

Justice Institute of British Columbia COURSE OUTLINE

Course Code: IHC004

Course Title: Cellular Healing: The Neurobiology of Positive Change

Prerequisite Courses:

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

Previous Course Code & Title: Integrating Energetic Bodywork into the Counselling Process

Course Effective Date:

# of Credits:	1.0
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Course Description:

This course explores the therapeutic relationship, and therapeutic interventions from a neurobiological and energetic, solution-focused perspective. Participants will learn the latest information about interpersonal neurobiology and how the therapist and the client can co-facilitate therapeutic change by understanding how experience shapes the connections in the brain. This new understanding can assist therapists/counsellors to help stimulate the neuronal activation and growth necessary to achieve resilience, emotional well-being and symptom relief. Participants will acquire practical clinical tools for heightening mind-body communication; refine and integrate communication skills with energetic bodywork; develop hands-on skills to shift the client's internal frame of reference to a healthier, more proactive stance; explore a framework that integrates healing touch, hypnosis, guided imagery, and legal and ethical issues related to touch therapy. These skills help practitioners and their clients replenish the mind and the body as well as manage a wide variety of symptoms including trauma, chronic pain, anxiety and depression.

Course Goal(s):

At the end of this two day, 14 hour course participants will be able to experience how Neurobiology, mindfulness and energy field awareness, when combined with Ericksonian Hypnosis, and metaphor can assist in the management of a wide variety of symptoms including such issues as chronic pain, anxiety, depression and PTSD.

Course Learning Objectives:

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

1. Examine basic principles of interpersonal neurobiology in relation to the process of psychotherapy and the therapeutic relationship
2. Identify ways in which the therapeutic relationship shapes brain function and helps loosen old patterns in the brain in order to promote the client's desired change
3. Describe the human energy field and specific energy-based healing techniques.
4. Explore a framework that integrates healing touch, hypnosis, guided imagery, and other counselling skills.
5. Discuss a variety of energy techniques that can be integrated into counseling practice
6. Identify, and assess issues in an "energetic context".

7. Practice several energy based treatments and learn how to begin to integrate them into their own practice
8. Examine legal and ethical issues related to touch therapy

Course Topics/Content:

- The Human Energy field
- Energy Based Healing techniques
- Legal and Ethical Issues

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			
Total Class Hours	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:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input checked="" type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Credit Granted
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	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 in small and large group work 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