# STMA 561 Psycho-Spiritual Development

### **Syllabus**

## **Course Information**

Course Number: STMA 561

Units: 3

### Time and Place

Day: Thursday
Time: 9:00-11:50 a.m.
Place: Hunthausen 160
First Day of Class: January 5, 2006
Last day of Class: March 9, 2006

# Course Description

This course will introduce participants to several developmental theories of psychological and spiritual growth. These theories will be discussed and evaluated in light of social and cultural influences on personal identity, specific literary narratives, and the experiences of class participants. These theories will also be discussed in light of participants' faith traditions and future ministries.

# **Objectives**

- 1. To become familiar with particular theories of psychological and spiritual development.
- 2. To explore, articulate, and synthesize one's own psycho-spiritual development.
- 3. To evaluate theories of psychological and spiritual development in light of particular social and cultural contexts, literary narratives, and the experience of other class participants.
- 4. To explore the relevance and consequences of psycho-spiritual development for past, present, and future ministries.

#### Requirements

- 1. Attendance at all classes and participation in small and large group discussions and exercises.
- 2. Required readings as listed below.
- 3. Three 5-6 page papers. Paper requirements are listed below.

## General Class Procedure

9:00-10:00 General Overview of Topic of Day Lecture/Discussion

10:00-10:10 Break

10:10-10:50 Small Group Exercise in permanent working sub-groups of 3 or 4

10:50-11:00 Break

11:00-11:50 Large Group Discussion of Topic/Overview of Next Class

## **Appointments**

Please call or email for a specific appointment time. The office phone number is 206-296-6958. I can also be reached by email: <a href="mailto:bumpusm@seattleu.edu">bumpusm@seattleu.edu</a>. I am more available on Tuesday afternoon, Wednesday afternoon, and some Thursday afternoons.

# Special Needs

If you have any special learning needs, please inform me early so that arrangements can be made for course requirements to be met.

### Guidelines for Papers

Papers are to be typed, double-spaced, on one side of regulation size white paper. Please be exact about sentence structure, diction, spelling, grammar, etc. If you have trouble in this area, please ask someone to proof read the paper and then correct it before submitting.

Each paper may range from 5-6 pages in length with a font size of 12. Your promptness in submitting papers is not only appreciated but vital for the on-going development of the class. If papers are late, I will grade them but will be unlikely to offer feedback. Please speak with me if you need time adjustments for serious reason.

Paper One: Due Date – January 26, 2006

From the period of childhood, choose one event, person, place, or time you believe to be particularly formative of your psycho-spiritual development. How did this experience influence your psychological and spiritual growth? How is this experience similar to and/or different from the movements of childhood as described by/in Piaget, Bettelheim, Erikson, Fowler, or the essays in Clark.

#### Paper Two: Due Date – February 16, 2006

From the period of adolescence **or** young adulthood, choose one event, person, place, or time you believe to be particularly formative of your psycho-spiritual development. How did this experience influence your psychological and spiritual growth? How is this experience similar to and/or different from the movements of adolescence or young adulthood as described by/in Cushing and McGoldrick, Nydam, Graham, Fowler, or Howell. Or, utilize the theories of Milton Erickson and Eric Greenleaf to describe your adolescent **or** young adult psycho-spiritual development.

Paper Three: Due Date - March 9, 2006

From the period of mid-life **or** older years, choose one event, person, place or time you believe to be particularly formative of your psycho-spiritual development. How did this experience influence your psychological and spiritual growth? How is this experience similar to and/or different from the movements of mid-life or older years as described by/in Nussbaum, Slee, Fitzgerald, Howell, Carlson, Fowler, Tisdale, Lyon, Barbre, or Merriam.

#### or:

If you have not yet entered into mid-life, interview someone you respect and admire in mid-life or in his/her older years. Describe how his or her experience of mid-life or older years is similar to and/or different from the movements described by/in Nussbaum, Slee, Fitzgerald, Howell, Carlson, Fowler, Tisdale, Lyon, Barbre, or Merriam.

## Grading

3/4 for papers (1/4 for each paper) 1/4 for class participation

Your participation contributes to the life of the class. Please do not plan to enroll in the class if you will be absent for more than one three-hour period.

# Schedule of Classes and Assigned Readings Full Citation are Listed Below

#### Jan. 5 Introduction to Psycho-Spiritual Development

Required Readings for Discussion:

Clark and Cafarella, "Editor's Notes," <u>Update on Adult Dev. Theory</u>, 1-2. Clark and Cafarella, "Theorizing Adult Development," <u>Update on Adult</u> Dev. Theory, 3-8.

Mott, "Our Complex Human Body," <u>Update on Adult Dev. Theory</u>, 9-17. Reeves, "Psychological Development," <u>Update on Adult Dev. Theory</u>, 19-27.

Rossiter, "Understanding Adult Development as Narrative," <u>Update on Adult Development Theory</u>, 77-85.

#### Jan. 12 Childhood: Freud and Erik Erikson

Bettelheim, <u>Freud and Man's Soul</u>, vii-64. Erikson, "Growth and Crises of the Healthy Personality," <u>Identity and the Life Cycle</u>, 51-107. "Erik Erikson: An Introduction" and "Erik Erikson: Life Cycle Stages of Development." (Pages 96-110 in Reader)

# Jan. 19 Childhood: Jean Piaget and James Fowler

Required Readings for Discussion:

"Jean Piaget: An Introduction" and "Jean Piaget – Eras and Stages of Physical/
Cognitive Development." (Pages 87-95 in Reader)
Fowler, "Faith Development Theory and the Human Vocation,"
Becoming Adult, Becoming Christian, 48-57. (Pages 1-7 in Reader)
"Spirituality of Children." (Pages 111-114 in Reader)
Bambara, "Gorilla My Love," Gorilla My Love, 13-20. (Pages 127-134 in Reader)
Cisneros, "Eleven," Women Hollering Creek, 6-9. (Pages 135-138 in Reader)

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Chavez and Guido-DiBrito, "Racial and Ethnic Identity and Development," <u>Update on Adult Development Theory</u>, 39-47.

Edwards and Brooks, "The Development of Sexual Identity," <u>Update on</u> Adult Development Theory, 49-57.

Ross-Gordon, "Gender Development and Gendered Adult Development," <u>Update on Adult Development Theory</u>, 29-37.

# Jan. 26 The Cultural Relativity of Developmental Theories Other Significant Developmental Issues

Required Readings for Discussion:

Bridges, "The Community," <u>Resurrection Song</u>, 107-120. (Pages 57-70 in Reader) Rogoff, "Orienting Concepts and Ways of Understanding the Cultural Nature of Human Development," <u>The Cultural Nature of Human Development</u>, 3-36. (Pages 19-56 in Reader)

Recommended Reading: Hanh, excerpts from <u>The Heart of Buddha's Teaching</u>, 126-45. (Pages 71-86 in Reader)

#### FIRST PAPER DUE

## Feb. 2 Adolescence: Nydam, Graham, and Fowler

Required Readings for Discussion:

Fowler, "Faith Development and the Human Vocation," <u>Becoming Adult</u>, <u>Becoming Christian</u>, 57-62. (Pages 7-9 in Reader) Nydam, "Early Adolescence: Venturing Toward a Different World," Human Development and Faith, 205-222.

Graham, "Identity in Middle and Late Adolescence," <u>Human Development</u> and Faith, 223-235.

Hughes, "Salvation," <u>Patterns for a Purpose</u>, 183-185. (Pages 171-78 in Reader) Rodriguez, "Complexion," <u>Hunger of Memory</u>, 123-127. (Pages 179-84 in Reader)

Recommended Reading: Pipher, Reviving Ophelia, 11-73.

## Feb. 9 Young Adulthood: Milton Erickson and Eric Greenleaf

Required Readings for Discussion:

Cushing and McGoldrick, "The Differentiation of Self and Faith in Young Adulthood," <u>Human Development and Faith</u>, 236-50.

Fowler, "Faith Development and Human Vocation," <u>Becoming Adult</u>, <u>Becoming Christian</u>, 62-63. (Page 10 and top of 11 in Reader)

Greenleaf, "Introduction" and "Dreaming and Healing" in <u>The Problem of Evil</u>, xiii-21, 36-67. (Pages 139-170 in Reader)

Howell, Spiritguide, 1-34.

Erickson, "Motivating Tales," and "Trust the Unconscious," Chs. 2 and 3 in My Voice Will Go With You, 46-74. (To be distributed in class)

"Milton Erickson: An Introduction." (Pages 115-19 in Reader)

Ritterman, Michele K. "The Philosophical Position of the Ericksonian Psychotherapist," 187-92. (To be distributed in class)

## Feb. 16 Mid-Life and Women's Faith Development

Nussbaum, "Love Care, and Women's Dignity: The Family as a Privileged Community," <u>Diversity and Community</u>, 209-230. (Pages 225-48 in Reader) Slee, <u>Women's Faith Development: Patterns and Processes</u>, 61-161.

#### SECOND PAPER DUE

## Feb. 23 Mid-Life Spirituality

Berry, "The Beautiful Shore," <u>Jayber Crow</u>, 156-165. (Pages 185-96 in Reader)

Berry, "A Gathering," <u>Jayber Crow</u>, 201-207. (Pages 197-224 in Reader)

Davis, "The Middle Years," <u>Human Development and Faith</u>, 251-268.

Fitzgerald, "Impasse and Dark Night," <u>Women's Spirituality</u>, 287-311. (Pages 249-76 in Reader)

Fowler, "Faith Development and Human Vocation," <u>Becoming Adult</u>, <u>Becoming Christian</u>, 64-67. (Pages 11-12 in Reader)

Howell, Spiritguide, 35-82.

Tisdell, "The Spiritual Dimension of Adult Development," <u>Update on Adult Development Theory</u>, 87-95.

# March 2 Aging

Required Readings for Discussion:

Carlson, <u>Creative Aging</u>, 1-114.

Lyon, "Faith and Development in Late Adulthood," <u>Human Development</u> and Faith, 269-284.

Barbre, "The Wages of Dying," Human Development and Faith, 285-307.

# March 9 In the End/Toward a New Beginning

Carlson, Creative Aging, 154-184.

Fowler, "Faith Development and Human Vocation," <u>Becoming Adult</u>, <u>Becoming Christian</u>, 67-75. (Bottom of page 12 through 16 in Reader)

Merriam, "Time as the Integrative Factor," <u>Update on Adult Development Theory</u>, 67-75.

Walker, "To Hell With Dying," Fiction 100, 1351-55. (Pages 277- 84 in Reader)

FINAL PAPER DUE MARCH 9, 2006

# **Required Reading -- READER**

- Bambara, Toni Cade. "Gorilla, My Love." In <u>Gorilla, My Love</u>, 13-20. New York: Vintage Contemporaries, A Division of Random House, Inc., 1992.
- Berry, Wendell. "The Beautiful Shore" and "A Gathering." Chapters 15 and 19 in <u>Jayber Crow:</u> A Novel by Wendell Berry, 156-165, 201-207. New York: Counterpoint, 2000.
- Bridges, Flora Wilson. "The Community." Chapter 4 in <u>Resurrection Song:</u> African-American Spirituality. Maryknoll, NY: Orbis Press, 2001, 107-120.
- Cisneros, Sandra. "Eleven." In <u>Woman Hollering Creek and Other Stories</u>, 6-9. New York: Vintage Cotemporaries, A Division of Random House, Inc., 1992.
- "Erik Erikson: An Introduction" and "Erik Erikson: Life Cycle Stages of Development." Unpublished outlines. Used with permission. Reader pages 96-110.
- Erickson, Milton H. "Motivating Tales" and "Trust the Unconscious." Chs. 2 and 3 in My Voice Will Go With You: The Teaching Tales of Milton H. Erickson, 46-73. Edited with Commentary by Sydney Rosen. New York: W. W. Norton & Co., 1982. (Classroom Handout not in Reader)
- "Milton Erickson: An Introduction." Unpublished outline. Used with permission. Reader pages 115-19.
- Fitzgerald, Constance. "Impasse and Dark Night." In <u>Women's Spirituality: Resources For Christian Development</u>. Edited by Joann Wolski Conn, 287-311. New York/Mahwah, NJ: Paulist Press, 1986.
- Fowler, James. "Faith Development Theory and the Human Vocation." Chapter 3 in <u>Becoming Adult, Becoming Christian: Adult Development and Christian Faith</u>, 48-75. San Francisco, CA: Jossey-Bass, 2000.
- Greenleaf, Eric. "Introduction" and Chapter 1, "Dreaming and Healing." In <u>The Problem of Evil, xiv-xviii, 1-21, 36-67</u>. Phoenix, AZ: Zeig, Tucker & Theisen, Inc., 2000.
- Hughes, Langston. "Salvation." In <u>Patterns for a Purpose: A Rhetorical Reader</u> by Barbara Fine Clouse, 183-186. Third Edition. New York: McGraw Hill, 2003. Originally published as part of <u>The Big Sea: An Autobiography</u> by Langston Hughes, 1940. Copyright renewed 1968 by Arna Bontemps and George Houston Bass. Reprinted by Hill and Wang, a division of Farrar, Straus, and Giroux, LLC.
- "Key Figures and Works Contributing to Contemporary Developmental Theories." Unpublished bibliography. Used with permission. Reader pages 120-24.

- Nussbaum, Martha. "Love Care, and Women's Dignity: The Family as a Privilege Community." In <u>Diversity and Community: An Interdisciplinary Reader</u>. Edited by Philip Alperson, 209-30. Malden, MA: Blackwell Publishing, 2002.
- "Jean Piaget: An Introduction" and "Jean Piaget: Eras and Stages of Physical/Cognitive Development." Unpublished Outlines. Used with permission. Reader pages 87-95.
- Ritterman, Michelle K. "The Philosophical Position of the Ericksonian Psychotherapist." In <a href="The Handbook of Ericksonian Psychotherapy">The Handbook of Ericksonian Psychotherapy</a>, 187-192. Edited by Brent B. Geary and Jeffrey K. Zeig. Phoenix, AZ: The Milton H. Erickson Foundation Press, 2001. (Classroom Handout not in Reader)
- Rodriguez, Richard. "Complexion." In <u>Patterns for a Purpose: A Rhetorical Reader</u> by Barbara Fine Clouse, 423-428. Third Edition. New York: McGraw Hill, 2003. Originally published in <u>Hunger of Memory: The Education of Richard Rodriguez</u> by Richard Rodriguez. Boston: David R. Godine Publisher, 1982, 122-127.
- Rogoff, Barbara. "Orienting Concepts and Ways of Understanding the Cultural Nature of Human Development." Chapter 1 in <u>The Cultural Nature of Human Development</u>. New York: Oxford University Press, 2003, 3-36.
- "Spirituality of Children." Unpublished Outline. Used with permission. Reader pages 111-114.
- Walker, Alice. "To Hell with Dying." In <u>Fiction 100: An Anthology of Short Stories</u>. Edited by James H. Pickering, 1351-1355. Eighth Edition. Upper Saddle River, NJ: Prentice Hall, 1998. Originally published in <u>In Love and Trouble: Stories of Black</u> <u>Women</u> by Alice Walker. Harcourt Brace and Company, 1967.

#### Recommended:

Hanh, Thich Nhat. "The Two Truths" and "The Three Darhma Seals." Chapters 17 and 18 in <a href="The Heart of Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation.">The Heart of Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation.</a> New York: Broadway Books, 1998, 126-45.

## **Required Reading -- BOOKS**

- Bettelheim, Bruno. <u>Freud and Man's Soul</u>. London: Pimlico (The Random House Press), 1982, vii-64.
- Carlson, Mary Baird. <u>Creative Aging: A Meaning-Making Perspective</u>. New York: W. W. Norton & Company, 1991, paperback edition, 1996, 1-114, 154-184.
- Clark, M. Carolyn and Rosemary S. Caffarella, eds. <u>An Update on Adult Development Theory: New Ways of Thinking about the Life Course.</u> No. 84, New Directions for Adult and Continuing Education. San Francisco: Jossey-Bass Publishers, 1999, 1-57, 67-95.

- Chavez, Alicia Fedelina and Florence Guido-DiBrito, "Racial and Ethnic Identity and Development," 39-47.
- Clark, M. Carolyn and Rosemary S. Caffarella, "Editors' Notes," 1-2.
- Clark, M. Carolyn and Rosemary S. Caffarella, "Theorizing Adult Development," 3-8.
- Edwards, Kathleen and Ann K. Brooks, "The Development of Sexual Identity," 49-57.
- Merriam, Sharan B. "Time as the Integrative Factor," 67-75.
- Mott, Vivian W. "Our Complex Human Body Explored," 9-17.
- Reeves, Patricia M. "Psychological Development: Becoming a Person," 19-27.
- Ross-Gordon, Jovita M. "Gender Development and Gendered Adult Development," 29-37.
- Rossiter, Marsha. "Understanding Adult Development as Narrative," 77-85. Tisdell, Elizabeth J. "The Spiritual Dimension of Adult Development," 87-95.
- Erikson, Erik H. <u>Identity and the Life Cycle</u>. New York: W.W. Norton & Co., 1959, 51-107. ("Growth and Crises of the Healthy Personality." Chapter 2)
- Howell, Patrick. A Spiritguide: As Sure as the Dawn through Times of Darkness. Kansas City, MO: Sheed and Ward, 1996, 1-82.
- Kelcourse, Felicity B., ed. <u>Human Development and Faith: Life-Cycle Stages of Body, Mind,</u> and Soul. St. Louis, MO: Chalice Press, 2004, 205-309.
  - Barbre, Claude, "The Wages of Dying: Catastrophe Transformed," 285-308.

    Cushing, Bonnie and Monica McGoldrick, "The Differentiation of Self and Faith in Young Adulthood: Launching, Coupling, and Becoming Parents," 236-250.

    Davis, Russell Haden, "The Middle Years," 251-268.
  - Graham, Alice M., "Identity in Middle and Late Adolescence," 223-235.
  - Lyon, K. Byrnolf, "Faith and Development in Late Adulthood," 269-284.
  - Nydam, Ronald, "Early Adolescence: Venturing Toward a Different World," 205-222.
- Slee, Nicola. <u>Women's Faith Development: Patterns and Processes</u>. The Queen's Foundation for Ecumenical Theological Education, Birmingham, UK. Burlington, VT: Ashgate Publishing Company, 2004, 61-161.

#### Recommended:

Pipher, Mary. <u>Reviving Ophelia</u>: <u>Saving the Selves of Adolescent Girls</u>. New York: Ballantine Books, 1994, 11-73.