



Spirituality and Resilience

with *Kathy Marshall Emerson*
Spring 2016

CSPH 5201

Two graduate or undergraduate credits offered by the University of Minnesota Center for Spirituality & Healing.

- Personal growth and reflection
- Professional development in health care, education, prevention and other helping services
- In-depth exploration of resilience theory and spirituality
- Specific applications of the Resilience/Health Realization model to students' lives, professions and helping relationships.
- Scheduled so working professionals may attend

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.

The concentrated and small seminar schedule offers an "immersion experience" in this interesting and important topic. Various options for course reading materials accommodate different learning styles, personal interests and stimulate meaningful group dialogue.

For registration details contact **Erin Fider** at the Center at **612-624-5166**.

For other questions please call the faculty person for this course:

Kathy Marshall Emerson, **612-554-0544** or **marsh008@umn.edu**.

Fees vary for undergraduate, graduate program or continuing education enrollment status. Traditional graded, as well as audited or "S/N" enrollment status options are available.

2016 DATES:

January 20, Wednesday
4:30 - 8 pm

January 23, Saturday
9 am - 4 pm

February 17, Wednesday
4:30 - 8 pm

February 24, Wednesday
4:30 - 8 pm

March 5, Saturday
9 am - 4 pm

April 6, Wednesday
4:30 - 8 pm

May 4, Wednesday
4:30 - 8 pm

LOCATION:

McNeal Hall 144



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