HCE 641  Mind/Body Techniques

This course will address the relationship between cognitive processes and physiology from a healing/personal wellness perspective. Various aspects of Eastern thought/religion, as well as Western Behavioral Medicine will be explored in regards to physical health and emotional well-being. Research on the mind/body relationship will be reviewed and discussed. Participants will be required to learn and practice meditative and mind/body techniques.

Prerequisite: None
Credit Hours: 3
Course Type: Variable
Ideal Class Size: 12

Relationship to CEHD Core Values

Democracy: Not directly addressed in this course.
Civility & Caring: The entire counseling profession is centered on caring and civility.
Equity & Diversity: Many of the philosophies and techniques in this course derive from Eastern thought and religions.
Social Justice: Not directly addressed in this course.
Scholarship: Research on the mind/body relationship is reviewed.
Professional Learning & Continuous Improvement: Physical health and emotional well-being are explored as life-long practices for being more mindful as counselors.
Ethical Practice: Students sign a Code of Ethics Attestation statement upon entry into the Counselor Education program, and all students are responsible for abiding by the professional Code of Ethics in all course work and activities that represent program outcomes and standards.

Goal:

Students will gain a basic understanding of the relationship between mental health and physical health, and the use of mind/body techniques in the prevention and treatment of certain physical illnesses.

Objectives:

Students will:

1. define and discuss the relationship between cognitive perspective and physiological states of stress and relaxation.
2. demonstrate proficiency at least two meditative/relaxation techniques.
3. explain multiple aspects of behavioral medicine and its use in treating physical/mental illness.
4. develop a personal wellness plan consisting of stress reduction techniques and strategies for personal growth.
5. practice basic principles of Buddhist meditative practice, such as detachment, sitting, and mindfulness.
6. apply basic relaxation techniques in the context of the counseling relationship.
7. describe aspects of Eastern philosophy and Chinese and Tibetan medical practices as they apply in the treatment of stress-related disorders.
8. demonstrate the implementation of mindfulness as a tool for enhancing counselor skills, such as listening and attending.
9. demonstrate unconditional positive regard for people of diverse backgrounds, with a wide variety of clinical issues.
10. explore ethical standards as they relate to the use of mind/body techniques in counseling.

1/98
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