

COURSE INFORMATION

HUMANISTIC PSYCHOLOGY

Psy 413
Carolyn Keutzer

Spring 1988
146 Straub
PSY 411

PREREQUISITE:

TEXT:

Keutzer, Carolyn, (Ed.). Humanistic Psychology, 1988. Paperback at Campus Copy.

PHILOSOPHY AND FORMAT:

The course will be conducted, as far as possible, according to the tenets of humanistic psychology and will explore the principles of humanistic, existential and transpersonal psychology. To promote an appreciation of each student's needs and to offer an opportunity for interpersonal contact, exchange of ideas, and suggestions for lectures, small groups will be the basic organizational unit of the class. These groups, limited to ten persons, will meet at the regular Tuesday class meeting time in special assigned small-group rooms. Assignments to groups will be made after the second class meeting. For the most part, Thursday classes will consist of lectures attempting to provide a forum for the explication of theory in more detail, ancillary concepts, and integration of ideas presented in the readings, group discussions, and films.

COURSE REQUIREMENTS:

There will be optional routes for evaluation, but the basic assignment for this class (i.e., what must be done to receive a "C" or "P") consists of class attendance and participation at every meeting of the small group discussions and the preparation of three "responses" (short papers) to the required readings. If a student seeks to earn a "B" in the course, she or he may either (1) contract with the group leader to do one or more of the Optional Learning Experiences outlined below, or (2) demonstrate by a written final examination GOOD comprehension of the material (written, lecture and experiential), covered over the term. If a student seeks to earn an "A" in the course, he or she can (1) contract with the group leader to do one or more of the Optional Learning Experiences and (2) demonstrate SUPERIOR comprehension of the material covered in the course on the final examination.

OPTIONAL LEARNING EXPERIENCES:

Think about what experiences would be most useful for you so you can discuss your proposals with your group leader during the first weeks of class. Written, negotiated contracts should be approved by the third group meeting (Tuesday, April 19th). The projects will be evaluated by your group leader during and/or at the end of the term. You may work in pairs or trios if you wish. Some suggestions are the following:

1. Write an autobiography using the theories germane to this class. That is, attempt to apply a theory or combination of theories to your own life.
2. Design and carry out a research project pertinent to this course.
3. Prepare items and answers for a final examination for this course.

4. Use a medium such as art, poetry, movement, or audiovisual to present to your small group your views and perceptions of existential, humanistic, or transpersonal philosophies.
5. Keep a daily journal relating humanistic values, ideas, and philosophies to your own life experiences. You might take the perspective that your life is a journey toward self-actualization (Maslow-style) and relate daily events which apply to that journey.
6. Write a paper or present to your group a point of particular interest or criticism within the realm of ideas of this course.
7. Write your reactions to several additional books appropriate to this course or plan a reading schedule of the pertinent journals in the library (e.g., J of Humanistic Psy, J of Transpersonal Psy, J of Existential Psy & Psychiatry) and pull the material together in some way which is meaningful to you.
8. Develop and facilitate an experience for your discussion group. Write a summary assessing the impact of the experience on yourself and the group.
9. Be a group leader. This entails keeping attendance and evaluating the three responses as well as the optional learning experiences and meeting with the instructor each Thursday after class from 1:50 - 2:30.
10. Choose a "target" and provide him or her with unconditional positive regard for four weeks and assess the effects on you and the target. You are encouraged to select a "challenging" target.
11. Impel yourself into an extreme situation--one which you consider risky for yourself (e.g., change your "personality" for a week or two, spend a night alone in the wilderness) and keep a journal of your experience and describe what you learned about yourself and others.

(P.S. The possibilities are limited only by your imagination, time, energy, courage and the law but each "project" must receive prior approval from your group leader who will be the person evaluating it.)

WRITTEN RESPONSES (referred to in "Course Requirements" above):

Response A (due on or before Tuesday, April 26; NO LATE PAPERS PLEASE)

The first response deals with humanistic psychology and should cover the reading assignments through Chapter 9. In general, the responses should be personal while also rooted in the issues and questions raised by the readings, and should (as a guideline) range from two to five pages. Please type. The first response should answer each of the following questions:

1. Give a thoughtful critique of either Maslovian or Rogerian theory.
2. Discuss the advantages and disadvantages of experiential learning (as opposed to didactic instruction).
3. How have "peak experiences" or "SGE's" influenced our life? (Or, alternately, give a reasoned rebuttal to the general validity of these concepts.)

Response B (due on or before Tuesday, May 10; PLAN AHEAD!)

Use the same general guidelines described under response "A". This response assumes that the reading through Chapter 14 has been completed. Respond then, to the following challenges:

1. List give questions that you would deem important to answer in defining yourself as a human being in the process of becoming "authentic". Incorporate concepts from both Martin Buber and Rollo May.
2. Compare and contrast (similarities and differences) general humanistic psychology and existential psychology. Be sure to cite critical distinctions.

Response C (due on or before Tuesday, May 31)

This response assumes that the reading for the entire course has been completed. Give thoughtful consideration to the following questions:

1. Describe transpersonal psychology to a hypothetical twelve-year-old child.
2. What are some principles of traditional Western science which are challenged by transpersonal psychology?
3. Think back over all you have read this term. What new learning has had the greatest impact on your personal life? Explain.

Reading Assignments. To understand Thursday lectures and to participate fully in the Tuesday discussion groups, please read the following chapters in Humanistic Psychology by the dates specified:

Tuesday, April 5, Chapter 1
Thursday, April 7, Chapters 2, 3, and 4
Thursday, April 14, Chapters 5, 6, 7 and 8
Thursday, April 21, Chapter 9
Thursday, April 28, Chapters 10, 11 and 12
Thursday, May 5, Chapters 13 and 14
Thursday, May 12, Chapters 15, 16 and 17
Thursday, May 19, Chapters 18, 19 and 20
Thursday, May 26, Chapters 21 and 22

OPTIONAL FINAL: 8:00 June 7 (Tuesday)

Office Hours: 2:30 - 3:30 Friday in 231 Straub (x5582) and
(tba) _____ at the Counseling Center (x3227)