

WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL AND BEHAVIORAL SCIENCES
COURSE SYLLABUS

FACULTY MEMBER:

TERM:

COURSE TITLE: Myth, Ritual, and Psychotherapy

COURSE NUMBER: SOC325CRN _____

COURSE DESCRIPTION: This course examines the relationship between human culture and consciousness. Students will explore how societal and cultural myths and rituals influence our thoughts, behaviors, and willingness to seek support for our mental health. Areas of study include an overview of the types of mental health therapy, the therapeutic potential of myth and ritual, and the influence of culture and community on well-being.

RATIONALE: Ancient and traditional mythologies and rituals continue to inform our modern consciousness and have relevance in our everyday lives. When we develop an understanding and appreciation of the personal and communal myths and rituals we encounter, we come to know ourselves more fully and have a clearer understanding of our behavior as individuals and members of society.

I. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

Students will examine common themes and experiences

- A-2 Explain and support their view of these common themes and experiences
- A-3 Articulate the role of symbols in culture and civilization
- A-4 Describe the connections between religion, spirituality, culture, and therapy
- A-5 Examine the role of culture in developing and maintaining personal support networks

GOAL B:

Students will explore the history of mental health therapy and its links to community, cultural myths, and cultural rituals

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- B-4 Evaluate the influence of community norms and values on mental health
- B-5 Critically analyze cultural and generational treatment implications in therapy

GOAL C:

Students will explore the influence of cultural rituals on mental health

Learning Outcomes: Students will:

- C-1 Identify cultural rituals that may affect the therapeutic process
- C-2 Evaluate the influence of cultural rituals on mental health
- C-3 Explain the role of cultural rituals in the growth process of individuals and societies
- C-4 Critically analyze the role of cultural rituals in health and wellness

GOAL D:

Students will explore the influence of cultural myths on mental health.

Learning Outcomes: Students will:

- D-1 Identify cultural myths that may affect the therapeutic process
- D-2 Evaluate the influence of cultural myths on mental health
- D-3 Explain the role of cultural myths in the growth process of individuals and societies
- D-4 Critically analyze the role of cultural myths in health and wellness

GOAL E:

Students will use appropriate written and oral communication skills.

Learning Outcomes: Students will:

- E-1 Write clearly, concisely, and appropriately using standard American English grammar, punctuation, usage, mechanics, sentence structure, and vocabulary
- E-2 Use appropriate APA format for scholarly writings
- E-3 Speak with confidence, clarity, and conciseness
- E-4 Research content,