



## *The Hebrew University of Jerusalem*

### *Syllabus*

# **HOLISTIC THERAPY: THE INTERFACE OF MIND/BODY/SPI - 3177**

*Last update 10-08-2021*

*HU Credits:* 2

*Degree/Cycle:* 2nd degree (Master)

*Responsible Department:* Social Work

*Academic year:* 0

*Semester:* 2nd Semester

*Teaching Languages:* Hebrew

*Campus:* Mt. Scopus

*Course/Module Coordinator:* Minda Garr

*Coordinator Email:* [minda.garr@mail.huji.ac.il](mailto:minda.garr@mail.huji.ac.il)

*Coordinator Office Hours:* I will be available to students by email after the completion of the course and until papers are handed in.

---

Teaching Staff:

Ms. Minda Garr

Course/Module description:

*In recent years we have seen a change in the prevalent therapeutic models of the last century, which were influenced by the western medical model, distinguishing between physical, emotional and spiritual needs. Currently, we are in a period of expanding these models to allow the natural interface between mind, body and spirit. When this interface is seen as natural, it becomes natural as well to include in our therapeutic repertoire of interventions based on knowledge influenced by Eastern thought. In this course we will explore some of these approaches and interventions theoretically and experientially.*

Course/Module aims:

*To expand the therapeutic approaches and “tools” of the therapist and the healing modalities that become available to us as we acknowledge the holistic nature of man.*

Learning outcomes - On successful completion of this module, students should be able to:

*Integrate new perceptions and approaches into the therapeutic work of the student.*

Attendance requirements(%):

100%

*Teaching arrangement and method of instruction: Lecture, discussion, audio-visuals, experiential activities.*

Course/Module Content:

*Integration of East and West – enriching the therapeutic “tool box”*

*Energy system*

*States of deep relaxation and inner focus*

*Meditation, visualization and guided imagery*

*Breathwork therapy*

*Tapping for energetic change*

*Can we control what we attract into our lives?*

*Our shadow parts and clearing out projections*

---

Required Reading:

Feinstein, D. and Eden, D. (2008). "Six pillars of energy medicine: clinical strengths of a complementary paradigm". *Alternative Therapies* 14 (1), pp. 44-54.  
[www.innersource.net/em/images/6\\_Pillars\\_of\\_EM.pdf](http://www.innersource.net/em/images/6_Pillars_of_EM.pdf)

Garr, M. (2016). "Interfacing Between Short-Term, Time-Limited Crisis Intervention, Treating Trauma and Shock, and Trance and Subtle Energy Work: Case Study." *Journal of Heart-Centered Therapies* 2 (19), pp.3-18. (במודל נמצא)

Zimberoff, D. and Hartman, D. (1999). "Personal transformation with heart-centered therapies". *Journal of Heart-Centered Therapies* 2 (1), pp.3-60. Reprinted on course website by permission of the authors.(במודל נמצא)

Church, D. (2012). *The EFT mini-manual (emotional freedom techniques)*. (2nd edition). Fulton, CA: Energy Psychology Press. <https://www.eftuniverse.com/eft-related-press-releases/your-free-gift-from-dawson>

Garr, M. (2015). "The victim within." (במודל קצר מאמר)

Additional Reading Material:

Bien, T. (2006). *Mindful therapy: a guide for therapists and helping professionals*. Boston, MA: Wisdom Publications.

Callaway, E. (2013). "Fearful memories passed down to mouse descendants." *Nature magazine*. <http://sams.scientificamerican.com/article/fearful-memories-passed-down/>

Chopra, D. (1994). *The seven spiritual laws of success: a practical guide to the fulfillment of your dreams*. San Rafael, CA: Amber-Allen Publishing.

Dyer, W. (2004). *The power of intention: learning to co-create your world your way*. USA: Hay House, Inc.

Feinstein, D. (2004). *Energy psychology interactive: rapid interventions for lasting change*. Canada: Innersource.

Feinstein, D. (2016?). *The science behind it all*. <http://tapping-foundation.s3.amazonaws.com/Research/The-Science-Behind-It-All.pdf>

Finger, W. and Arnold, E.M. (2002). "Mind-body interventions: applications for social work practice." *Social Work in Health Care* 35 (4), pp. 57-74.

---

[http://www.tandfonline.com/doi/abs/10.1300/J010v35n04\\_04?url\\_ver&eq;Z39.88-2003&rfr\\_id&eq;ori%3Arid%3Aacrossref.org&rfr\\_dat&eq;cr\\_pub%3Dpubmed&#.VM-KqZ2Ueq0](http://www.tandfonline.com/doi/abs/10.1300/J010v35n04_04?url_ver&eq;Z39.88-2003&rfr_id&eq;ori%3Arid%3Aacrossref.org&rfr_dat&eq;cr_pub%3Dpubmed&#.VM-KqZ2Ueq0)

Gawain, S. (2002). *Creative visualization: use the power of your imagination to create what you want in your life (revised)*. EBook: EBSCO books.

Grof, S. and Grof, C. (2010). *Holotropic breathwork: a new approach to self-exploration and therapy*. EBook: EBSCO books. "Essential components of holotropic breathwork", Chap. 3, pp. 29-45.

Grof, S (2008). "A brief history of transpersonal psychology." *International Journal of Transpersonal Studies* 27, pp. 46-54.

<http://www.stanislavgrof.com/wp-content/uploads/2015/02/A-Brief-History-of-Transpersonal-Psychology-Grof.pdf>

Grof, S. (2012). "The revision and re-enchantment of psychology: the legacy of half a century of consciousness research." [http://www.stanislavgrof.com/pdf/Revision.Revisioning.Psychology\\_Legacy-9.2012.pdf](http://www.stanislavgrof.com/pdf/Revision.Revisioning.Psychology_Legacy-9.2012.pdf)

Grof, S. "Psychology of the future: Lessons from modern consciousness research." <http://www.stanislavgrof.com/pdf/Psychology%20of%20the%20Future.pdf>

Hay, L. L. (1999). *You can heal your life*. Carlsbad, CA: Hay House.  
(ניתן להשיג בארץ בעברית)

Institute of Noetic Sciences (2016). *The science of meditation*. From the Sounds True Meditation Summit Website.

Kalsched, D. and Jones, A. (1986). *Myth and psyche: the evolution of consciousness*. Companion to a photographic exhibition at The Hofstra Museum, NY.  
[http://www.cgjungny.org/d/d\\_mythpsyche.html](http://www.cgjungny.org/d/d_mythpsyche.html)

Kellerman, N.P.F. (2013). "Epigenetic Transmission of Holocaust Trauma: Can nightmares be inherited?" *Israel Journal of Psychiatry and Related Sciences* 50(1) pp. 33-39.

(An earlier version of this article can be found on-line at [https://pdfs.semanticscholar.org/f5c1/5c3c2a06c71c01c2cc7d1f66b04fc3f41f1c.pdf?\\_ga&eq;2.247751044.220357052.1579623459-249707960.1579623459](https://pdfs.semanticscholar.org/f5c1/5c3c2a06c71c01c2cc7d1f66b04fc3f41f1c.pdf?_ga&eq;2.247751044.220357052.1579623459-249707960.1579623459))

Mathieu, I. (2011). *Beware of spiritual bypass: why do we avoid rather than accept*. <https://www.psychologytoday.com/blog/emotional-sobriety/201110/beware-spiritual-bypass>

McMullin, R. E. (2000). *The NEW handbook of cognitive therapy techniques*. New York: W.W. Norton & Company. "Groups of beliefs", chap. 3, pp. 76-87; "Rational emotive imagery", chap. 8, pp. 245-255.

McTaggart, L. (2007). *The intention experiment: using your thoughts to change your life and the world*. New York: Free Press.

---

Mines, S. (2003). *We are all in shock: how overwhelming experiences shatter you.....and what you can do about it*. EBook: EBSCP books. "A shock primer", chap. 1, pp. 25-36; "The physiology of shock", chap. 2, pp. 37-62.

Northcutt, L. (2010). *Using heart-centered therapies and the integral model for shadow integration and psycho-spiritual development.* *Journal of Heart-Centered Therapies* 13(2), pp. 67-82. Reprinted on course website by permission of the author.

Samuels, David (2014). "Do Jews carry trauma in our genes? A conversation with Rachel Yehuda. *Tablet Magazine*. <https://www.tabletmag.com/jewish-arts-and-culture/books/187555/trauma-genes-q-a-rachel-yehuda>

*The Mind Unleashed* (2014). *The conscious, subconscious and unconscious mind – how does it all work?* <http://themindunleashed.com/2014/03/conscious-subconscious-unconscious-mind-work.html>

Wellness Institute (compiled, 2016). "Carl Jung & Hypnotherapy: Building Blocks For Therapeutic Breakthroughs Six articles about Carl Jung's contributions to psychotherapy — and the relevance of his ideas as applied in hypnotherapy." Reprinted on course website by permission of the Wellness Institute.

Vogler, C. (2007). *The writer's journey: mythic structure for writers*. 3rd edition. Saline, Michigan : McNaughton & Gunn, Inc. <http://craftywriters.club/reading/christopher-vogler-the-writers-journey.pdf>

Wooten, H. R. (2007). "The shamanic journey: tapping the spiritual wisdom within." *Journal of Heart-Centered Therapies* 10(1), pp. 3-8. Reprinted on course website by permission of the author.

Zimberoff, D. and Hartman, D. (2003). "Transpersonal psychology in heart-centered therapies". *Journal of Heart-Centered Therapies* 6(1), pp. 123-144. Reprinted on course website by permission of the authors.

Zimberoff, D. and Hartman, D. (1999). "Breathwork: exploring the frontier of "being" and "doing" ". *Journal of Heart-Centered Therapies* 2(2), pp. 3-52. Reprinted on course website by permission of the authors.

מאמרים קצרים של המרצה

Garr, M. (2015). "The inner child – or – who's running the show?"

Garr, M. (2015). "What is my story?"

---

ספרים מעניינים שאינם נמצאים בספריות האוניברסיטה

Braden, G. (2008). *The spontaneous healing of belief: shattering the paradigm of false limits*. Carlsbad, CA: Hay House, Inc.

Brennan, B.A. (1988). *Hands of light: a guide to healing through the human energy field*. New York, NY: Bantam Books.

Church, D. (2008). *The genie in your genes*. Santa Rosa, CA: Energy Psychology Press.

Church, D. (2018). *Mind to matter*. Carlsbad, CA: Hay House, Inc.

Dispenza, J. (2017). *Becoming supernatural: how common people are doing the uncommon*. USA: Hay House, Inc.

Emoto, M. (2001, English translation 2004). *The hidden messages in water*. Hillsboro, OR: Beyond Words Publishing, Inc.

Firestone, T. (2019). *Wounds into wisdom: healing intergenerational Jewish trauma*. Rhinebeck, NY: Adam Kadmon Books/Monkfish Book Publishing Co.

Ford, D. (1998). *The dark side of the light chasers: reclaiming your power, creativity, brilliance and dreams*. NY: Riverhead Books.

Hollis, J. (2013). *Hauntings: dispelling the ghosts who run our lives*. Asheville, NC: Chiron Publications.

Johnson, R.A. (1986). *Inner work: using dreams and active imagination for personal growth*. NY: Harper Collins.

Judith, A. (1996). *Eastern body western mind*. Berkely, CA: Celestial Arts Publishing.

Lipton, B. (2008). *The biology of belief*. (2nd ed.) USA: Hay House, Inc.

McTaggart, L. (2017). *The power of eight*. New York, NY: Atria Books.

Ortner, N. (2013). *The tapping solution*. USA: Hay House, Inc.  
אפשר להשיג בחינם את שני הפקרים הראשונים של הספר באתר:  
<http://www.thetappingsolution.com/>

---

Robertson, R. (2011, 2nd edition). *The shadow's gift: Find out who you really are.* Lake Worth, FL: Nicolas-Hays, Inc.

Ryan, J.G. (2018). *Unity Field Healing.* Quebec, Canada: Ariane Books.

Sarno, J.E. (2006). *The divided mind: the epidemic of mindbody disorders.* New York, NY: HarperCollins Publishers. (ריפוי - 'האונ בספרית הנמצא שתורגם שלו קודם ספר יש) הכאב הכרוני)

Schneider, K.J. and Krug, O.T. (2017). *Existential-humanistic therapy. (2nd ed.)* Washington, D.C.: American Psychological Association.

Smith, C.M. (2007). *Jung and shamanism in dialogue.* New York: Paulist Press.

Stone, H. and Stone, S. L. (1989). *Embracing our selves.* Novato, CA: Nataraj Publishing.

Van Der Kolk, B. (2014). *The body keeps the score: brain, mind and body in the healing of trauma.* New York, NY: Penguin Books.

Wolinsky, S. and Ryan, M.O. (1991). *Trances people live: healing approaches in quantum psychology.* USA: Bramble Books.

Zimberoff, D. (2011). *Breaking free from the victim trap. (5th printing, revised).* Issaquah, WA: Wellness Press.

Zimberoff, D. and Hartman, D. (2014). *Overcoming shock: healing the traumatized mind and heart.* Far Hills, NJ: New Horizon Press.

סרטים מומלצים

Heal (2017). Netflix

What the Bleep Do We Know

In Utero. <https://birthpsychology.com/press-room/appah-launches-utero-film-discussion-and-resource-guide>

אתרים מעניינים

<http://www.innersource.net/ep/>

<http://www.thetappingsolution.com/science-and-research/>

---

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 0 %

Participation in Tutorials 20 %

Project work 60 %

Assignments 20 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

Requirement for participation in the course – English language competency. The course bibliography is in English and there will be audio-visual materials in English with no translation that are central to the course.

20% of the grade will be based on full attendance and active participation, as determined by the course instructor. The final paper will be written in pairs.