



# ST. JEROME'S UNIVERSITY

## St. Jerome's University in the University of Waterloo

Health Humanities and Religious Studies

HHUM 288 / RS 288

Health, Medicine, and Spirituality

Winter 2024

### INSTRUCTOR INFORMATION

Instructor:

Office: Thursdays 10:00 – 11:00 am (in person) / Mondays 5:00 – 6:00 pm (in person)

Phone: Tuesdays and Thursdays 11:30 am – 12:50 pm / SJ2 2007

Office Hours:

Class:

Email:

### COURSE DESCRIPTION

This course examines how spirituality and religion have informed approaches to health and medicine from the 19th century to the present, including understandings of disease, illness, health, sexuality, and the body. Topics may include spiritual and/or religious concepts of health and sickness; meditation, prayer, and healing; "alternative" medicine; Indigenous approaches to health and medicine; mental health and spiritual practice; and religion and health care justice. Students are introduced to a variety of research methods that will help them identify, understand, and critically assess the complex boundaries that exist between modern medicine and spirituality. (Official Description).

### COURSE OBJECTIVES

At the end of the course, students should be able to

- Identify trends in 19<sup>th</sup> century medicine and the development of new religious movements that were critical of modern medicine;
- Identify and define the spiritual elements in the field of psychology and 20<sup>th</sup> century searches for meaning as part of the development of the modern self;
- Identify and define key elements of addiction recovery programs that are foundationally spiritual;
- Name and critically discuss prominent non-Western healing traditions and their relationship to contemporary medical practices; and
- Engage peers in a critical discussion of the role of spirituality in contemporary healthcare systems.

### REQUIRED TEXTS

Viktor E. Frankl, *Man's Search for Meaning* (Boston: Beacon Press, 2006; 1947).

Other course readings are available electronically online, through Learn, or through the UW Library.

## COURSE REQUIREMENTS

### Participation:

Class Participation: Because this course is highly dialogical, students should come to class prepared to engage in an informed discussion of the class topic. This means readings should be completed by the date on the course schedule. Participation also means that students are expected to participate in the class by asking probing questions, helping with the facilitation of discussions (e.g., if the discussion is waning, you have a responsibility to ask a probing question — it's not just the responsibility of the instructor to facilitate a discussion), and actively contributing to seminar discussions.

Occasional Discussion/Reading Questions: The instructor may occasionally assign discussion/reading questions (e.g., one-page responses), which would contribute to your participation mark.

Meetings with the Professor: Prior to the take-home midterm and take-home final, certain classes will be cancelled to free up time to meet formally with the professor regarding these assessments. Students are required to attend at least one of these meetings (that is, a meeting prior to the midterm or a meeting prior to the final). Of course, students are encouraged to take advantage of both formal opportunities. Students should come to these meetings with questions and ideas that demonstrate an ongoing and substantive engagement with course materials.

**Take-Home Midterm**: This midterm assessment consists of a series of short-answers and a short essay. It might also contain multiple choice questions. It covers material through February 12, 2024. The midterm questions and additional details will be available on or before January 30, 2024. The final product will likely be 1,500 words.

- The midterm is due **February 16, 2024**, by 4:30 pm. Please note that this date is the Friday before Reading Week. Also note, students will have an opportunity to meet with the professor on February 8, 2024 (either in person or virtually) to discuss the midterm and/or have additional time work on this midterm. The midterm must be submitted electronically to Scott Kline at [scott.kline@uwaterloo.ca](mailto:scott.kline@uwaterloo.ca).

**Take-Home Final**: This final covers material encountered during the term. It may contain multiple choice questions. It will likely contain short answer questions and a longer essay. The final questions will be available no later than March 29, 2024. The final is due **April 15, 2024**, by 4:30 pm. It must be submitted electronically to Scott Kline at [scott.kline@uwaterloo.ca](mailto:scott.kline@uwaterloo.ca).

## EVALUATION

Participation	30%
• Class Participation	15%
• Occasional Reading Questions	10%
• Meetings with the Professor	5%
Take-Home Midterm	30%
Take-Home Final	<u>40%</u>
Total	100%

## COURSE SCHEDULE

Week	Dates	Course Content	Readings / Assignments
1	Jan. 9	<b>I. Introduction:</b> What are we doing in this course?	No readings
	Jan. 11	Defining health, medicine, spirituality, and religion	Martin E. Marty, "Religion and Healing: The Four Expectations," <i>Religion and Healing in America</i> , Linda L. Barnes, ed (Oxford UP, 2004), 487-504. (e-book available through UW Library)
2	Jan. 16	<b>II. Modern Biomedicine and Religion</b>  Nineteenth Century Biomedicine and Religion <ul style="list-style-type: none"> <li>From Pre-Modern Medicine to Early-Modern Health Care</li> <li>Modern Medical Systems and Faith-Based Hospitals—A Growing Hostility?</li> </ul>	Arthur Kleinman, "The Meaning of Symptoms and Disorders," <i>The Illness Narratives: Suffering Healing, and the Human Condition</i> (2020), 3-30. (pdf available on Learn)  Bonnie O'Connor and David Hufford, " <a href="#">Understanding Folk Medicine</a> ," <i>Healing Logics: Culture and Medicine in Modern Health Belief Systems</i> , ed. B. Erika (2001), 13-32.
	Jan. 18	Religious Challenges to Modern Biomedicine <ul style="list-style-type: none"> <li>Christian Science, Jehovah's Witness, Faith Healers, and "Healthy" New Religious Movements</li> </ul>	Tadd Ruetenik, "The First Church Scientist, Pragmatic: Christian Science and Optimism," <i>Journal of Religion and Health</i> 51 (2012): 1397-1405 (available online through UW Library)  Ellen G. White, " <a href="#">Essentials to Health—Section 2</a> " and " <a href="#">Holiness of Life—Section 13</a> ," from <i>Counsels on Health</i> (1866).
3	Jan. 23	(Post-)Modernity, Science, and the Pursuit of Wellness <ul style="list-style-type: none"> <li>The Implications of the Medicalized Body</li> <li>Patient, Client, Consumer, and/or Advocate?</li> </ul>	Barbara Ehrenreich, "The Veneer of Science," <i>Natural Causes: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to ... Live Longer</i> , 31-42. (e-book available through UW Library)  Sanjula Jain, "Health Care Systems Need to Better Understand Patients as Consumers," <i>Harvard Business Review</i> (Apr. 10, 2023). (pdf available on Learn)  Christina M. Puchalski, "The Role of Spirituality in Health Care," Proceedings from Baylor University Medical Center, 2001. (pdf available on Learn)

	Jan. 25	Religious Challenges to Modern Medicine: Vaccine Hesitancy and Religion  Discussion: What is the relationship between health, medicine, religion, and spirituality?	Paul Bramadat, " <a href="#">Religion and Vaccine Hesitancy in the Age of Anxiety</a> " SJU Lectures in Catholic Experience (Oct. 2021)
4	Jan. 30	<b>III. Psychology and Well-Being</b>  Spirituality and the Origins of Modern Psychology: Freud, Jung, Adler, and Maslow	M.S. Nystul, "The Classic Theories of Freud, Adler, and Jung," in <i>Introduction to Counseling: An Art and Science Perspective</i> (Sage, 2016), chapt. 7.
	Feb. 1	Well-Being and the Search for Meaning	Viktor E. Frankl, <i>Man's Search for Meaning</i> (German 1946, English 1959) (purchase)
5	Feb. 6	Well-Being and the Search for Meaning	Viktor E. Frankl, <i>Man's Search for Meaning</i> (German 1946, English 1959) (purchase)  Guest speaker: Prof. David Seljak
	Feb. 8	No class:  Midterm Take Home Meetings with Prof. Kline by appointment	No readings
6	Feb. 13	<b>IV. Spirituality and Recovering from Addiction</b>  Alcoholics Anonymous and the 12 Step Approach	Alcoholics Anonymous, <a href="#">Twelve Steps and Twelve Traditions</a> (Alcoholics Anonymous Press, 1953, 2021).  Guest speaker: Prof. David Seljak
	Feb. 15	Alcoholics Anonymous and the 12 Step Approach  <i>Midterm Take Home Due Feb. 16</i>	Alcoholics Anonymous, <a href="#">Twelve Steps and Twelve Traditions</a> (Alcoholics Anonymous Press, 1953, 2021).  S. Snodgrass, et al., "Spirituality in Addiction Recovery: A Narrative Review," <a href="#">Journal of Religion and Health</a> (2023) (online through UW Library).  Recommended: Shirley Timmons, "A Christian Faith-Based Recovery Theory: Understanding God as a Sponsor," <i>Journal of Religion and Health</i> 51 (2012): 1152-64. (online through UW Library).
	Feb. 20 – 22	No Class – Reading Week	No readings

7	Feb. 27	<b>V. Non-Western Healing Traditions: The Emergence of Complementary and Alternative Medicine</b>  Ayurvedic Medicine and Hinduism	Institute of Medicine (US) Committee on the Use of Complementary and Alternative Medicine by the American Public, <a href="#">Report</a>  Antony George Pattathu, " <a href="#">Ayurveda and Discursive Formations between Religion, Medicine, and Embodiment: A Case Study from Germany</a> ," <i>Medicine, Religion, and Spirituality: Global Perspectives on Traditional, Complementary, and Alternative Healing</i> , ed. Dorothea Lüddeckens and Monika Schimpf (2022).
	Feb. 29	Bioenergy and Healing Touch	Beverly Rubik, et al, " <a href="#">Biofield Science and Healing: History, Terminology, and Concepts</a> ," <i>Global Advances in Health and Medicine</i> 4 (2015): 8-14.  Guest speaker: Pauline Shore, Healing Touch Practitioner
8	March 5	Indigenous Medical Traditions	Guest speaker: TBD  Reading(s) TBD
	March 7	Black Spiritualities and Health: The Case of Vodou	E. Auguste and A. Rasmussen, " <a href="#">Vodou's Role in Haitian Mental Health</a> ," <i>Global Mental Health</i> 6 (2019).
9	March 12	Mindfulness and Healing  No Class – Watch video	Reading to Jon Kabat Zinn, " <a href="#">The Healing Power of Mindfulness</a> ," Dartmouth Hitchcock Medical Center (2011).
	March 14	Meditation, Yoga, and Wellness  Class online	Paul Bramadat, "A Bridge Too Far: Yoga, Spirituality, and Contested Space in the Pacific Northwest," <i>Religion, State, and Society</i> 47 (2019): 491-507. (available through UW Library)  Guest speaker: Paul Bramadat, Univ. of Victoria
10	March 19	<b>V. Spirituality and Contemporary Issues in Healthcare Systems</b>  Re-integrating Spirituality into Healthcare Systems: Hostility to Hospitality?	Fabian Winger, " <a href="#">Spirituality, Religiousness, and Personal Beliefs in the WHO's Quality of Life Measurement Instrument (WHOQOL-SRPB)</a> ," in Simon Peng-Keller et al, ed., <i>The Spirit of Global Health</i> (OUP, 2022), chap. 7.
	March 21	The Role of Chaplains in Providing Diverse Spiritual Support in Hospitals	Reading(s) TBD  Guest speaker: Mike Chow, Former Chaplain, St.

			Mary's Hospital, Counselor
11	March 26	Spiritual Support, Palliative Care, and Hospice	Reading(s) TBD Guest speaker: Judy Nairn, Executive Director, Hospice Waterloo Region
	March 28	Recovering from Trauma and Moral Injury	Wesley H. Fleming, "The Moral Injury Wheel: An Instrument for Identifying Moral Emotions and Conceptualizing the Mechanisms of Moral Injury," <i>Journal of Religion and Health</i> 62:1 (2023): 194-227. (online through UW library)
12	April 2	Class Summary	No Readings
	April 3,4,5	Midterm Take Home Meetings. Schedule 20-minute meeting with Prof. Kline	
12+	April 15	<i>Take Home Final Due</i>	No readings

### IMPORTANT DATES TO REMEMBER

Take-Home Midterm: February 16, 2024

Take-Home Final: April 15, 2024

### POLICY ON LATE AND UNCOMPLETED WORK

The midterm and final are due at prescribed times (see above). For each day late, there will be a 5% reduction to your mark for that late work. No work will be accepted after a week, and a mark of 0 will be recorded for that work. Work will, however, be accepted without penalty if the late work was due to a university-recognized reason (e.g., sickness, religious holiday). Any assigned discussion/reading questions will be due as assigned—there will be no late submissions and a mark of 0 will be entered for that requirement.

### ATTENDANCE POLICY

You are expected to be in class and participating. If you are unable to come to class due to university-recognized reasons (e.g., sickness, religious holiday), please inform the instructor immediately. Prolonged absences will adversely affect your success in this course. It is important to maintain good communication with the instructor if class attendance becomes a problem.

### ELECTRONIC DEVICE POLICY

The use of computers or devices to take notes *is allowed* in this class. You may, also, access internet sources during class for clarification or other course-content purposes. Please do not use the internet during class for to engage non-course related social media, chatting, or other non-course related

purposes. During class discussions, electronic devices will be discouraged so that you can concentrate on participating in the conversation/discussion. If you decide to use internet access for activities unrelated to the course, this will dramatically affect your participation mark.

## GENERAL NOTE REGARDING WRITTEN WORK AND ARTIFICIAL INTELLIGENCE

All writing assignments should be organized, well-written, and reasonably free from grammatical errors. The style used in this course will be explained early in the term—in brief, it's a parenthetical style.

Regarding the use of generative artificial intelligence to produce text, images, music, is permitted in this course. However, you should proceed with extreme caution. Services such as Chat GPT, DALL-E, or GitHub CoPilot remain largely unreliable for assessments like the ones used in this course. Should you choose to use AI, you *must* use proper citation and acknowledgement. We will discuss in class appropriate and permitted uses of and expectations for using AI.

Recommendations for how to cite generative AI in student work at the University of Waterloo may be found through the Library: [https://subjectguides.uwaterloo.ca/chatgpt\\_generative\\_ai](https://subjectguides.uwaterloo.ca/chatgpt_generative_ai). Again, please be aware that generative AI is known to falsify references to other work and may fabricate facts and inaccurately express ideas. You DO NOT want this. It will result in serious disciplinary measures.

Ultimately, you are accountable for the content and accuracy of all work you submit in this class, including any supported by generative AI. All work submitted for assessment *must be* your work.

## ALTERNATIVE COURSE DELIVERY POLICY

It may become necessary during the term to adopt an alternative course delivery. In essence, this will mean adopting remote learning. Consequently, the class has been set up to accommodate synchronous remote learning. In other words, you would “attend” class virtually, from 11:30-12:50, and follow the reading and course schedule above. All assignments and evaluation values would remain the same. Also, there will be occasions when a guest speaker will be available only remotely. In those cases, we will hold class virtually.

## OTHER IMPORTANT INFORMATION

**Academic Integrity:** In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect, and responsibility. Check <https://uwaterloo.ca/academic-integrity/> for more information.

**Grievance:** A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. Read the St. Jerome's University Policy on [Student Petitions and Grievances](#). When in doubt, please be certain to contact the St. Jerome's Advising Specialist, Student Affairs Office, who will provide further assistance.

**Discipline:** A student is expected to know what constitutes academic integrity, to avoid committing an academic offence, and to take responsibility for their actions. Check <https://uwaterloo.ca/academic-integrity/> for more information. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group

work/collaboration should seek guidance from the course instructor, academic advisor, or the Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under the St. Jerome's University Policy on [Student Discipline](#). For information on categories of offences and types of penalties, students should refer to University of Waterloo [Policy 71, Student Discipline](#). For typical penalties, check the [Guidelines for the Assessment of Penalties](#).

**Appeals:** A decision made or penalty imposed under the St. Jerome's University Policy on Student Petitions and Grievances (other than a petition) or the St. Jerome's University Policy on Student Discipline may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to the St. Jerome's University Policy on [Student Appeals](#).

**Note for students with Disabilities:** [AccessAbility Services](#), located in Needles Hall (Room 1401) at the University of Waterloo, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with AccessAbility Services at the beginning of each academic term.

## ADDITIONAL SUPPORTS

All of us need a support system. The SJU faculty and staff encourage students to seek out mental health support if needed.

On Campus:

- [SJU Wellness Services](#)
- Counselling Services: [counselling.services@uwaterloo.ca](mailto:counselling.services@uwaterloo.ca) / 519-888-4567 x32655
- **MATES:** one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek from Student Life Centre

Off campus, 24/7:

- **Good2Talk:** Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-4300 x6880
- **Here 24/7:** Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- **OK2BME:** set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 x213

Full details can be found online on the Faculty of Arts [website](#).

Download the [WatSafe app](#) to your phone to quickly access mental health support information.

## TERRITORIAL ACKNOWLEDGEMENT

*This course, when meeting in person, takes place on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. St. Jerome's University is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.*