

SPIRITUALITY 243:
PSYCHOLOGICAL ISSUES IN SPIRITUALITY

Winter Quarter 2012

Graduate Program in Pastoral Ministries

Santa Clara University

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Classes will be held in Kenna Hall 109: Wednesdays, 6:00 – 9:00 PM

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COURSE DESCRIPTION AND GOALS:

This 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; individuation and personal identity; the sources of our God-language and God-imagery, and how 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 and 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
- Learn models for personal development as a believer and a pastoral person

REQUIRED TEXTS:

Fowler, James S. *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. *Simply Sane: The Spirituality of Mental Health*. Crossroad Books, 1993.

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

Richo, David. *Catholic Means Universal: Integrating Spirituality and Religion*. Crossroad Books, 2000.

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

SUPPLEMENTAL READINGS:

(On Camino)

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.

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

Nicolas, Adolfo, S.J. "Challenges to Jesuit Higher Education Today," *Conversations on Jesuit Higher Education*, Fall 2011, No. 40, pp. 6-9.

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.

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.

Sanks, T. Howland, S.J. "The Changing Face of Theology," *America*, October 24, 2011, pp.13-17.

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 engagement with the material.** Because of the highly interactive nature of class meetings, regular attendance and active participation is expected.
2. **Reflection Papers.** Three brief (2-3 pages) reflection papers based on the readings. (Due classes 2, 4, 6)
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%

Final Paper/Project 40%

SCHEDULE OF CLASSES

01/11/12 **CLASS #1:**

INTRODUCTION TO COURSE

What is religious experience? Spirituality? Religion and culture: some perspectives on the relationship between spirituality and psychology. The historical relationship between religion and psychology: introduction to Freud.

Theology and spirituality in the postmodern era.

For next class: Read Freud, Ann Ulanov, Sanks
Reflection Paper on Freud reading

01/18/12 **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 postmodern era

For next class: Read Fowler, Niklas

01/25/12 **Class #3:**

MODELS OF HUMAN GROWTH, PART I

How do human beings grow? Challenges and mileposts.

The psychosocial model of Erik Erikson; the faith developmental model of James Fowler

For next class: Read Mellody
Reflection Paper on Mellody

02/01/12 **Class #4:**

MODELS OF HUMAN GROWTH, PART II

A gift from the recovery movement. CG Jung: “the most significant spiritual movement of the twentieth century”

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

For next class: Read Rizzuto, Johnson

02/08/12 **Class #5:**

RELIGIOUS EXPERIENCE: LANGUAGE, IMAGERY, AND FEELINGS

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

For next class: Read Whitehead, Timmerman
Reflection Paper

02/15/12 **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

02/22/12

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

02/29/12

Class #8:

DISCERNMENT AND PSYCHOLOGICAL ASSESSMENT

Ignatian theology of discernment; spiritual assessment tools

Psychological Assessment: Mental Status Exam and other diagnostic tools

Psychological and theological perspectives on sin, guilt, and shame

For next class: Read Barry, Shea, Struminski, Nicolas

03/07/12

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

03/14/12

Class #10:

SPIRITUALITY, RELIGIOUS EXPERIENCE AND NEUROSCIENCE

Science and Religion: A New Integration

Course Conclusions; Papers/Projects due

Evaluations