

# SUBJECT OUTLINE



Subject Name:

## History of Healing

Subject Code:

## SOCH111

### SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total course credit points:</b>	<b>Level:</b>
Bachelor of Health Science (Naturopathy)	128	1 <sup>st</sup> Year
Bachelor of Health Science (Nutritional and Dietetic Medicine )	96	1 <sup>st</sup> Year
Bachelor of Health Science (Myotherapy)	96	1 <sup>st</sup> Year
Bachelor of Complementary Medicine	48	1 <sup>st</sup> Year
<b>Duration:</b> 1 Semester		
<b>Subject Coordinator:</b> Thomas Crooks (Perth Campus)		
<b>Subject is:</b> Core	<b>Subject Credit Points:</b> 4	

### Student Workload:

<b>No. timetabled hours per week:</b> 6	<b>No. personal study hours per week:</b> 4	<b>Total hours per week:</b> 10
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### Delivery Mode:

E-Learning	Details:	Narrated PowerPoint presentations Asynchronous tutor-moderated discussion forum and activities Live interactive webinars
Full Time		
Part Time		

**Pre-requisites:** Nil

**Co-requisites:** Nil

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject provides the student with an understanding of the history and philosophy underpinning traditional and other whole medical systems from early human existence to the present day in diverse cultures worldwide. Social, cultural and political developments are considered in the evolution of healing and medicine, as well as the parallel developments in anatomy, physiology and other sciences. The study of health philosophy across all disciplines is seen as fundamental to the student's understanding of the role of the modern complementary health care practitioner within the wider health care system.

#### Learning Outcomes

1. Explain the historical contexts and philosophical understandings of health and disease according to different cultural and medical/healing paradigms.
2. Understand the integrational interplay of modern scientific evidence with traditional medical systems to create contemporary holistic practice frameworks.
3. Develop an awareness of the commonalities and differences amongst various traditional/whole medical systems.
4. Identify how changing ideas and perspectives about health and medicine over time relate to the present landscape of natural medicine in Australia and around the world.

Assessment Tasks				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
<b>Discussion Forum</b> (forum posts during selected weeks, minimum of 50 words per week)	1-4	1-12	Weeks 2-5, 7-12	10 x 2% Total 20%
<b>Quizzes</b> (10% per quiz)	1, 4	1-11	Sunday end of Weeks 4,6,9,12	40%
<b>Written Reflection</b> (10% per entry, 500 words each)	1-2, 4	1-11	Sunday end of Weeks 5 & 11	20%
<b>Final Quiz</b> (Multiple Choice, Short Answer & Extended Response)	1, 4	1-13	Sunday end of Week 14	20%

#### Prescribed readings:

1. Di Stefano, V. (2006). *Holism and complementary medicine: Origins and principles*. Crows Nest, NSW: Allen & Unwin. [ebook available]
2. Kayne, S. B. (2010). *Traditional medicine: A global perspective*. London, England: Pharmaceutical Press. [ebook available]
3. Summers, J., & Smith, B. (2014) *Communication skills handbook* (4th ed.). Milton, Qld: Wiley & Sons.

#### Recommended readings:

1. American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington D.C: American Psychological Association.
2. Bivins, R. (2007). *Alternative medicine? A history*. Oxford, England: Oxford University Press. [ebook available]
3. Grossinger, R. (2000). *Planet medicine: Origins* (7th ed.). Berkeley, CA: North Atlantic Books.
4. Magner, L. N. (2005). *A history of medicine* (2nd ed.). Boca Raton, FL : Taylor and Francis. [ebook available]
5. Porter, R. (2001). *The Cambridge illustrated history of medicine*. Cambridge, England: Cambridge University Press.
6. Porter, R. (2004). *Blood and guts: A short history of medicine*. New York, NY: W.W. Norton.

Subject Content		
Week	Lecture	Tutorial
1.	Session 1 <b>Introduction</b> <ul style="list-style-type: none"> <li>• Subject overview, learning objectives</li> <li>• Strategies on study</li> <li>• Information management</li> <li>• What is history?</li> </ul> <b>The Landscape of Natural and Traditional Medicines: Complementary, Natural, Holistic, Traditional, Alternative, Integrative</b>	Video: Subject Overview <ul style="list-style-type: none"> <li>• Overview and expectations of the subject</li> <li>• Assessments</li> <li>• Elements of successful study</li> <li>• Familiarisation with e-learning</li> <li>• Integration of study skills in this subject</li> </ul> Post any questions to the Loop for response by your Online Academic or Subject Coordinator

	<ul style="list-style-type: none"> <li>• Exploration of terms</li> <li>• Professionalization of natural medicine in the 21<sup>st</sup> century</li> <li>• Science and honouring the traditions of healing</li> </ul>	
	<p>Session 2</p> <p><b>Philosophy of Healing</b></p> <ul style="list-style-type: none"> <li>• What is philosophy? Problem solving throughout history</li> <li>• Holism and understanding the whole</li> <li>• Reductionism and understanding the parts</li> <li>• Inductive and deductive reasoning</li> <li>• Cross-cultural conceptualisation of health, disease and cure over time</li> </ul>	<p>Modules: “Planning and Preparing” and “Reading and Note-taking”, under Study Skills, Enabling Preparation, in the top menu of your LMS</p>
2.	<p>Session 3</p> <p><b>The Stone Age Life of Antiquity</b></p> <ul style="list-style-type: none"> <li>• The origins of medicine - Paleomedicine</li> <li>• Healing Practices</li> </ul> <p><b>Ancient Civilisations</b></p> <ul style="list-style-type: none"> <li>• History – Ancient Mesopotamia and Egypt</li> <li>• Culture – social structure</li> <li>• Healing Philosophy</li> <li>• Spirituality – polytheism</li> <li>• Healing Practices – priests/priestesses, herbalists, midwives</li> </ul>	<p>Forum Discussion:</p> <ul style="list-style-type: none"> <li>• What called you to your course?</li> <li>• What are you able to observe in your life or community about the context of contemporary natural medicine practice?</li> </ul>
	<p>Session 4</p> <p><b>Traditional African Medicine</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture</li> <li>• Healing Philosophy</li> <li>• Spirituality – polytheism</li> <li>• Healing Practices – Traditional Medicine, herbalism, shamanism</li> </ul>	<p>Module: “Features of Academic Writing”, under Study Skills, Enabling Academic Skills, in the top menu of your LMS</p> <p>Videos: Assessment Submission and TurnItIn—how do I submit my assessments?</p> <p>Post any questions to the Loop for response by your Online Academic or Subject Coordinator</p>
3.	<p>Session 5</p> <p><b>Indigenous Medicine in Australia and the Torres Strait</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture</li> <li>• Concept of health</li> <li>• Healing Philosophy</li> <li>• Spirituality – ancestral relationships</li> <li>• Healing Practices – ceremony, singing, dance, plant medicine</li> </ul>	<p>Forum Discussion:</p> <ul style="list-style-type: none"> <li>• Why is the history of healing relevant to today’s complementary medicine practitioner?</li> <li>• What is more compelling to you: tradition/history or modern/conventional scientific perspective?</li> </ul>
	<p>Session 6</p> <p><b>Traditional Medicine in the Pacific</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture – Hawai’i, Samoa, Fiji, New Zealand</li> <li>• Concept of health</li> <li>• Healing Philosophy</li> <li>• Spirituality</li> </ul>	<p>Module: “Critical Thinking” under Study Skills, Enabling Academic Skills, in the top menu of your LMS</p> <p>Module: Approaching Assignments, under Study Skills, Enabling Assessments, in the top menu of your LMS</p>

	<ul style="list-style-type: none"> <li>• Healing Practices – Tohunga, Kahuna</li> </ul>	
4.	<p>Session 7</p> <p><b>Traditional medicine in the Americas:</b></p> <p><b>North America</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture – Native North Americans and the Arctic</li> <li>• Healing Philosophy</li> <li>• Spirituality</li> <li>• Healing Practices – music, dance, verbal traditions, medicine wheel</li> </ul> <p><b>Central and South America</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture – Maya, Inca, Aztec</li> <li>• Healing Philosophy</li> <li>• Spirituality</li> <li>• Healing Practices – herbalism</li> </ul>	<p>Forum Discussion:</p> <ul style="list-style-type: none"> <li>• What do the indigenous/tribal contexts of healing studied so far have in common? What differentiates them?</li> </ul> <p>Video series: The web of natural therapeutics: healing snapshots through time, Introduction—</p> <ul style="list-style-type: none"> <li>• Herbs</li> <li>• Foods</li> <li>• Hands-on therapies</li> </ul>
	<p>Session 8</p> <p><b>Ayurvedic and Tibetan Medicine</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture</li> <li>• Healing Philosophy – concept of constitution</li> <li>• Spirituality — Hinduism, Buddhism</li> <li>• Healing Principles – doshas/humours, prana, mind and the elements</li> <li>• Healing Practices</li> </ul>	<p>Module: “Paraphrasing, Summarising and Referencing”, under Study Skills, Enabling Academic Skills, in the top menu of your LMS</p> <p>Video: preparation for Essay assessment</p>
5.	<p>Session 9</p> <p><b>Chinese Medicine</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture</li> <li>• Healing Philosophy – yin and yang, five phases/elements, qi, substances</li> <li>• Spirituality - Taoism</li> <li>• Healing Practices – acupuncture, Chinese herbal medicine</li> <li>• Evolution of modern day practice in the West</li> </ul>	<p>Forum Discussion</p> <ul style="list-style-type: none"> <li>• What is health?</li> <li>• What are your beliefs about healing and what it means to be a healer?</li> </ul> <p>Video series: The web of natural therapeutics: healing snapshots through time, Part 2—</p> <ul style="list-style-type: none"> <li>• Herbs</li> <li>• Foods</li> <li>• Hands-on therapies</li> </ul>
	<p>Session 10</p> <p><b>Traditional Korean Medicine and Japanese Medicine:</b> Augmentation/migration of Chinese Medicine in the East</p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture</li> <li>• Healing Philosophy/Principles</li> <li>• Healing Practices – meridian therapies, herbal medicine, manual therapies</li> </ul>	<p>Webinar – support at Endeavour:</p> <ul style="list-style-type: none"> <li>• Student Services</li> <li>• Library information retrieval</li> </ul> <p>Module: “Punctuation and Grammar in Academic Writing”, under Study Skills, Enabling Assessments, in the top menu of your LMS</p> <p>Module: “Essay Writing” under Study Skills, Enabling Academic Skills, in the top menu of your LMS</p>
6.	<p>Session 11</p> <p><b>Celtic/Anglo/Saxon Folk Medicine in Pre-Modern Europe</b></p>	<p>Post any assessment questions to the Loop for response by your Online Academic or Subject Coordinator</p>

	<ul style="list-style-type: none"> <li>• History</li> <li>• Culture and Society</li> <li>• Spirituality – nature-based</li> <li>• Healing Philosophy</li> <li>• Healing Practices</li> </ul>	
	<p>Session 12</p> <p><b>Greco-Roman Medicine</b></p> <ul style="list-style-type: none"> <li>• Greek Medicine, Alexandrian Medicine and Science, Roman Medicine</li> <li>• Mythology and Medicine – Asclepius</li> <li>• Philosophy and Medicine - Empedocles</li> <li>• Hippocrates – Four Humours</li> <li>• Empirical herbalism – Theophrastus and Discorides</li> <li>• Galen</li> <li>• Healing practices – hygiene, diet, exercise, rest, herbs, balancing the humours</li> </ul>	<p>Video series: The web of natural therapeutics: healing snapshots through time, Part 3—</p> <ul style="list-style-type: none"> <li>• Herbs</li> <li>• Foods</li> <li>• Hands-on therapies</li> </ul>
7.	<p>Session 13</p> <p><b>Middle Eastern Medicine and Traditional Jewish Medicine</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture</li> <li>• Healing Philosophy and Principles</li> <li>• Healing Practices – talismans, herbals</li> <li>• Unani-Tibb</li> <li>• Luminaries – Avicenna, Rhazes, Maimonides</li> </ul>	<p>Forum Discussion</p> <ul style="list-style-type: none"> <li>• Based on what you’ve learned so far and what you knew of history before coming to this subject, what do you think are the major differences between Eastern and Western systems of medicine? What might be similar?</li> </ul>
	<p>Session 14</p> <p><b>European Medicine, Part 1 – The Middle Ages to the Early Modern Period</b></p> <ul style="list-style-type: none"> <li>• History – Middle Ages (5<sup>th</sup> – 15<sup>th</sup> Centuries); The Renaissance and Early Modern Period (16<sup>th</sup> – 17<sup>th</sup> Centuries)</li> <li>• Culture and Society – formalisation of medicine</li> <li>• Healing Philosophy</li> <li>• Healing Practices</li> <li>• Monastic medicine – the foundation of modern herbalism</li> <li>• Luminaries – Hildegard von Bingen, Paracelsus, Vesalius, Louise Bourgeois, Descartes, Culpeper</li> </ul>	<p>Video series: The web of natural therapeutics: healing snapshots through time, Part 4—</p> <ul style="list-style-type: none"> <li>• Herbs</li> <li>• Foods</li> <li>• Hands-on therapies</li> </ul> <p>Module: “Other Academic Text Types”, under Study Skills, Enabling Academic Skills, in the top menu of your LMS. Place your focus on the Reflective Writing portion of this module.</p>
<p><b>NON-TEACHING WEEK</b></p> <p><b>Online students</b> - The break week falls between Weeks 7 and 8.</p>		
8.	<p>Session 15</p> <p><b>European Medicine, Part 2 – The Enlightenment (18<sup>th</sup> Century)</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Philosophy</li> <li>• Health Perspectives – disease, contagion, pathology, taxonomy</li> <li>• Healing Practices</li> </ul>	<p>Webinar: mid-semester check in, Q&amp;A, what’s coming up for you as we travel through history?</p> <p>Post any assessment questions to the Loop for response by your Online Academic or Subject Coordinator</p> <p>Video series: The web of natural therapeutics: healing snapshots through time, Part 5—</p>

	<ul style="list-style-type: none"> <li>• Medical developments</li> </ul>	<ul style="list-style-type: none"> <li>• Herbs</li> <li>• Foods</li> <li>• Hands-on therapies</li> </ul>
	<p>Session 16</p> <p><b>European Medicine, Part 3 – Industrialisation and Scientific Medicine (19<sup>th</sup> Century and beyond)</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Culture and Society – changing social conditions</li> <li>• Healing Philosophy</li> <li>• Health Perspectives</li> <li>• Healing Practices – germ theory, surgery, pharmacology, experimentation, clinical practice</li> <li>• Parallel developments in the US and Australia</li> <li>• Suppression of natural medicine – the Flexner Report</li> </ul>	<p>Forum Discussion</p> <ul style="list-style-type: none"> <li>• We start to see the appearance of modern medicine for the first time this week—what do you think were the plusses and minuses of this new way of thinking?</li> </ul>
9.	<p>Session 17</p> <p><b>Homeopathic Medicine</b></p> <ul style="list-style-type: none"> <li>• History</li> <li>• Vitalism</li> <li>• Healing Philosophy</li> <li>• Healing Principles – similimum, potentisation/dilution, Hering’s Principle</li> <li>• Healing Practices – preparation of remedies</li> <li>• Luminaries – Hahnemann, Kent</li> </ul>	<p>Forum Discussion</p> <ul style="list-style-type: none"> <li>• What are your reactions to the idea of the vital force (or qi, prana)?</li> <li>• Do you feel these ideas have validity and usefulness in the modern healthcare framework?</li> </ul>
	<p>Session 18</p> <p><b>Nutrition and Diet – Food/Nutrients as Medicine</b></p> <ul style="list-style-type: none"> <li>• Historical foundations of modern nutritional theories and practices</li> <li>• Attitudes to/perspectives on food around the world</li> <li>• Agriculture, farming and transport – changes over time</li> <li>• Changing nutrition in response to prevalent health concerns through history</li> <li>• Isolated nutrients vs. whole foods</li> </ul>	<p>Video: Understanding why conventional medicine and traditional/holistic medicines became two separate streams of activity from the 17<sup>th</sup> century</p> <p>Video series: The web of natural therapeutics: healing snapshots through time, Part 6—</p> <ul style="list-style-type: none"> <li>• Herbs</li> <li>• Foods</li> <li>• Hands-on therapies</li> </ul>
10.	<p>Session 19</p> <p><b>History of Naturopathic Medicine</b></p> <ul style="list-style-type: none"> <li>• History – the weaving together of many historical threads</li> <li>• Luminaries of North American Naturopathy – Benedict Lust, Louisa Lust, Henry Lindlahr, Father Sebastian Kneipp, John Kellogg, Samuel Thomson, the Eclectics</li> <li>• Healing modalities – water cure/hydrotherapy, herbalism, hygiene/diet, exposure to natural elements (fresh air, sunshine), mental/moral discipline</li> <li>• Connections to chiropractic and osteopathy</li> <li>• Vitalism in naturopathy</li> <li>• Where did the term “naturopathy” come from?</li> </ul>	<p>Video: A walk through the birthplace of Naturopathic Medicine: Bad Wörishofen and the modern Sebastianium</p>

	<ul style="list-style-type: none"> <li>Development of naturopathy in Australia, Australian leaders - Claud Beal, Alf Jacka, Maurice Blackmore</li> </ul>	
	<p>Session 20</p> <p><b>Modern Naturopathic Medicine</b></p> <ul style="list-style-type: none"> <li>Philosophy and Principles</li> <li>Modern clinical theory and practice</li> <li>Healing Practices – nutrition, herbal medicine, lifestyle counselling, exercise, massage and physical medicine, hydrotherapy, homeopathy, iridology</li> <li>International naturopathic practices and regulatory frameworks</li> <li>Influence of non-naturopathic pioneers</li> </ul>	<p>Forum Discussion:</p> <ul style="list-style-type: none"> <li>When did we first start to see governments and cultural politics play a major role in healthcare? What are the plusses and minuses of this?</li> </ul> <p>Video series: The web of natural therapeutics: healing snapshots through time, Part 7—</p> <ul style="list-style-type: none"> <li>Herbs</li> <li>Foods</li> <li>Hands-on therapies</li> </ul>
11.	<p>Session 21</p> <p><b>Manual Therapies – Soft Tissue Therapies</b></p> <ul style="list-style-type: none"> <li>Historical foundations</li> <li>European traditions</li> <li>Massage (remedial, Swedish)</li> <li>Myotherapy</li> </ul>	<p>Video series: The web of natural therapeutics: healing snapshots through time, Part 8—</p> <ul style="list-style-type: none"> <li>Herbs</li> <li>Foods</li> <li>Hands-on therapies</li> </ul>
	<p>Session 22</p> <p><b>Manual Therapies – Osseous Therapies</b></p> <p><b>Osteopathy and Chiropractic</b></p> <ul style="list-style-type: none"> <li>History</li> <li>Healing Philosophy – free function of vascular or nervous systems</li> <li>Healing Principles – Innate Intelligence, Life and Motion</li> <li>Luminaries – Still, Palmer</li> </ul>	<p>Forum Discussion:</p> <ul style="list-style-type: none"> <li>Based on what you have learned so far, what cultures or medical systems have practiced soft tissue therapies and osseous therapies and what commonalities exist throughout those practices over time?</li> </ul>
12.	<p>Session 23</p> <p><b>Conventional Medicine</b></p> <ul style="list-style-type: none"> <li>History and culture—developments since the mid-1900's</li> <li>The Acute vs. Chronic Dichotomy</li> <li>Context - understanding the recent global reaction to conventional medicine and the return to natural, sustainable and self-responsible health</li> <li>Practices – surgery, pharmacy, general practice, specialisation</li> <li>Movement of conventional doctors into the “integrative” space and the rise of functional medicine</li> <li>Preventative Care and Early Detection</li> </ul>	<p>Video: Integrative Medicine</p> <p>Modules: revisit the modules entitled “Paraphrasing, Summarising and Referencing” and “Features of Academic Writing”, under Study Skills, Enabling Academic Skills, in the top menu of your LMS. Place your focus on the aspects of these modules that relate to Referencing and Plagiarism.</p> <p>Post any assessment questions to the Loop for response by your Online Academic or Subject Coordinator</p>
	<p>Session 24</p> <p><b>Allied Health</b></p> <ul style="list-style-type: none"> <li>History</li> <li>Context – the interdisciplinary team</li> <li>Healing Philosophy</li> <li>Healing Practices and Disciplines</li> </ul>	<p>Forum Discussion:</p> <ul style="list-style-type: none"> <li>How have perceptions of health changed over time?</li> <li>How can conventional medicine and complementary medicine work together in this era of healthcare?</li> </ul>

<b>13.</b>	Session 25 <b>Psychology and the role of the mind and emotions</b> <ul style="list-style-type: none"> <li>• History</li> <li>• Major historical frameworks/approaches</li> <li>• Consciousness and Healing</li> <li>• Spirituality</li> <li>• Mindfulness</li> <li>• The healing relationship</li> <li>• Mind-body medicine</li> </ul>	Video: Mindfulness Module: Mutuality of the Healing Relationship
	Session 26 <b>Energy Medicine and Intentional Healing</b> <ul style="list-style-type: none"> <li>• Historical Context</li> <li>• Healing Philosophy</li> <li>• Healing Principles – Intention</li> <li>• Healing Practices – biofield therapies, bioelectromagnetic therapy</li> <li>• Relationship to ingestive/interventional medicines such as homeopathy, flower essences, herbal medicine and acupuncture</li> </ul> <b>Looking Forward</b> <ul style="list-style-type: none"> <li>• Future landscapes in healing and medicine</li> </ul>	Final Webinar: Changing perspectives and practices of healing through time, a wrap up of the semester
<b>14-15.</b>	<b>Study Weeks / Non-Teaching Weeks 1 &amp; 2.</b>	
<b>16-17.</b>	<b>Final Exam Weeks 1 &amp; 2</b> This subject does not have a final exam.	