

UNDERGRADUATE STUDIES

HONOURS BACHELOR OF ARTS IN HUMAN
RELATIONS AND SPIRITUALITY FOR ST.
LAWRENCE COLLEGE EARLY CHILDHOOD
EDUCATION GRADUATES

This is the face of change



UNIVERSITÉ
SAINT·PAUL
UNIVERSITY

ustpaul.ca/programs

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 pragmatique de la communication; Communication organisationnelle et théories contemporaines du leadership; Épistémologie du marketing

GRAFANAKI, Sotiria, Professor

Psychotherapy 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 violence Trauma: sexual violence, family violence and armed conflicts Contextualization 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

PROGRAM REQUIREMENTS

Discipline Specific Courses (48 credits)

Compulsory courses (39 credits)

- » IGL2126 Group Intervention and Active Listening
- » IPA1121 Human Behavior and Spirituality: Theoretical Foundations
- » IPA1122 Human Behavior and Spirituality: Empirical Observations
- » IPA2121 Perspectives on Psycho-social Human Behavior
- » IPA2122 Research Methods and Ethics in Human Sciences (qualitative approach)
- » IPA2123 Research Methods in Human Sciences (quantitative approach)
- » IPA2127 Developmental Psychology, Spirituality and Religiosity from Adulthood to Old Age
- » IPA3101 Psychology of Spiritual Experience
- » IPA3121 Theories of Personality
- » IPA3122 Cultural Diversity and Religious Pluralism
- » IPA3123 The Helping Relationships and Ethical Considerations
- » IPA4121 Basic Skills and Concepts in Counselling and Spirituality
- » IPA4122 Psychopathology: Causes and Impact on Human Relationships and Spirituality

Optional Courses (9 credits)

Three credits from:

- » ECS2191 Introduction to Conflict Studies
- » ECS2192 Inequality, Conflict and Social Justice
- » IPA2124 Special Topics in Human Relations and Spirituality I
- » IPA2125 Positive Psychology and Spirituality

Six credits from:

- » ECS3123 Psychological Impacts of Conflicts
- » IGL3112 Spiritual Dimensions of Leadership and Group Facilitation
- » IPA3124 Family and Spirituality
- » IPA3125 Drugs and Behavior
- » PHI3307 Ethics and Multiculturalism
- » PHI3309 Ethics and Religion

Elective Courses (12 credits)

- » Students choose 12credits.

COURSES

ECS 2191 - INTRODUCTION TO CONFLICT STUDIES

A multidisciplinary introduction to research in the evolving field of peace and conflict studies, with emphasis on ethnic and religious conflict. Cases are drawn from local to global levels. Includes anthropology, sociology, psychology, history, political science, law, labour relations, theology, philosophy, gender studies and security studies.

ECS 2192 - INEQUALITY, CONFLICT AND SOCIAL JUSTICE

This course consists of two components: (1) the examination of the variable linkages between inequality (economic, social, political), injustice, and violent conflict; and (2) the examination of efforts to create environments characterized by equality, equity, justice and peace.

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 1123 - INTRODUCTION TO GROUP DYNAMICS

This course initiates participants to the group phenomenon and to different fundamental concepts, such as group typology, elements of group dynamics, as well as conditions and factors that are part of interpersonal and group communication. Participants learn to be aware of the quality of their participation and to develop their capacity to observe and to interact.

This course was previously HUM1103 and IGL1103.

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 2124 - SPECIAL TOPICS IN HUMAN RELATIONS AND SPIRITUALITY I

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

IPA 2125 - POSITIVE PSYCHOLOGY AND SPIRITUALITY

Introduction to Positive Psychology. Historical perspective. Concepts, theories and empirical data: emotional, cognitive, intrapersonal and interpersonal dimensions. Definitions and measures: happiness, well-being, optimal functioning, spirituality and religiosity. Forces of nature: Classification and Measurement. Study related topics: self-esteem, values and virtues, interests and abilities, creativity, empathy and compassion, gratitude, love and friendship, resilience, and others.

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 2128 - GROUP INTERVENTION AND ACTIVE LISTENING

Focus on the active listening model as applied to group intervention and leadership. Listening skills for interpersonal and group situations such as empathy, congruence, paraphrasing, reflecting, feedback, questioning, process.

This course was previously ANI2126 and IGL2126.

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 focus 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 3125 - DRUGS AND BEHAVIOUR

Pharmacology of behavior. Drug classification and their effect on behavior. Experimental and therapeutic use and drug addiction. Links between neuroscience and spirituality.

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 4121 - BASIC SKILLS AND CONCEPTS IN COUNSELLING AND SPIRITUALITY

Main theoretical and practical guidance during interventions with individuals, couples, families and groups. Phases of psychotherapy. Attitudes and basic skills necessary for the practice of psychotherapy and integration of the spiritual component. Notions of resistance, transference and countertransference. Principles of professional ethics.

Prerequisites: 24 IPA credits.

IPA 4122 - PSYCHOPATHOLOGY: CAUSES AND IMPACT ON HUMAN RELATIONSHIPS AND SPIRITUALITY

Currents of thought in psychopathology. Mental issues in the field of human relationships and spirituality. Variables, human and spiritual, that promote and / or maintain various mental disorders such as mood disorders, anxiety disorders, schizophrenia, somatoform disorders and other problems relevant to the field of human relationships and spirituality.

Prerequisites: 24 IPA credits.

IPA 4123 - INTERNSHIP II

Internship of a minimum of 120 to 150 professionally supervised hours in a professional environment related to human relations, working on a clearly defined personal development project. Incorporates a structured reflective practice component explaining the integration of theory and practice. Writing a detailed practicum report stating outcomes of the project. Graded S/NS.

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

IPA 4125 - RESEARCH AND DIRECTED WORK

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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.

CONTACT US

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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.