



Psychology of Spirituality and Religion – RELS 265
University Studies Program

Course Outline

COURSE IMPLEMENTATION DATE: September 2011
OUTLINE EFFECTIVE DATE: September 2022
COURSE OUTLINE REVIEW DATE: January 2027

GENERAL COURSE DESCRIPTION:

This course examines spiritual and religious phenomena from a psychological perspective. In addition to history, theoretical frameworks, and research methods, special topics include: religious belief, religious and spiritual development, religious experience (including peak experiences and conversion experiences), psychoactive substances, meditation, faith healing, religion and well-being, and the role of dreams in religious life. Attention is given to introspective, psychoanalytic, Jungian, behavioural, cognitive, social, humanistic, experimental, and transpersonal orientations.

Program Information: This course can be used as either a required course or an elective in several University Studies Programs. Refer to the College Program Guide for additional information.

Delivery: This course is delivered online, face-to-face, or hybrid.

COTR Credits: 3

Hours for this course: 45 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
Total	45

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
Total	

Course Outline Author or Contact:

Vance Mattson, MA McGill

Signature

APPROVAL SIGNATURES:

Department Head
Erin Aasland Hall
E-mail: aaslandhall@cotr.bc.ca

Dean of Business and University Studies
Darrell Bethune
E-mail: bethune@cotr.bc.ca

Department Head Signature

Dean Signature

EDCO

Valid from: September 2022-January 2027

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: None

Corequisites: None

Flexible Assessment (FA):

Credit can be awarded for this course through FA Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: N/A

Equivalent Course: Students who have received COTR credit for PSYC 265 may not receive additional credit for RELS 265.

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Course Reading Package

D.M. Wulff, *Psychology of Religion. Classic and Contemporary*, 2nd ed., Wiley, 1997

Please see the instructor's syllabus or check COTR's online text calculator

<http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to

- define the terms religion and spirituality, including their overlap and differences;
 - comprehend the various viewpoints on studying religion and spirituality psychologically;
 - identify the relevant history and theory in the psychology of religion and spirituality, including the foundational theories of Nietzsche, James, Freud, Jung, Maslow and others;
 - identify the various methodologies used in the psychology of spirituality and religion;
 - understand the primary theories of spiritual-religious development;
 - explain the primary models of religious-spiritual conversion;
 - explore mystical experience, and the significance of psychoactive substances;
 - examine the psychological studies of meditation, faith healing, and peak experiences;
 - identify the key theories on the significance of dreams in spiritual-religious life;
 - study religion's role in social attitudes;
 - identify religion's role in health and well-being;
 - develop their own ideas about religious and spiritual phenomena from a psychological perspective.
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COURSE TOPICS:

- Introduction to the Psychology of Spirituality and Religion
- Spirituality and Religion in Comparison
- History, Theory, and Research Methodologies
- The Biological Foundations of Religion
- Behavioural, Comparative, and Experimental Approaches
- Psychological Studies of Meditation
- The Perspective of Sigmund Freud
- Mystical Experience and Entheogens
- Religious and Spiritual Development
- Religious and Spiritual Conversion
- Maslow and Peak Experience
- C.J. Jung and the Analytic Tradition
- Religion, Social Attitudes, and Health and Well-being
- Faith Healing
- Conclusions

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT:

Assignments	% Of Total Grade
Essays (one short [10%] and one long [30%])	40%
Midterm	30%
Final Exam	<u>30%</u>
Total	100%

Please see the instructor's syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.