Somatic Intelligence: The Neuroscience of Our Body-Mind Connection

An introduction to somatic psychology, this course presents a theoretical study of the body-mind continuum. The importance of emotions, movement, perception, and the nature of illness and healing is illustrated by recent scientific theories and findings. By studying how our bodies and psyches weave together, we become aware of their interdependence and can construct more effective therapeutic experiences - both for ourselves and for others. Students learn the fundamental principles of the somatic psychology field and explore, in depth, their relationship with advanced developmental psychology theories. Prerequisite: PSYB101. PSYB100: Anatomy is strongly recommended. Open to students with 60+ credits.

Course Number: PSYB304
Unit: 3.0
Program: Psych - BA Contemplative