

## Course Narrative

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**Course Title:** Alternative Healing & Complementary Therapies   **Dates:** July 22 – 27, 2007

**Instructor Name & Title:** Gayle Massie, M.S.N., R.N., Associate Professor

### **Instructor Qualifications:**

Ms. Gayle Massie earned a B.S.N. at Spalding University, M.S.N. at the University of Tennessee and currently attending Case Western Reserve for her DNP. She began teaching in the nursing department at Shawnee State University in 1982 and in the Summer Honors Institute for Gifted Students in 2003.

### **Course Description:**

Complementary and alternative medicine can be defined as a group of diverse medical and health care practices not presently considered part of conventional medicine. A focus of this field of medicine is on the mind and body connections. While some scientific evidence exists to support how our thoughts, emotions, and even personalities affect our physical health, it is still somewhat uncharted territory. Now modern science and new research are helping us to understand these connections. This course will explore how emotions translate into chemicals in our bodies, how thoughts and feelings influence our health, and how can we collaborate with our bodies to encourage healing.

### **Description of Academic Content:**

- **The Mystery of Chi.** Traditional Chinese medicine is explored and its approach to healing through “Chi” The energy force that is at the root of all Chinese medicine.
- **The Mind Body Connection.** A look at research to understand how our thoughts, emotions, and even our personalities can affect physical health.
- **Healing from Within.** Buddhist meditation and group psychotherapy are viewed as methods to improve healing capacities within patient’s bodies.
- **The Art of Healing.** A model of care is explored based on the idea that emotional states play an important role in people’s vulnerability to disease and in their recovery. Psychological needs are attended to along with purely physical needs: compassion and caring not only help patients *feel* better but help them *get* better.
- **Wounded Healers.** Patients unique experiences of illness are explored.
- **Therapeutic Touch.** The nursing intervention of therapeutic touch will be taught along with discussion of human energy fields.

### **Description of Teaching Strategies:**

- **Audiovisuals:** “Healing and the Mind” by Bill Moyers and “Therapeutic Touch” will be viewed and followed up with discussion and exploration.
- **Hands on:** Students will participate in a introduction session to Tai chi and/or yoga. Students will demonstrate
- **Demonstration and participation:** Students will observe a Reiki session and have the opportunity to volunteer. Students will have the opportunity to explore “therapeutic touch”

- **Self exploration:** Students will assess on stress levels and vulnerabilities to illness
- **Field trip:** An outing will be taken to Journey Within to look at complementary therapies available and for research ideas.
- **Research and Class Presentations:** Students will research an alternative method of healing and do a presentation the last day of class.

**Course and Instructor Evaluation Strategies:**

Instructor will evaluate each student individually using the Institute developed “Student Evaluation Form”. Instructor will attempt to meet with each student individually to discuss evaluation or mail the evaluation directly to the student after the Institute.

**Measures of Student Learning and Growth:**

Pre and Post tests will be utilized to measure learning. A culminating project completed on Friday will showcase growth.

**Maximum # of students:** 12