

Syllabus: SPD 505 Self-Awareness

Course Overview

Course Instructor

Name	Rev. Carla McClellan
Virtual Office Hours	By appointment
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Response Time Policy	Email will be answered within 24 hours

Course Description

This is a survey course in the practical application of self-awareness and spiritual principles to promote systems and techniques of self-awareness and explore the integration of spiritual principles into each of them.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Examine and apply various awareness techniques to gain insight into one's attitudes, beliefs, and ways of being
- Recognize the symptoms of stress and being out-of-balance; apply healthy responses that reduce stress and restore balance
- Integrate spiritual principles into one's everyday life so as to maintain balance and to honor all facets of one's nature.

Required Text/Readings

- Levey, Joel, and Levey, Michelle. *Living in Balance: A Mindful Guide for Thriving in a Complex World*. Studio City, CA: Michael Wiese Productions, 2014
- Palmer, Helen. *The Enneagram: The Definitive Guide to the Ancient System for Understanding Yourself and the Others in Your Life*. San Francisco: Harper & Row, 1991.
- Progoff, Ira. *At a Journal Workshop: The Basic Text and Guide for Using the Intensive Journal*. New York: Dialogue House, 1975/1992.

Recommended Text/Readings

- Brumet, Robert. *Living Originally: Ten Spiritual Practices to Transform Your Life*. Unity Village MO: Unity Books, 2013.
- Daniels, David and Price, Virginia. *The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide*. New York: Harper Collins, 2000.

- Masters, Robert. *Spiritual Bypassing: When Spirituality Disconnects Us from What Really Matters*. Berkeley CA: North Atlantic Books, 2010.
- Zweig, Connie, and Wolf, Steven. *Romancing the Shadow: Illuminating the Dark Side of the Soul*. New York: Random House, 1997.

Other Required Resources

- Myers-Briggs Type Indicator 16 Personality Types – <http://www.myersbriggs.org/my-mbti-personality-type/mbti-basics/the-16-mbti-types.asp>
- Jung Typology Test - <http://www.humanmetrics.com/cgi-win/JTypes2.asp>
- Riso-Hudson Enneagram Type Indicator - <https://www.enneagraminstitute.com/>
- Progoff Intensive Journal® Program for Self-Development - <http://intensivejournal.org/index.php>

Live Collaborate Class Sessions:

Tuesdays, 7:00 pm to 8:30 pm All times Central Time (CT) Zone

September 2021

1. September 14, 2021
2. September 21, 2021
3. September 28, 2021

October 2021

4. October 5, 2021
5. October 12, 2021
6. October 19, 2021
7. October 26, 2021

November 2021

8. November 2, 2021
9. November 9, 2021
10. November 16, 2021