

<p align="center">《东方心理学》 PSYCHOLOGY OF THE EAST</p> <p align="center"><Class> Tuesday and Thursday, 2:00PM to 3:20 PM</p> <p align="center"><Discussion> Thursday 4:00-4:50 PM</p> <p align="center">Class & discussion meets in Earl 1</p>	
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Course Objectives and Introduction

Psychology is a dominant field in west and many millions of people once received different psychotherapies. Only recent year, some researchers and scientists start to realize that psychology also exists in the east, especially in China and India. The reason why the westerners have not known the eastern psychology is that (i) language barrier (ii) cultural differences in psychology and mental illness (iii) combination with Traditional Medicine (TM), etc. Actually, in the east such as China, psychology did started thousands of years ago but usually was categorized to Traditional Chinese Medicine (TCM). In TCM's classic text "Huang Di Nei Jing", there were more than 70% contents related to the psychology. In the east, psychology is not only a theory, but also a life practice and attitude.

I have been working at different universities since 1987 and teaching the eastern psychology and body mind training for public and university students. In 1990's, I developed the Integrative Body-Mind Training (IBMT) based on TCM and started to training people and study the effects since 1995. If I will teach the Psychology major students, I will provide students a survey of psychology in the East. The students will learn about the history and development of psychology and psychotherapy in China and East. We will introduce the main psychology theories and techniques which originally derive from the Traditional Chinese Medicine and Chinese culture thousands years ago. Also we will give an outline of bilingual research in the brain based on the recent psychology and neuroscience findings. Special attention will be given to the similarities and differences in psychological philosophy and psychotherapies in East and West that reflect the cultural differences. Because psychology is a combination of theory and practice, in addition to the regular weekly class meetings and office hours, based on Eastern psychotherapy, the instructor will demonstrate and teach the students techniques how to cope with stress or pressure in daily study and life.

The question is that the flagship students have diverse language levels and have not any psychology knowledge, also the course is required to be conducted completely in Chinese and working with original materials in Chinese, it would be very hard to accomplish the above goals. Seraphine and I discussed several times, at last, according to the situation of flagship studnets, I change the original design of the course, and choose some core part of the eastern psychology and my previous teaching and training, integrate with recent psychology and neuroscience findings and form the current syllabus. So the class will focus on two of my books in Chinese and related materials. Class activities include viewing and

discussing visual/audio materials and assigned readings, scientific research update, class presentation and exercise. Homework includes assigned readings and written report on important issues, and exercise.

For considering how the course will enhance the Flagship program and improve the students' performance in daily life, I also integrate the recent findings from language and brain research. Learning second language in early stage maybe frustrated but the regular use of two languages such as Chinese and English has been shown to enhance the ability to exercise cognitive control in a wide range of tasks, e.g., spatial concepts, problem solving, etc. Most of the students may not know it. The course provides students with an overview of psychology theories and techniques, updates recent findings in bilingual research, and it guides students how to understand the study and life from the psychological perspectives and to help themselves.

Life is full of stress in the modern society. Recently scientists have been searching for the better strategies and methods from the East to cope with the pressure and distress. The Flagship Program is to support the students to work cross-culturally in research, business, government, or other fields and disciplines in the future in which lots of challenges they have to face. The course offers the students theories, techniques and experiences to help them manage the complicated situation and adjust themselves, it will be possible for them to apply these tools taught in the course and do better in work and life.

Requirements

1. **Participation** Credit is gained from in-class exercises (for both class meetings and discussion sessions), which you will turn in during class. Credit is based on whether you tried, not on whether you got an answer right. If you attend every class and do the exercises, you will get full credit. In-class exercises will not occur on a fixed schedule and will not be part of every class, so attending every class is the only way to get full credit. If you anticipate being absent from class, it is *your* responsibility to get information from another student. It is also your responsibility to be prepared for the following class session to the same level as students who attended class the day you missed.
2. **Reflection Papers: Reflection paper on Personality Issue:** Over the course of the four weeks, you will need to complete two (2) reflection papers. In each reflection paper, you will write about your reaction to one of course topics. Each reflection paper will be due in a week following the class that discusses the course topic that you choose to write about. Alternatively, there are also some videos watched in class that you can write about for your reflection paper. Videos that are qualified for the content of reflection papers are listed in the class schedule and are marked with an asterisk (*). Reflection papers on videos will also be due in a week following the class when the video is played.
3. **Exams** Testing will consist of two exams. Material on the exams will be drawn from required readings, class lectures, and in-class activities. Exam format is a mixture of multiple choice, short answer, and long essay questions. You will need to take **BOTH THE MIDTERM AND THE FINAL**.
4. **Group presentation:** all the students will be divided into several groups with 3 members, each group will choose one teaching topic to prepare and make PPT and give presentation. Instructor and TA will evaluate each group and give the score (25% of the final course grade) .

Grading

Your final course grade is based on the following (most printed on next page):

20 % ...for an exploratory paper

30% ...grade on your two reflection papers
 25% ...grade on your two exams
 25% ...grade on your group presentation

Final grades will be based on percentage of total possible points earned, and distributed as follows:

A+	<i>Reserved for exceptional performance</i>		
A	93-100	D+	67-69.9
A-	90-92.9	D	63-66.9
B+	87-89.9	D-	60-62.9
B	83-86.9		
B-	80-82.9	N	less than 70***
C+	77-79.9	P	70 or higher***
C	73-76.9		
C-	70-72.9		***If taking pass/fail

Tentative Course Schedule

Date	课程主题	Course Topic	Week
8-Jan	概要: 什么是多元智能?	What's multi-intelligence (MI)?	1
10-Jan	多元智能与全脑开发理论	MI and whole brain unfolding theory	1
15-Jan	全脑开发	Unfold the full potential of brain	2
17-Jan	认识 and 了解人类的大脑 I	Understanding human brain I	2
22-Jan	认识 and 了解人类的大脑 II	Understanding human brain II	3
24-Jan	为什么能向大脑要健康、智慧	Why Health from brain, wisdom from brain	3
29-Jan	中文对大脑认知功能的影响	The impact of Chinese language on brain functioning	4
31-Jan	逻辑思维与数学对大脑的影响	The impact of thinking and math on the brain	4
5-Feb	如何向大脑要健康、智慧	How to achieve health and wisdom from your brain	5
7-Feb	爱情是什么? 中央电视台采访	What is love?* CCTV interview	5
12-Feb	身心调节理论	Body-Mind training theory	6
14-Feb	身心调节实践	Body-Mind training	6
19-Feb	注意力影响人生表现	Attention and life performance	7
21-Feb	决策影响人生 I*中央电视台采访	The impact of decision making on life performance (CCTV interview)	7
26-Feb	七情与学习生活: 情商的力量---互相照镜子, 发现情绪类型	Seven emotions and the learning life: The impact of EQ	8
28-Feb	灵光一现的时刻:创造力的原理及	The moment of insight: Creativity	8

	应用	and its underlying mechanisms and applications	
4-Mar	社会脑与社交商--- 社会认同、社会认知与社会关系：同学影响	The social brain: Social identification, social cognition, and social relations	9
6-Mar	小组报告 I	Group presentation I	9
11-Mar	小组报告 II	Group presentation II	10
13-Mar	小组报告 III	Group presentation III	10

Weekly Reading Assignments

Week 1

G (Ch. 1)

Multi-intelligence (MI)

G(Ch. 2.1-2.3)

Infinite brain potential

The challenge of overloaded information for the brain

Integrative Body-Mind Training (IBMT): three components

Week 2

G(Ch. 2.4)

Nutrition for MI and whole brain unfolding

Y(Ch.1)

Understand the human brain

游戏训练大脑

Training human brains with games playing

Week3

深入 25 脑区

A deep analysis on 25 human brain areas

G(Ch.1)

Multi-intelligence (MI)

Y (Ch 2)

Why health from brain, wisdom from brain?

Week 4

汉字和英文造就不同的思维

Do alphabetic letters and Chinese characters contribute to different styles in thinking?

汉字与英文字母与人脑

Alphabetic letters, Chinese characters, and human brain functioning

加法和乘法算式的表徵方式

The cognitive representations of mathematic functions involving addition and multiplication

我国近十年来汉语阅读障碍研究回顾与展望

A review of research in Chinese reading disabilities over the past 10 years

Week5

Y(Ch3, 31-46)

How to achieve health and wisdom from your brain

Y(Ch3, 31-46)

How to achieve health and wisdom from your brain

大學生嫉妒心理之分析

An analysis of jealousy in college students

道家與民族性格: 天人合一的思維方式

Taoism and the personality of Chinese people: Chapter 1

Week6

Y(Ch3, 46-53, Ch4)

How to achieve health and wisdom from your brain

IBMT practice

G(Ch 5)

Research in MI and whole brain unfolding

道家與民族性格: 順應自然的行為原則

Taoism and the personality of Chinese people: Chapter 2

Week7

身心静息提高效率，减轻压力

Human mind and body: an integrative approach to enhance one's working efficiency and to cope with stress

五行與中國人的心理療法

The Chinese concept of the five elements and psychotherapy

儒家哲學在心裡學上的意涵

The psychological implications of Confucianism

Week8

顿悟的大脑机制

The brain mechanism of insight

心脏智慧 调节情绪的核心

Heart and wisdom: The core of emotion regulation

道家與民族性格: 重生養生的人生追求

Taoism and the personality of Chinese people: Chapter6

Week9

镜像神经原：大脑中的魔镜

A magic mirror in the brain

俄勒冈社会学习中心反社会行为预防与干预研究述评

A critique on the research of intervention and prevention of anti-social behaviors in Oregon

自闭症-琐碎之因

Autism

人際交往關係的影響因素與發展過程

The developmental processes of interpersonal relations

Week10

Presentation and evaluation

Additional reading materials and helpful website:

中医心理学

中医心理学基础

中医心理学临床指南

<http://www.sciam.com.cn/>

www.yi-yuan.net

<http://www.pnas.org/cgi/content/full/104/43/17152>

<http://www.pnas.org/cgi/content/full/103/28/10775>

<http://www.cctvdiscovery.com/>