This course will explore how the mind affects health and health-related behavior. We will look at the mind from different perspectives: philosophical, cross-cultural, psychological, and experiential. The term mind-body has gained much currency in our culture, and the practice of complementary and alternative medicine (CAM) is gaining increasing popularity. We will examine the mind-body relationship in depth by reviewing psychophysiological disorders, stress and immune system functioning, placebo responses, and a host of related issues and topics.

You will be invited to apply health psychology principle to your own experience. Monitoring of health status will be an ongoing requirement, and you will be invited to learn, practice, and apply different modalities of health-enhancing modalities.

There is one textbook. Additional readings may be assigned throughout the semester. You will be responsible for the content in the book. However, class topic and material will not always follow the book. Your textbook comes with an on-line resource called PowerWeb. There are additional articles, each with a quiz. You will be expected to read and complete the quiz for 15 articles (each will be worth 2 points). Attendance will comprise 28% of your grade (you will get one point for each class attended). The remaining 40% will be based on a research paper (research topics and details will be issued later in the semester).

Text Book: Health Psychology, 5th Edition  
by Shelly E. Taylor  
McGraw Hill, NY  2003

Week 1 Chapter 1: What is Health Psychology?  
Tuesday, 18 January:  Cogito Ergo Sum: Overcoming the Legacy of Descartes  
Thursday, 20 January:  Humor Me: Are There Body-Based Personality Types?

Week 2 Chapter 2: The Systems of the Body  
Tuesday 25 January:  Explain This: What is a Cause?  
Thursday 27 January:  Of Course Its All in Your Head: Chop Off Your Head and No More Problems!

Week 3: Health Behaviors  
Tuesday 1 February:  The Bio-Psycho-Social-Environmental-Spiritual Approach in Behavioral Medicine  
Thursday 3 February:  

Week 4 Chapter 4: Health Enhancing Behaviors  
Tuesday 8 February:  Holistic Perspectives in Health and Wellness: Guest Lecturer, Cherylanne Schreiner-Kozak, A.A.D.P, Certified Holistic Nutritionist and Lifestyle Counselor  
Thursday 10 February  The Biological Foundations of Exquisite Self-Care

Week 5: Chapter 5: Health-Compromising Behaviors  
Tuesday 15 February:  My Brain Made Me Do It: Fascinating Findings from the Frontiers of Neuroscience  
Thursday 17 February

Week 6 Chapter 6: Stress  
Tuesday 22 February:  I’ve Got Good News and Bad News: Evolution and Stress  
Thursday 24 February:  Don’t Swim Up River: Managing Stress
Week 7 Chapter 7: Moderators of the Stress Experience
   *Tuesday 1 March Town Meeting Day Recess NO CLASS*
   *Thursday 3: Please Forgive Me: Forgiveness and Stress*

Week 8: Assessment - Chapter 8: Using Health Services
   *Tuesday 8 March: The Power of Positive Thinking: God, Prayer, Thought, and Healing: The Healing Intention (Guest Lecturer, Cherylanne Schreiner-Kozak)*
   *Thursday 10 March: The Role of Spirituality in the Traditional Medical Setting: Guest Lecturer: Dr. Richard Pinckney*

Week 9 Assessment: Chapter 9: Patient-Provider Relations
   *Tuesday 15 March: Patient-Centered, Problem-Oriented Healthcare: The Knowledge Coupling Revolution. Guest Lecturer, Dr. Lawrence L. Weed.*
   *Thursday 17 March:*

Week 10: No assignment.
   *Tuesday 22 March Spring Recess NO CLASS*
   *Thursday 24 March Spring Recess NO CLASS*

Week 11: Chapter 10: Pain and Its Management
   *Tuesday 29 March: Mindfulness-Based Stress Reduction: An Approach to Pain*
   *Thursday 31 March: TBA*

Week 12: Chapter 11: Management of Chronic Illness
   *Tuesday 5 April: TBA*
   *Thursday 7 April: TBA*

Week 13: Chapter 12: Psychological issues in Advancing and Terminal Illness
   *Tuesday 12 April: TBA*
   *Thursday 14 April: TBA*

Week 14: Chapter 13: Heart Disease, Hypertension, Stroke, and Diabetes
   *Tuesday 19 April: TBA*
   *Thursday 21 April: TBA*

Week 15: Chapter 14: Psychoneuroimmunology, AIDS, Cancer, and Arthritis
   *Tuesday 26 April: Vermont Cares Speakers Bureau*
   *Thursday 28 April: The Psychologist in the Medical Setting: Guest Lecturer, Consultation-Liaison Psychologist, Dr. Jeffrey Martin.*

Week 16: Clinical Psychology: Our Past, Our Future, and Your Opportunities
   *Tuesday 3 May (FINAL CLASS): TBA*
College of Arts and Sciences  
Guidelines for Classroom Conduct

Students enrolled in Arts and Sciences courses are expected to follow the following guidelines for behavior in class.

1. Students are expected to attend and be prepared for all regularly scheduled classes.
2. Students are expected to arrive on time and stay in class until the class period ends. If a student knows in advance that he or she will need to leave early, the faculty member should be notified before the class period begins.
3. Students are expected to treat faculty and fellow students with respect. For example, students must not disrupt the class by ostentatiously not paying attention or by leaving and reentering the classroom during the class period. Actions which distract the class from the work at hand are not acceptable. It is expected that students will pay respectful attention to comments made by the lecturer and by fellow students. Behavior that departs from these guidelines, as well as any additional guidelines specific to the individual course, is not acceptable and may be cause for disciplinary action.