



SPIRITUALITY AND RESILIENCE

CSPH 5201

2 Credits
Spring or Summer
Semesters
(Seven Class Periods)

This course offers:

- Personal growth and reflection
- Professional development in health care, education, prevention, helping services, more
- In-depth exploration of resilience theory and spirituality
- Specific applications of Resilience/Health Realization principles to students' lives, professions and helping relationships.
- Scheduled so working professionals may attend
- Graduate Minor elective
- 2 semester credits, graduate or undergraduate

Location: St. Paul Campus

Instructor:
Kathy Marshall
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Objectives include literature critique, examination of personal resilience and protective factors, analysis of historical relationship of resilience and spirituality, experience and description of the principles of health realization, development of criteria and standards for assessing resilience in self and others, and synthesis of the understanding into professionally appropriate applications for each student's situation. Students from classes offered since 2002 report the class is "life-changing" and "meaningful." Frequently students say this is the most valuable course they have ever taken anywhere and should be required of all students. Contact instructor for additional details.

Visit z.umn.edu/CSPH5201 for more information.

 **Earl E. Bakken Center for Spirituality & Healing**