

## Webster University Course Syllabus

### Course Number

### Instructor

Gene T. Chavez, Ed.D.

### Contact Information

913-486-2213

[gchavez@everestkc.net](mailto:gchavez@everestkc.net)

### Course Title

Exploring Alternative/Complementary Healing Methods As Practiced in Northern Mexico (Trip to Northern Mexico)

### Text Materials

Bless Me, Ultima, Rodolfo Anaya, 1972 . ISBN 0-446-60025-3 and  
American Shaman, An Odyssey of Global Healing Traditions, 2004.  
ISBN 0-415-94821-5

### Rationale

In line with Webster University's desire to participate in understanding global diversity, this special graduate level course will be offered in an summer 2006 session so it can include a guided tour of the Copper Canyon Region of Northern Mexico. The trip will focus on the healing methods of the Tarahumara indigenous people of the region. Central to the course is the development of understanding of the mind/body/spirit connections involved in alternative healing approaches.

The teaching approach will ask the students to explore methods that are usually outside the Western healing models. The total experience will provide approaches to serving the growing immigrant populations that often underserved by the medical and counseling professions. The extensive fieldtrip is designed to provide a powerful learning experience through immersion into a different cultural way of healing.

### Course Objectives

1. Students will gain knowledge of alternative/complementary healing methods by the study of the two textbooks and lecture discussions given the instructor and guest lecturers.
2. Students will develop an appreciation for culturally different ways of healing by direct interaction with indigenous healers of Northern Mexico.

3. Students will discover the ways that culturally specific healing methods have been preserved by the relative isolation of the Tarahumara people of Northern Mexico.
4. Students will be able to synthesize their experience from the fieldtrip, their reading on the topic, and their interactions the instructor and guest speakers and compare alternative healing approaches with traditional Western approaches.

### **Course Description**

This three credit course will focus on alternative/complementary healing therapies that have been practiced by various cultural healers from ancient times to the present day. The course will use a unique 8-day field trip through the Copper Canyon Region of Northern Mexico where Tarahumara people still practice the healing passed on to them by their ancestors. The course will use the field trip to illustrate how the *curanderismo* of the Tarahumara is but one of the many alternative approaches to healing.

### **Activities**

Prior to the trip, students will read the two text books and will meet with the instructor on a Saturday, 9:00am—3:00pm with a working lunch. At this session an introduction to alternative/complementary healing will be presented and the two texts will be discussed. Details of the trip to the Copper Canyon of Northern Mexico will be discussed and checklist for items to be taken on the trip will be distributed.

During the trip, process sessions will be held after each day's activities. Reactions to the day's activities will be discussed. Students may want to share journal entries at this time. Students will be allowed journaling time each day.

After the trip, the class will meet on a Saturday and discuss the what they learned by the experience. Specific questions from the textbooks will guide the discussion. The final products will be their journals typed and presented in bound form, and a fifteen page reflection paper. A debriefing session will be held.

The before and after trip Saturday sessions will be telecast on Webster's remote interactive network so that individuals from other campuses may participate in the discussions. They can participate on the trip portion of the course by meeting in the departure city.

**Grading**

The course grade will be based on the following:

1. Participation in all activities—20%
2. Daily journals—At least two handwritten pages daily—50%
3. Final report—A fifteen page report of the course experience using APA Style Manual—40%

**Cost**

Three hours of Webster Graduate Level Credit--\$1,200

Trip to El Paso, Texas—on your own.

Eight day excursion--\$1,265, includes travel by bus and train, hotels, meals, and transfers