

**CHAMINADE UNIVERSITY
PSY 477 TAOIST PSYCHOLOGY
FALL 2001**

Instructor:	Marie J Burghardt, MSCP	Time:	Saturdays 8:00 – 12:00
		Place:	Schofield Barracks
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Texts:

Tao of Power; translated by R. L. Wing	TofP
The Book of Chuang Tzu; M. Palmer, E. Breuilly (trans.)	CT
Art of Strategy, translated by R.L. Wing	AS
The Chronicles of Tao; Deng Ming-Dao	CofT
QiGong: Essence of the Healing Dance; Garripoli	QG

Chaminade University is a Catholic, Marianist University. The five characteristics of a Marianist education are:

1. *a balance of reason and faith*
2. *education of the whole person*
3. *family spirit/community*
4. *service, justice, and peace*
5. *adaptation to change*

Each of these characteristics is integrated, to varying degrees, in this course.

COURSE DESCRIPTION

The scope of this course will be an examination of the domains of consciousness, self, behavior, strategy, decision making, spirit, social interaction, and therapeutic intervention from the perspective of Taoism. The course will explore Taoist psychology as found in the I Ching, Tao Te Ching, Chuang Tzu, Lieh Tzu, Sun Tzu, and The Complete Reality School of Taoism. Special attention will be given to the 3 treasures of Taoism: ch'i, ching, shen and their psychological importance. In order to assist the student in understanding Taoist psychology, the relationship between the Taoist perspective and the contemporary psychological perspectives of humanistic psychology, cognitive psychology, and existential psychology will be examined. To assist the exploration of the psychological approach of Taoism, Ch'i Kung and Taoist breathing exercises will be taught as part of the class.

This course will utilize lectures, audio-visual aids, and class interaction in our journey through the many passages of Taoist Psychology.

OBJECTIVES

1. Student will be able to demonstrate an understanding of Taoist psychology.
2. Student will be able to differentiate between the Tao Te Ching, Chuang Tzu, Lieh Tzu, and The complete Reality School of Taoism relative to a psychological focus.
3. Student will be able to demonstrate an understanding of shamanism and its relationship to Taoism.
4. Student will be able to differentiate between the 3 Taoist treasures of ch'i, ching, and shen and their relation to psychological functions.
5. Student will be able to compare and contrast Taoist psychology with Western psychological approaches of humanistic, cognitive, and existential therapy.
6. Student will be able to demonstrate an understanding of the psychological components of strategy/war as found in the work of Sun Tzu.

7. Student will be able to demonstrate an understanding of how T'ai Chi Ch'uan and Ch'i Kung are expressions of Taoist psychology.
8. Student will be able to demonstrate an understanding of how Taoist psychology is expressed in the life of Kwan Sai Hung.
9. Student will be able to demonstrate an understanding of similarities and differences between Western culture's concept of reason and faith and Eastern culture's concept of direct experience (no self/no object).
10. Student will be able to demonstrate an understanding of how Taoist psychology is applicable in their everyday life.
11. Student will be able to demonstrate an understanding of the scientific method and its application to the study of the psychology of death and dying.
12. Student will be able to demonstrate an understanding of how this course can be addressed from each of the 5 Marianist educational values.

QUESTIONS TO PONDER DURING THE COURSE OF THE SEMESTER

1. What is psychology?
2. Is Taoism a psychology?
3. How is change integrated in Taoism?
4. What is happiness relative to Taoism and Western psychology?
5. How does culture impact on your world view?

ASSESSMENT

To assess the objectives each student will:

1. Take 2 exams.
 - a. The 2nd exam will be cumulative.
2. Write a 10 page paper (typed, double spaced) demonstrating how Taoist psychology
 - a. (Lao Tzu, Chuang Tzu, Lieh Tzu, the Complete Reality School of Taoism, and Sun Tzu) are integrated in the work of "The Chronicles of Tao".

GRADING

Exams I	150	150
Exam II		250
Paper		100
	TOTAL	500

A = 450 +	B = 400 - 449
C = 350 - 399	D = 300 - 349

Papers are due on time. 5 points a class day will be deducted for late papers.

ATTENDANCE

If you are not in class when role is taken, you will be counted absent. If you are marked absent, you will lose 10 points for each absence.

TENTATIVE COURSE SCHEDULE

<u>Week</u>	<u>Topic</u>	<u>Readings</u>
1	Introduction, Taoist Psychology, Shamanism Western Psychology, "The Chronicles of Tao", Scientific Method, T'ai Chi Ch'uan, Ch'i Kung Tao Te Ching; Humanistic Psychology	TofP All; CofT All QG All
2	<u>Tao Te Ching</u> Tao Te Ching; Humanistic Psychology	TofP All; CofT All QG All
3	<u>Tao Te Ching</u> ; Humanistic Psychology Chuang Tzu; Existential Psychology	TofP All; CofT All QG All
4	Chuang Tzu; Existential Psychology	CT All; CofT All
5	EXAM I	
6	Lieh Tzu; Cognitive Psychology	CT All; CofT All
7	Lieh Tzu; Cognitive Psychology	CT All; CofT All
8	Complete Reality School of Taoism; 3 Treasures of Taoism	CofT All AS All
9	Sun Tzu THE CHRONICLES OF TAO" PAPER DUE	AS All
10	EXAM II	