

GPHD6310 : Consciousness and Healing: Integral Perspectives

This course takes an integral approach to the psychology of health and well-being. By drawing on various studies, concepts, and techniques of the world's healing traditions, it explores behaviors that enhance the psychological, social, physical, ecological, and spiritual health. It will explore various factors that contribute to self-efficacy, resilience, personal achievement, mindfulness, and spirituality.

Credits 3