

# Body/Mind Integration

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CPSY 590-01

Summer 2015 – May 16, 17 – 9:00-5:30

**Mary M. Clare, Ph.D.**

## SYLLABUS

A brief and practical seminar for developing therapeutic strategies in support of clients' integration of physical, cognitive, and spiritual techniques toward health and life satisfaction. Participants will explore applications for current research in neuropsychology, trauma recovery and mindfulness therapies.

This is a neuropsychology- writing-, art- and movement-based course.

### REQUIRED TEXT

John B. Arden (2010). *Rewire your Brain*. Hoboken, NJ: Wiley.

Articles reviewed in class regarding specific Arts Therapies.

### RECOMMENDED

Norman Doidge (2007). *The Brain that Changes Itself*. <http://www.stellarpoint.com.au/wp-content/uploads/2013/01/The-Brain-That-Changes-Itself.pdf>

### SCHEDULE

May 17

- **Neuroplasticity**  
Arden Text
- **Arts Therapies**  
Neuroscience & Art Therapy blog <http://neuroarttherapy.blogspot.com/>  
[READ AT LEAST THREE (3) posts]
- **Body Therapies**  
David Bercelli *Tension & Trauma Release* <http://traumaprevention.com/>

SPEAKER: **Gary Ferguson**, author, *The Carry Home: Lessons from the American Wilderness* [http://wildwords.net/?page\\_id=5](http://wildwords.net/?page_id=5)

May 18

- **Neuroplasticity**  
Arden - Bercelli
- **Body Therapies**  
Neurochemistry of Compassion  
<http://www.sciencealert.com/scientists-have-created-a-drug-that-makes-people-more-compassionate>  
PTSD – Hippocampus & Amygdala

<https://www.nicabm.com/nicabmblog/ptsd-the-hippocampus-and-the-amygdala-how-trauma-changes-the-brain/> ---NOTE – READ COMMENTS AND SCAN

THE COALMINERS article highlighted there by Ricardo Rojas Bedoya

<http://www.plosone.org/article/fetchObject.action?uri=info%3Adoi%2F10.1371%2Fjournal.pone.0102042&representation=PDF>

SPEAKER: **Kathryn Williams, MA, LPC**, practitioner actively employing neuropsychological and somatic therapies.

- **More Neuroplasticity and Arts Therapies**

### ***Having it happen to help it happen.***

#### **ASSIGNMENTS**

- **Readings** Required text and all in-class readings will be completed so that full participation in class is both possible and productive.
- **Resources** Google docs record of resources for various arts and somatic therapies.
- **Final demonstration** In-class portrayal or participatory exercise in one area of therapeutic body/mind Practice.
- **Body/Mind Tool Box** Written and otherwise visually expressed summaries of all class activities will be presented for information sharing and peer review. Summary in the form of therapeutic guidelines and strategies will be submitted at close of class.

#### **ATTENDANCE**

The success of this class depends on your attendance. In that way attendance in addition to being fully engaged in the course is the most important assignment and expectation of this class. The material we're working with is potentially discomforting. It will be different for each of us. It is vital that we create an environment that allows us to go as deeply as we can into the subject matter in the simultaneously public and structured format of a graduate class. My assumption is that you are here because you want this opportunity and are sincere in your wish to be of help to people who are struggling with their sexuality.

#### **EVALUATION**

I will evaluate you on these areas based on your class participation, your assignment completion and quality. Your papers will receive evaluations of *CREDIT* or *NO-CREDIT*. If you disagree with an assessment I have made or if you wish to improve your evaluation, you may resubmit an assignment once.

If you have elected to take this course for a grade, the options are 'A' or 'C'. An A will result from completion of all assignments, full participation in the course, and engagement of the ideas and questions posed by this class. If you have elected a pass/no pass option, passing the course will result from the same criteria as earning a grade of A.