

St. Mary's Ecumenical Institute
Fall 2017

Tuesday

6:00 – 8:30 pm

PT/SP639 Stress & Resiliency – Physical, Emotional, and Spiritual Considerations

Dr. Pat Fosarelli

Course Description: This course – made possible by a grant from the Templeton Foundation – brings together science and spirituality, medicine and faith. Students will learn the practical science of why dis-stressors cause deleterious effects on the body and mind, and how these, in turn, affect the spirit. In like manner, students will learn what science knows about resiliency and how to promote resiliency in themselves and others, especially those whom they serve in ministry.

Course Requirements:

- **Reading:** Students should expect to read at most 1000 pages of required reading and should come prepared to discuss readings in class.
- **Writing:** Students can expect to write *at most* 25 pages:
 - Reflection paper (4-5 pages) on examples of stress /resiliency that students have encountered in their lives – 20% of final grade
 - Student personal statement (2-4 pages) of what he or she needs to do to minimize stress in his or her life – 10% of final grade
 - Research paper (12-15 pages) on a topic (in stress or resiliency) of interest to the student after approval by instructor – 40% of final grade
- **Other:**
 - Two quizzes on the brain structures and hormones responsible for stress and resiliency – 15% of final grade (7.5% each)
 - Active class participation – 15% of final grade

Required Texts:

- Keith Karren, N. Lee Smith, Kathryn Gordon: *Mind Body Health, 5th ed.* Pearson, 2014. 978-0321883452
- Susan Folkman (ed): *The Oxford Handbook of Stress, Health, and Coping.* Oxford University Press, 2011. 978-0195375343
- Steven Southwick, Dennis Charney: *Resilience – The Science of Mastering Life's Greatest Challenges.* Cambridge University Press, 2012. 978-0521195638