UNDERGRADUATE STUDIES

HUMAN RELATIONS AND SPIRITUALITY (COMPLEMENTARY MINOR)

This is the face of change

UNIVERSITÉ SAINT·PAUL UNIVERSITY

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General Information

A complementary minor is taken in addition to a student's main program. There is no direct admission in a complementary program; the choice is made after admission and registration in a bachelor program.

PROGRAM REQUIREMENTS

Compulsory Courses (24 units)

IPA1121 Human Behavior and Spirituality: Theoretical Foundations
IPA1122 Human Behavior and Spirituality: Empirical Observations
IPA2121 Perspectives on Psycho-Social Human Behavior
IPA2126 Developmental Psychology, Spirituality and Religiosity from Childhood to Adolescence
IPA2127 Developmental Psychology, Spirituality and Religiosity from Adulthood to Old Age
IPA3101 Psychology of Spiritual Experience
IPA3122 Cultural Diversity and Religious Pluralism
IPA3123 The Helping Relationships and Ethical Considerations

Optional Courses (6 units)

6 units from:
IPA2109 Internship I
IPA2122 Research Methods and Ethics in Human Sciences (Qualitative Approach)
IPA2123 Research Methods in Human Sciences (Quantitative Approach)
IPA2124 Special Topics in Human Relations and Spirituality I
IPA2125 Positive Psychology and Spirituality
IPA3121 Theories of Personality
IPA3124 Family and Spirituality

Some courses have specific prerequisites.

A course that is part of a bachelor degree or a major cannot count as an optional course toward a minor.

COURSES

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 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 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.