a pastoral person
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REQUIRED TEXTS:

Fowler, James W. *Becoming Adult, Becoming Christian*. Jossey-Bass, 2000.

Freud, Sigmund. *The Future of An Illusion*. W. W. Norton, 1961.

Keen, Sam. *In The Absence of God: Dwelling in the Presence of the Sacred*. Harmony Books, 2010.

May, Gerald. *Care of Mind, Care of Spirit*. Harper and Row, 1982.

Mellody, Pia. *Facing Codependency*. Harper, 1989.

Ulanov, Ann and Barry. *Primary Speech: A Psychology of Prayer*. John Knox Press, 1982.

SUPPLEMENTAL READINGS:

Alter, Margaret G. *Resurrection Psychology*, Eugene, Oregon: Wipf and Stock, 1994. Cf. Chapter 4, "The Holiness of Being Human," pp. 51-70.

Barry, William A., S.J. "Spiritual Direction," *Clinical Handbook of Pastoral Counseling*, pp. 647-662

Glaser, John W. "Conscience and Superego: A Key Distinction" *Theological Studies*, Vol. XXXII, No. 1, (1971), pp. 30-47.

Jeeves, Malcolm, and Brown, Warren S. *Neuroscience, Psychology, and Religion: Illusions, Delusions, and Realities about Human Nature*. Templeton Foundation Press: 2009. Cf. Ch. 1, "Neuroscience and Psychology Today," Ch. 2, "Warfare Versus Partnership," and Ch. 3, "From Soul to Mind: A Brief History," pp. 3-40.

Johnson, Elizabeth. "The Incomprehensibility of God and the Image of God Male and Female," *Theological Studies* 45 (1984), pp. 441-449.

Niklas, Gerald R. *The Making of a Pastoral Person*. Alba House: 1996. Cf. Ch. 9, "Relating Erikson's Stages to Theology and Ministry," pp.153-166.

Puhl, Louis J., S.J., ed. *The Spiritual Exercises of St. Ignatius Loyola*. Loyola University Press: 1951. Cf. #s 313-336, "Rules for the Discernment of Spirits," pp. 141-150.

Richo, David. *How To Be An Adult: A Handbook on Psychological and Spiritual Integration*. Paulist Press: 1991. Cf. Ch. 7, "Maintaining Personal Boundaries in Relationships" and Ch. 8, "Intimacy," pp. 57-85.

Rizzuto, Ana-Maria, M.D. *The Birth of the Living God: A Psychoanalytic Study*, Chicago: University of Chicago Press, 1981. Cf. Ch. 6, "A God Without Whiskers," and Ch. 7, "A God in the Mirror," pp. 93-129.

Shea, John. "Adult Faith, Pastoral Counseling, and Spiritual Direction" *The Journal of Pastoral Care*, Fall 1997, Vol. 51, No. 3, pp.

Struminski, Robert, S.M. "Conversion, Pastoral Counseling, and Direction," *Review for Religious*, May-June, 1984, pp.402-413.

Timmerman, Joan H. "The Sexuality of Jesus and the Human Vocation," *Sexuality and the Sacred: Sources for Theological Reflection*, edited by Nelson, James B., and Longfellow, Sandra P., pp. 91-104

Ulanov, Ann Belford. "What Do We Think People Are Doing When They Pray," *Anglican Theological Review*, LX, No. 4, pp. 387-398.

Whitehead, Evelyn Eaton, and James. *Wisdom of the Body: Making Sense of Our Sexuality*, New York: Crossroads, 2001. Cf. Part I: "Exploring the Wisdom of the Body," pp. 3-57.

_____. *Holy Eros: Pathways to a Passionate God*, Maryknoll, New York: 2009. Cf. Part II: "The Body's Romance With Eros," pp. 51-96.

METHODOLOGY AND REQUIREMENTS:

1. **Class attendance and active participation.** Class meetings will combine lecture, student activity (discussion, group work, etc.). Because of the highly interactive nature of our meetings, regular attendance is expected.
2. **Reflection Papers.** Three brief (2-3 pages) reflection papers based on the readings. (Due Classes 2, 4, 7.)
3. **Final Paper or Project.** Students have the option of writing a paper (8-10 pages) or doing a creative project on a topic determined in consultation with the professor. (Due by last class.)

GRADING POLICY:

Class Participation	30%
Reflection Papers	30%
Paper/Project	40%

SCHEDULE OF CLASSES

- 03/31/10 **Class #1:**
 INTRODUCTION TO COURSE
 What is religious experience? Spirituality? Religion and culture:
 perspectives on the relationship between spirituality and psychology
 Historical relationship between religion and psychology; intro to Freud

 For next class: Read Freud, Ann Ulanov: “What Do we Think...”
 Reflection Paper on Freud
- 04/07/1 **Class #2:**
 PSYCHOLOGY AND RELIGION: STRANGE BEDFELLOWS?
 The Freudian Critique of Religion: critique of the critique
 Historical and contemporary challenges to belief
 Spirituality in the post-modern era
 For next class: Read Fowler, Niklas
- 04/14/10 **Class #3:**
 MODELS OF HUMAN GROWTH, PART I
 How do human beings grow? Challenges and mileposts.
 The psychosocial model of Erik Erikson; the faith development model of
 James Fowler
 For next class: Read Mellody
 Reflection Paper on Mellody
- 04/21/10 **Class #4:**
 MODELS OF HUMAN GROWTH, PART II
 The spiritual development model of Teilhard De Chardin

A gift from the recovery movement: CGJ—“the most significant spiritual movement of the 20th century”

Codependency: “a disease masquerading as spirituality”; the developmental model of Pia Mellody; personal boundaries as spiritual practice

For next class: Read Rizzuto, Johnson

04/28/10

Class # 5:

RELIGIOUS EXPERIENCE: LANGUAGE, IMAGERY, & FEELINGS

Developing a healthy self-image; sources of God-imagery and God-language; the psychoanalytic model of Ana-Maria Rizzuto

Prayer and Projection: Freud revisited

For next class: Read Whitehead articles, Timmerman

05/05/10

Class #6:

SEXUALITY AND SPIRITUALITY

Religious experience and the Body: Reclaiming Incarnation;

Psychological and spiritual norms for “Healthy Sexuality”

For next class: Read May, and Alter

Reflection paper on topic of your choice

05/12/10

Class #7:

PSYCHOLOGICAL AND SPIRITUAL HEALTH

“The glory of God is a human person fully alive.”

Psychological and Spiritual Health: Models of Holiness and Wholeness

For next class: Read Glaser, Ignatius, Richo

05/19/10

Class #8:

DISCERNMENT AND PSYCHOLOGICAL ASSESSMENT

Ignatian rules for discernment; spiritual assessment tools

Psychological Assessment: The Mental Status Exam and other diagnostic tools

Psychological and theological perspectives on sin, guilt, and shame

For next class: Read Barry, Shea, Struminski, Ann & Barry Ulanov

05/ 26/10

Class #9:

SPIRITUALITY AND PASTORAL CARE

The role of the helper: issues of power, authority, intimacy

Managing boundaries; helper self-care

Spiritual Direction, Pastoral Counseling, and Psychotherapy: knowing and respecting differences, and the art of referral

For next class read: Keen, Jeeves and Brown

06/02/10

Class #10:

SPIRITUALITY, RELIGIOUS EXPERIENCE AND NEUROSCIENCE

Science and Religion: A New Integration

Course Conclusions; Papers/projects due
Evaluations