



RELS-265 – Psychology of Spirituality and Religion

University Arts and Science

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-01-01

Program Area: Arts, Humanities, and Social Sciences

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 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 Methods: On-campus (Face-to-Face), Hybrid – On-campus (Face-to-Face) and Online, Online

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Humanities

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	45

Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	45

Course Requisites:

None

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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 <https://textbook.cotr.bc.ca/> 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;
 - appreciate relevant history and theory in the psychology of religion and spirituality, including the foundational theories of Nietzsche, James, Freud, Jung, Maslow and others;
 - recognize the various methods 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;
 - study the psychological studies of meditation, faith healing, and peak experiences;
 - recognize key theories on the significance of dreams in spiritual-religious life;
 - examine religion's role in social attitudes;
 - survey religion's role in health and well-being;
 - appreciate the history and diverse psychological perspectives on religious and spiritual phenomena; and
 - formulate their own ideas about religious and spiritual phenomena from a psychological perspective.
-

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 Assessments

Assessment Type: On-Campus (face-to-face) and Online, or Hybrid

Assessment Type	% of Total Grade
Essays (one short [10%] and one long [30%])	40%
Midterm	30%
Final Exam	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

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 Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

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

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.