

Montgomery County Community College
 ESW/NUR 214
 Mind-Body Connections
 3-3-0

CATALOG DESCRIPTION:

This course provides insights into and an understanding of mind-body connections as they influence one's health. Content will address the powerful ways in which emotional, mental, social, behavioral, spiritual and physical health impact on each other. Principles of the emerging field of psychoneuroimmunology will be examined. The impact of stress on health and eliciting of the relaxation response will be explored. Cognitive structuring and dynamics of behavior change will be examined. Students will begin to develop healthy strategies for self care through use of such modalities as biofeedback, meditation, breathing, journaling, guided imagery, aromatherapy, music and art therapies and humor within a holistic framework.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

COURSE COMMENT

Completion of ESW/NUR 210 Holistic Health Complementary and Alternative Health Practices and/or ESW 208 Integrative Nutrition is recommended but not required.

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Analyze the roles and connections among the mind, nervous system and immune system.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Evaluate the role of emotions, stress, relaxation response, and immunity in health and diseases such as cancer and heart disease.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations
3. Define the principles and philosophies of psychoneuro-immunology.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations
4. Discuss cognitive structuring and dynamics of behavior change.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations
5. Compare and contrast the pros and cons of mind-body modalities.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
6. Explore varying modalities used to promote wellness.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations
7. Integrate healthy strategies for self-care/ care of others with mind-body modalities.	Lecture/Discussion Demonstration and Practice Case Study Journaling Relaxation/Meditation Activity Guest Experts Class Participation Class Presentations	Written Assignments Final Exam Student Presentations

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria*.

SEQUENCE OF TOPICS:

1. Appropriate Use of References and Information Technology
2. Historical Concepts Related to Dis-Connection and Connection
3. Connections among the Brain, Immune, Nervous, and Endocrine Systems
4. Emerging Field of Psychoneuroimmunology and Research within the Field
5. Emotions and Community Influence on Wellness and Diseases Such As Heart Disease and Cancer
6. Physiology of Stress and Its Impact on Health
 - a. Identifications of Personal Risk Factors
 - b. Effects on Mind-Body-Spirit
7. Strategies to Elicit Mind-Body Health and the Relaxation Response
 - a. Biofeedback
 - b. Breathing and Meditation
 - c. Guided Imagery
 - d. Aromatherapy
 - e. Music and Art Therapy
 - f. Humor

8. Dynamics and Analysis of Behavior Change and Cognitive Structuring in Mind-Body Wellness
9. Development of a Self Care Plan Utilizing Stress Management Techniques

LEARNING MATERIALS:

Karren, K., Hafen, B., Smith, N. and Frandsen, K. (2010). *Mind/Body Health*. New York: Pearson/Benjamin Cummings. ISBN 0-8053-7886-3.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Pam Pfalzer, CRNP, AHN-BC	Date: 8/16/2007
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 5/18/2010

Revised by: Dr. Anne Livezey and Pam Pfalzer	Date: 12/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/4/2013

Revised by: Dr. Anne Livezey	Date: 1/8/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.