

# **PSYCHOLOGY AND SPIRITUAL GROWTH-----PSY 276**

**Instructor: Ron Courson**

**(303) 914-6100 x3507**

**[ron.courson@rrcc.edu](mailto:ron.courson@rrcc.edu)**

**WEEKEND COLLEGE: Fall 2015**

## **GENERAL OBJECTIVES OF THE COURSE**

The course is designed to help students gain an understanding of the basic principles of transpersonal psychology as well as learn methods through which they can explore deeper levels of their own consciousness.

## **SPECIFIC COURSE OUTCOME OBJECTIVES**

Through the use of lecture, small group exercises, meditation, visualization, and discussion the students will learn about the following concepts:

1. The personal self and its sub-personalities
2. The transpersonal self and the super-conscious mind
3. Horizontal and vertical growth
4. Synthesis around the personal self
5. Synthesis around the transpersonal self
6. Techniques for accessing the transpersonal self and the super-conscious mind.

## **TEXT**

None required. Reading suggestions will be supplied.

## **COURSE REQUIREMENTS AND GRADING**

Grades are based on attendance and participation. Students are expected to attend all sessions of the weekend class. An absence will result in the lowering of the student's grade by one letter.

**A = Attending all three sessions**

**B = Attending two sessions which must include the Saturday afternoon session**

**C = Attending the Friday evening and Saturday morning sessions only.**