

## Justice Institute of British Columbia COURSE OUTLINE

**Course Code:** COUNS142

**Course Title:** Spirituality in Therapeutic Practice: The Journey Within

**Prerequisite Courses:**

**Sponsoring Division:** Community and Social Justice Division, Centre for Counselling and Community Safety

**Previous Course Code & Title:**

**Course Effective Date:**

<b># of Credits:</b>	1.0
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### **Course Description:**

This course will provide you with the opportunity to explore and identify your own spiritual self while understanding the use of spiritual principles in your work. Specific examples will be used to demonstrate how spiritual principles (such as compassion) can be used too understand your relationship to your work. You will have an opportunity to learn and explore various spiritual practices.

### **Course Goal(s):**

Participants will develop greater intimacy with their personal spiritual beliefs and practices and have a better understanding of the centrality of spirituality in therapeutic practice.

### **Course Learning Objectives:**

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

1. Create a working definition of spirituality from the group
2. Participants to explore and identify their own spiritual self while understanding the use of spiritual principles in their work
3. Bringing spirituality into the workshop in a secular way that allows participants to draw out and practice principles of spirituality
4. Introduce how compassion fits in with spirituality and how it impacts the work we do
5. Participants to learn ways in which spiritual principles can be used to resolve conflict and strengthen relationships that leads to better coordination and collaboration in their communities

### **Course Topics/Content:**

- Research on neuroplasticity, neurocardiology & positive psychology
- Spiritual and philosophical literature and religious/cultural mythologies
- Engaging in contemplative practices
- Integrating emerging research and philosophy to personal and therapeutic practice
- Explore personal values and beliefs in connection to spiritual principles
- Exploration and discussion of compassion, compassion fatigue

**Text and Resource Materials:** Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

**Required:**

**Recommended:**

**Course Level:**

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

**Equivalent Course(s) within the JIBC:**

**Class Delivery Methods:**

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
<b>Total Class Hours</b>	14.0			

**Comments on Delivery Methods:**

**Related Program(s):** (where applicable)

**Credit Transfer exists at:** (List Institutions with official transfer agreements and name equivalent courses)

**Course Grading System:**

*Check the system that applies to this course:*

	Letter Grades		Percentage		Pass/Fail	X	Credit/No Credit
	Complete/Incomplete		Attendance Only		Not Applicable		

<b>Passing Grade:</b>	Credit Granted
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*JIBC Standard Grading Scale for Letter, Grade Point and % Grades:*

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

**Evaluation Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

**Comments on Evaluation:**

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

**Other Course Guidelines, Procedures and Comments:**

**View the Justice Institute of BC Policies listed below at:**

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy  
Harassment Policy  
Prior Learning Assessment Policy  
Student Code of Conduct

Academic Appeals Policy  
Intellectual Property Rights Policy  
Research on Human Subjects: Ethics  
Student Records