# UNDERGRADUATE STUDIES

B.A. SPÉCIALISÉ AVEC MAJEURE EN RELATIONS HUMAINES ET SPIRITUALITÉ POUR LES DIPLÔMÉS DES SOINS INFIRMIERS DU CÉGEP DE L'OUTAOUAIS




UNIVERSITÉ SAINT-PAUL UNIVERSITY

ustpaul.ca/programs

# GENERAL INFORMATION

**Program description**

Would you like to better understand the complexity of the human mind and spirit? Do you want to experience a life of high quality relationships with yourself, others, the world around you, the transcendent? Are you interested in psychological and spiritual development, social justice, and the meaning of life?

If so, Saint Paul University offers you an Honours Bachelors's with major in Human Relations and Spirituality (42 credits). This program can be combined with a minor in another field of interest!

The core courses in these programs are designed to develop:
- » greater effectiveness in interpersonal communication.
- » an understanding of psycho-spiritual development as well asÂ  different cultural and spiritual traditions.

The study of human relations involves two main disciplines: human sciences (particularly the study of human behaviour) and spirituality. Interpersonal relationships can be based on companionship, love, solidarity, professional affiliation or other kinds of social interaction. The program's spirituality component examines our relationship with a supreme being as well as with each other.

Offered by the Faculty of Human Sciences, the Human Relations and Spirituality undergraduate program is the only one of its kind in Ontario. It investigates such topics as social justice, human development, acceptance of diversity, inclusiveness and humanism.

In addition to the foundational courses,* the program teaches students about the psychological, sociological, cultural, spiritual and religious aspects that influence both the individual and society.

*The foundational courses are a compulsory part of every bachelor's degree program offered at SaintÂ Paul University.

**What you'll learn**

During your studies you will learn to describe and compare key concepts and theories in human sciences, and explain how spirituality can both help and hinder our growth as human beings. You will also discover the different cultural and spiritual traditions and you will learn how to analyze issues critically and objectively, and to describe and explain the main qualitative and quantitative methodologies used in the field.

**Why choose Saint Paul University?**
- » For its small class sizes and close student-teacher ratio
- » For its safe, secure and friendly campus with personalized services
- » For its bilingual setting in the heart of the national capital
- » For its diverse student population and international vision
- » For its solid reputation, experience, history and Catholic tradition

**Potential Opportunities**

Our undergraduate program prepares students for jobs in community and humanitarian organizations, schools, church settings, in the area of human resources, and other related fields.

Honours Bachelors of Arts with major allows you to pursue graduate studies in areas such as counselling, psychotherapy, social work, and human resources development.

**Career opportunities**

» Aid worker
» Community worker
» Emergency response officer
» Employment counsellor
» Employment equity policy consultant
» Facilitator
» Human rights officer
» Immigration advisor
» Lobbyist
» Outreach worker
» Probation and parole officer
» Social policy analyst
» Street outreach worker
» Trainer for ecclesial communities and organizations

Click here to find out more about Admission Scholarships at SaintÂ Paul University.

Other programs that may interest you

» Honours Bachelor of Arts with Major in Social Communication
» Honours Bachelor of Arts in Social Communication
» Honours Bachelor of Arts in Conflict Studies
» Honours Bachelor of Arts in Public Ethics

The list of required courses is presented under the Program Requirements tab.

A student enrolled in this Honours Bachelor's Program with major must add a complementary minor.

## TEACHING STAFF

ARMSTRONG, Laura, Professor
*Children's Mental Health Literacy; Suicide Prevention; Mental Health Promotion; Program Evaluation; Measure Development & Validation.*

BELLEHUMEUR, Christian, Professor
*Counseling, Psychotherapy, Spirituality and Imagination (Imaginary); Human Development and Positive Psychology; Psychospiritual Integration of the Counsellor; Psychology and Spirituality.*

BILODEAU, Cynthia, Professor
*Supervision and Counselor Training; Anxiety, Shame and Personality in Process and Outcome Research; Psychometric Test Development and Evaluation.*

BLAIS, Martin, Professor
*Théorie pragmaticienne de la communication; Communication organisationnelle et théories contemporaines du leadership; Épistémologie du marketing*

DURAND, Guillaume, Assistant Professor

GRAFANAKI, Sotiria, Professor
*Psychotheraphy training and effectiveness; client and counsellor experience of therapy interaction; positive psychology and implications for counselling, flow and counselling, spirituality and leisure, counsellor self care and sources of renewal*

KILREA, Kelly, Assistant Professor
*Spiritual awakening / profound spiritual transformation: The experience, process, integration, and embodiment of spiritual awakening. Effects of profound spiritual transformation on daily functioning and lived experience. The impact of spiritual awakening on identity, relationships, emotional regulation, motivation, leadership, and parenting. Psycho-spiritual development in youth and adults.*

LYNN GALL, Terry, Professor Emerita
*Stress and Coping*

MAISHA, Buuma , Professor
*Sociocultural norms (social taboos), self-image and interpersonal violenceTrauma: sexual violence, family violence and armed conflictsContextualization of psychotherapy in Sub-Saharan Africa*

MALETTE, Judith, Professor
*Rétrospective de vie; les images de Dieu et de soi; yoga et psychothérapie*

MARTíNEZ DE PISóN, Ramón, Professor
*Counselling and Spirituality, Christian Anthropology, sin and evil, death and the afterlife, spirituality, religion and violence, shame and suicide. Highlights the relationship between philosophy, theology and psychology.*

ROVERS, Martin, Full Professor
*Inter-Partner Touch in Couple Counselling; Aging Parents, Adult Children Caregivers and Family of Origin Dynamics; Couple and Family Chaplaincy.*

WIEBE, Stephanie, Professor

YAMIN, Stéphanie , Professor
*Program Evaluation and Neuropsychology*

# ADMISSION

**Modalités d'admission au programme**

Les candidates et candidats admissibles du Cégep de l'Outaouais désirant se prévaloir de la présente entente doivent suivre la procédure suivante :

» le formulaire d'admission de l'Université Saint-Paul ou du Centre de demande d'admission aux universités de l'Ontario (OUAC) doit être utilisé pour formuler sa demande;
» la demande d'admission doit être déposée au plus tard le 30 avril et doit être accompagnée d'un relevé de notes attestant l'obtention du diplôme du programme d'études complété du Cégep de l'Outaouais;
» si le relevé de notes est incomplet, l'admission sera conditionnelle à la présentation d'un relevé de notes final attestant l'obtention du diplôme du programme d'études complété du Cégep de l'Outaouais;
» les frais administratifs reliés à la demande d'admission s'appliquent.

L'Université Saint-Paul se réserve le droit de refuser cette entente à une candidate ou un candidat ayant obtenu son diplôme collégial du programme d'études du Cégep de l'Outaouais plus de trois ans avant sa demande d'admission.

**Demande d'admission**

Vous devez remplir ce formulaire :

*Note : Si vous prévoyez faire demande d'admission à plus d'une université, nous vous recommandons de remplir le formulaire de demande d'admission du Centre de demande d'admission aux universités de l'Ontario (OUAC)*

**DOCUMENTS REQUIS POUR L'ÉVALUATION DE VOTRE DEMANDE D'ADMISSION**

Afin que nous puissions évaluer votre demande d'admission, vous devez soumettre des relevés de notes officiels pour l'ensemble de vos études antérieures (niveaux secondaire, collégial et universitaire). Ces relevés de notes doivent être envoyés directement par votre établissement scolaire à l'adresse suivante :

**Université Saint-Paul**
**Bureau de l'admission et des services aux étudiants**
223, rue Main
Ottawa (Ontario)
K1S 1C4
CANADA

Toutefois, pour accélérer le processus d'évaluation de votre demande d'admission, vous pouvez numériser vos documents et les faire parvenir par courriel au Bureau de l'admission à l'adresse admission@ustpaul.ca et, par la suite, transmettre vos documents officiels par la poste.

**L'ÉVALUATION DE VOTRE DEMANDE D'ADMISSION**

Dès que le Bureau de l'admission aura reçu l'ensemble des documents qui sont exigés, il procèdera à l'évaluation de votre demande d'admission et l'une des décisions suivantes vous sera envoyée à l'adresse courriel que vous nous avez fournie, ainsi qu'à votre adresse postale.

Décisions possibles

» **Admission définitive**
Le Bureau des admissions vous fait parvenir une offre définitive d'admission (sans condition à rencontrer).
» **Admission conditionnelle**

Le Bureau des admissions vous fait une offre d'admission conditionnelle, avec des conditions précises que vous devrez remplir dans les délais prescrits. Vous pourrez tout de même procéder à votre inscription (choix de cours).

» **Décision différée**

Le Bureau des admissions peut vous informer que certains renseignements sont manquants afin d'être en mesure de prendre une décision qu'à votre admissibilité. Le cas échéant, on vous informera des documents que vous devrez nous faire parvenir dans le délai prescrit.

» **Refus**

Le Bureau des admissions vous informera des raisons du refus.

**ACCEPTEZ VOTRE OFFRE D'ADMISSION**

Pour accepter l'offre d'admission et l'offre de bourse, le cas échéant, vous devez signer le formulaire d'acceptation qui accompagne votre offre d'admission et le faire parvenir, avant la date butoir, à l'Université Saint-Paul par courriel à l'adresse suivante admission@ustpaul.ca ou par la poste à :

**Université Saint-Paul**
**Bureau de l'admission et des services aux étudiants**
223, rue Main
Ottawa (Ontario)
K1S 1C4
CANADA

**FAITES VOTRE CHOIX DE COURS**

Avec votre offre d'admission, vous recevrez également tous les renseignements nécessaires pour faire votre choix de cours. Vous recevrez également les coordonnées de nos conseillères aux études que vous pourrez rencontrer, de façon individuelle ou lors de sessions d'information, pour vous conseiller et vous aider à compléter votre choix de cours.

# PROGRAM REQUIREMENTS

Cheminement des diplômés de Soins infirmiers du Cégep de l'Outaouais (75 crédits)
Formation fondamentale (12 crédits)

**Cours obligatoires (9 crédits)**

» HTP1501 Courants de la pensée occidentale
» HTP1503 Personnes, politique et planète
» HTP1504 Foi, justice et bien commun

**Cours optionnel (3 crédits parmi)**

» MIS2503 Religions du monde
» THO1706 Exploration du phénomène sacré
» THO1707 Comprendre la Bible

Formation disciplinaire (33 crédits)

**Cours obligatoires (21 crédits)**

» IPA1521 Comportements humains et spirituels : fondements théoriques
» IPA1522 Comportements humains et spirituels : observations empiriques
» IPA2521 Perspectives psychosociales du comportement humain
» IPA2522 Méthodes de recherche et éthique en sciences humaines (approche qualitative)
» IPA2527 Développement psychologique, spirituel et religieux de l'âge adulte à l'âge avancé
» IPA3521 Théories de la personnalité
» IPA3523 Relations d'aide et considérations éthiques

**Cours optionnels (12 crédits)**

3 crédits parmi

» IGL3512 Dimensions spirituelles du leadership
» IPA2523 Méthodes de recherche en sciences humaines (approche quantitative)
» IPA3524 Famille et spiritualité

3 crédits parmi

» ECS3523 Impact psychologique des conflits
» IPA4523 Stage d'observation crédité
» PHI3707 Éthique et multiculturalisme

6 crédits parmi

» ECS4501 Causes des conflits I: approches biologiques et psychologiques
» IPA3525 Drogues et comportements
» IPA4524 Thèmes particuliers en relations humaines et spiritualité II
» IPA4525 Recherche et travail dirigé
» PHI3709 Éthique et religion

Cours au choix (30 crédits)

» L'étudiant complète une mineure (30 crédits)
» 6 crédits doivent être de niveau 3000 ou 4000.

*Note : La liste des cours ci-dessus peut différer au moment de l'admission au programme. La version la plus récente du programme s'appliquera à l'étudiant au moment de l'admission.*

# COURSES

**ECS 3123 - PSYCHOLOGICAL IMPACTS OF CONFLICTS**

A multidisciplinary examination of trauma: Disruption of responsive mechanisms. Decision making in crises. Contributing factors affecting the impact of trauma. Conflict and psychological transformation.

Prerequisites: PSY1101 and PSY1102 or IPA1121 and IPA1122.

**HTP 1102 - APPROACHES IN THE HUMANITIES: INTERPRETING THE HUMAN EXPERIENCE**

Introduction to theoretical approaches in the Humanities and to the methods that are applied to interpret the multiple expressions of human experience, particularly those expressed in important works of art and literature.

**HTP 1103 - PEOPLE, SOCIAL JUSTICE AND ECOLOGY**

Social and ecological challenges facing humanity today, and related issues of social justice. These questions will be examined from a perspective of community building and efforts towards ecological and social transformations for a hopeful future.

**HTP 1105 - CRITICAL ANALYSIS, READING AND WRITING ACADEMIC WORKS**

Development of abilities to read critically and understand academic works. Focus on formal writing skills: techniques of clear expression and construction of texts, argument development and organization. This course also includes a library laboratory component with focus on research skills, citations, and academic integrity.

**HTP 1106 - THE FIRST PEOPLES IN CANADA**

Indigenous and non-Indigenous perspectives on the First Peoples in Canada, cultural diversity, traditional practices and beliefs, relationship with the environment, changing roles and structures influenced by colonization. Contemporary issues faced by First Nations, Métis and Inuit, including cultural genocide and trauma.

**IPA 1121 - HUMAN BEHAVIOR AND SPIRITUALITY: THEORETICAL FOUNDATIONS**

Purpose and method of psychology. Historical perspective. Bases of the nervous system, consciousness. Sensory processes, perception, cognition, memory, language and thought. Emotions and motivation. Learning process. Introduction to fundamental theoretical psychology of religion.

This course cannot be combined for credit with PSY1101.

**IPA 1122 - HUMAN BEHAVIOR AND SPIRITUALITY: EMPIRICAL OBSERVATIONS**

Heredity, environment and human development. Intelligence. Personality. Mental health, abnormal behavior and therapeutic approaches. Social psychology. Introduction to empirical research in contemporary psychology of religion.

This course cannot be combined for credit with PSY1102.

**IPA 2109 - INTERNSHIP I**

The practical application of acquired theoretical knowledge in a professional setting. Internship of a minimum of 120 to 150 professionally supervised hours in a Human Relations environment. Incorporates a cumulative reflective practice component to encourage the critical integration of theory and practice. Production of a detailed practicum report. Graded S/NS.

Prerequisites: Minimum of 12 IPA credits and GPA of B.

**IPA 2121 - PERSPECTIVES ON PSYCHO-SOCIAL HUMAN BEHAVIOR**

History and research methods. The self: content and process. Perceptions, cognitions and attributions. Social influence, attitudes and changes in attitudes. Communication and interpersonal skills. Aggression and helping behavior. Overview of groups and intergroup relations: A study leadership, prejudice and discrimination. Applications. Highlighted according to the themes, specific contributions of the main theories.

Prerequisites: 30 university credits (except for students in Certificate in Human Relations and Spirituality).

Prerequisite or concomitant: IPA1121 or IPA1122.

**IPA 2122 - RESEARCH METHODS AND ETHICS IN HUMAN SCIENCES (QUALITATIVE APPROACH)**

Introduction to the philosophy of science and epistemology. Research ethics. The creation of a research plan: questions, hypotheses, variables, and data analysis methods. Documentaries and qualitative methods: bibliographic research, historical research, interviews, case studies, and observation. Specific problems in the study of ethnic and religious conflicts and human relationships and spirituality.

Prerequisites: 30 university credits (except for students in Certificate in Human Relations and Spirituality) and IPA1121.
Prerequisite or concomitant: IPA1122.

**IPA 2123 - RESEARCH METHODS IN HUMAN SCIENCES (QUANTITATIVE APPROACH)**

Project preparation and quantitative comparative research. Use of databases. Surveys and polls. Statistical analysis: correlation, regression, trends, covariance and statistical inference. Examples from the study of ethnic conflicts and religious and human relationships and spirituality.

Prerequisites: IPA1121 and IPA1122.

**IPA 2126 - DEVELOPMENTAL PSYCHOLOGY, SPIRITUALITY AND RELIGIOSITY FROM CHILDHOOD TO ADOLESCENCE**

Physical, cognitive, emotional, social, spiritual and religious development from childhood to adolescence. Theoretical and empirical approaches in psychology, psychology of religion and spirituality. Development of personal maturity, social and sexual. Development of faith, spirituality and religiosity during these stages of life and how these components influence the psychological development.

Prerequisites: IPA1121 and IPA1122.

**IPA 2127 - DEVELOPMENTAL PSYCHOLOGY, SPIRITUALITY AND RELIGIOSITY FROM ADULTHOOD TO OLD AGE**

Psychological, social, spiritual and religious development from young adult, adult and older adult. Transition and the tasks and challenges associated with them, the maturation, midlife, retirement, the normal aging process and changes in physical, cognitive, psychological and social functioning. Attitudes towards aging and pathological aging. Development of faith, spirituality and religiosity during these stages of life and how these components influence the psychological development.

Prerequisites: IPA1121 and IPA1122.

**IPA 3101 - PSYCHOLOGY OF SPIRITUAL EXPERIENCE**

Main currents in the psychology of spiritual experience, with a special focus on psychodynamic, humanist and existential theories. The relationships between spirituality and mental health. The links between spirituality and psycho-pathologies.

Prerequisites: 30 university credits (except for students in Certificate in Human Relations and Spirituality).
Prerequisite or concomitant: IPA1121 or IPA1122.

This course was previously HUM2101.

**IPA 3121 - THEORIES OF PERSONALITY**

Internal assessment and comparison of the many theories of personality. Design of the structure, dynamics, development, normality and abnormality of personality and its many applications in the field of human relationships and spirituality. Main approaches to the study of personality (psychodynamic, existential-humanistic, behavioral, and related types) and contributions of these approaches to the integration of the spiritual in the human person.

Prerequisites: 30 university credits (except for students in Certificate in Human Relations and Spirituality).
Prerequisite or concomitant: IPA1121 or IPA1122.

**IPA 3122 - CULTURAL DIVERSITY AND RELIGIOUS PLURALISM**

Notions of cultural psychology and psychology of religion. Impact of culture and religion on psychological processes (cognitive, sensation and perception, social behavior). Relations and communications interethnic and interreligious, multicultural and multi-faith society. Development of cultural identity and religious identity. Beliefs and prejudices, discrimination and acculturation. Mental health and well-being among immigrants and refugees from different cultures and religions. Adaptation of theoretical models and measurement instruments of psychology in multicultural and multi-faith context. Psychological assessment and intercultural psychotherapy. Ethical skills in the helping relationships in multicultural and multi-faith.

Prerequisites: 30 university credits (except for students in Certificate in Human Relations and Spirituality).
Prerequisite or concomitant: IPA1121 or IPA1122.

**IPA 3123 - THE HELPING RELATIONSHIPS AND ETHICAL CONSIDERATIONS**

Ethical issues in the helping relationship and counselling. Concepts of values and ethical principles. Application of ethical theories to counselling practice and the complex processes involved in making ethical decisions. Considerations of the plurality of perspectives relevant to ethical considerations (theoretical literature, empirical and philosophical). Particular attention will be given to praxeology, the ethics of dialogue and experiential knowledge.

Prerequisites: IPA1121 and IPA1122.

**IPA 3124 - FAMILY AND SPIRITUALITY**

This course combines theory-based with applied research to focuses on the family and spirituality. A historical overview provides the circumstances that gave rise to the modern nuclear family, and the different ways social arrangements are made. The course will review on family transitions that occur across the life-span: intimacy, marriage and commitment, child- bearing and child-rearing, adoption, sibling relationships, divorce, re-constituted families, child launching in the middle-years, and aging families. Lastly, the course will focuses on sociological family matters such as class and poverty issues, raising children with disabilities, family violence and sexual abuse, relationships between parents and children and among various social contexts (nursery, school, workplace). Family counselling. The place and role of spirituality within families will be examined.

Prerequisites: IPA1121 and IPA1122.

**IPA 3126 - THE SPIRITUAL DIMENSIONS OF LEADERSHIP AND GROUP FACILITATION**

Deepening of one's conception of spirituality and presentation of various guiding methods adapted to personal development groups: self-training, support group meetings, life experience analysis and planned action. Community cooperation and psychosocial basics are addressed.

This course was previously ANI3112 and IGL3112.

**IPA 4124 - SPECIAL TOPICS IN HUMAN RELATIONS AND SPIRITUALITY II**

Study of a particular topic in human relationships and spirituality. The content and format may change depending on the professor.

Prerequisites: 24 IPA credits.

**IPA 4125 - RESEARCH AND DIRECTED WORK**

Readings, development, delivery and production of a major research project in human relationships and spirituality under the guidance of a teacher or a professor.

Prerequisites: 24 IPA credits including IPA2122 and IPA2123.

**PHI 3307 - ETHICS, MULTICULTURALISM AND IMMIGRATION**

This course examines the relation of ethics, multiculturalism, and immigration, studies the questions regarding the possibility of a multicultural ethics, and addresses the issues and debates arising from cultural relativism and identity politics in the functioning of modern societies.

**PHI 3309 - ETHICS AND RELIGION**

This course examines the philosophical foundations of various ethical and religious traditions and addresses the possibility of their convergence in modern liberal societies.

# CONTACT US

**Office of Admissions, Registrar and Student Services**
Room 148
Saint Paul University
223 Main Street
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K1S 1C4
CANADA
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admission@ustpaul.ca

**Hours of Operation of August 15 to May 31**
Monday to Thursday: 8 a.m. to 5 p.m.
Friday: 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

**Hours of Operation of June 1 to August 14**
Monday to Friday: 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m.