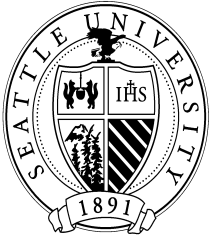


MAP 1 CREDIT COURSE OFFERINGS WINTER QUARTER 2013

SEATTLE UNIVERSITY



COLLEGE OF
ARTS AND SCIENCES

592-01 Listening Skills 1

Tuesdays 7-9pm

Taught by Karen Halsey, MA

Basic skills of therapeutic/experiential listening, and attunement to own experience. Integrating philosophical learning and experience of Listening.

592-02 Listening Skills 2

Tuesdays 7-9pm

Taught by Naoko Nakano Brown, MA

Basic skills of therapeutic/experiential listening, and attunement to own experience. Integrating philosophical learning and experience of Listening.

*Must complete Listening Skills 1 in order to take this course.

PSYC 592-03 Eco-psychology and Ancient Indigenous Wisdom Traditions

Taught by Joanne Dorpat Halverson, PsyD

Wednesdays, 7-9pm starting January 16th

The field of Eco psychology views the human psyche and experience within the relational context of the natural world. Ancient and enduring Indigenous cultures share a similar perspective on being in the world. In this course we will explore the essentials of Ecopsychology in concert with ancient Indigenous wisdom traditions through examining the sociocultural context of the western worldview, history, psychology, physiology, spirituality and our own lived experiences in the natural world. In the process, we will uncover the ways eco-psychology and ancient Indigenous Wisdom (particularly as it applies to an understanding of healing) can be applied to the therapeutic healing process.

Many of us live in an urban environment, an overstressed, overworked environment where our nervous systems are frequently overloaded. However, we are reliant on, as well as, seeds of nature. **Doing** in our western culture is valued over **Being**. In a fast-paced world, time and effort put into **Being** can seem difficult to attain. But it is the organic natural rhythms and cycles of **Being** that attune us to our primal selves in a rich, complex life-world.

For more information: <https://www.seattleu.edu/artsci/map/Inner.aspx?id=70688>