



# SUBJECT OUTLINE

Subject Name:

**History of Healing**

Subject Code:

**SOCH1**

## SECTION 1 – GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Undergraduate Certificate in History and Philosophy of Complementary Medicine	12	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:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
6	4	10

### Delivery Mode:

e-Learning (Online)	Narrated PowerPoint presentations Tutorials: Asynchronous tutor moderated discussion forum and activities Live interactive webinars Full Time
<b>Pre-requisites:</b>	Nil
<b>Co-requisites:</b>	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	Session Content Delivered	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%
All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS				

### Prescribed Readings:

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

### Recommended Readings:

1. Bivins, R. (2007). *Alternative medicine? A history*. Oxford University Press. [ebook available]



2. Endeavour College of Natural Health. (2019, November 29). APA referencing guideline. <https://acnm.s3-ap-southeast-2.amazonaws.com/pub/DOCID-3-2602.pdf>
3. Grossinger, R. (2000). *Planet medicine: Origins* (7th ed.). North Atlantic Books. [ebook available]
4. Magner, L. N. (2005). *A history of medicine* (2nd ed.). Taylor and Francis. [ebook available]
5. Porter, R. (2001). *The Cambridge illustrated history of medicine*. Cambridge University Press.
6. Porter, R. (2004). *Blood and guts: A short history of medicine*. W.W. Norton.

## Subject Content

Week	Lectures	Tutorials / Practicals
1.	<p>Session 1</p> <p><b>Introduction</b></p> <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> <p><b>The Landscape of Natural and Traditional Medicines: Complementary, Natural, Holistic, Traditional, Alternative, Integrative</b></p> <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>Video: Subject Overview</p> <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> <p>Post any questions to the Loop for response by your Online Academic or Subject Coordinator</p>
	<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>Week 1 Tutorial: complete these modules: "Planning and Preparing" and "Reading and Note-taking".</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> </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>Screencast: Support at Endeavour:</p> <ul style="list-style-type: none"> <li>➤ Introduction to Student Services</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Healing Philosophy</li> <li>➤ Spirituality – polytheism</li> <li>➤ Healing Practices – priests/priestesses, herbalists, midwives</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>Week 2 Tutorial: complete this module: “Features of Academic Writing”.</p> <p>Videos:</p> <ul style="list-style-type: none"> <li>➤ How to Submit an Assessment on the LMS</li> <li>➤ How to View your Similarity Score</li> </ul> <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>Screenecast: Support at Endeavour:</p> <ul style="list-style-type: none"> <li>➤ Introduction to the Library and information retrieval</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> <li>➤ Healing Practices – Tohunga, Kahuna</li> </ul>	<p>Week 3 Tutorials: complete these modules: “Critical Thinking” and “Approaching Assignments”</p>
4.	<p>Session 7</p> <p><b>Traditional medicine in the Americas: 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>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 Part 1: 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><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>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>Week 4 Tutorials: complete these modules: “Paraphrasing, Summarising and Referencing” and Other Academic Text Types.</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: Augmentation/migration of Chinese Medicine in the East</b></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>Week 5 Tutorials: complete these modules: “Punctuation and Grammar in Academic Writing” and “Essay Writing”.</p>
6.	<p>Session 11</p> <p><b>Celtic / Anglo-Saxon Folk Medicine in Pre-Modern Europe</b></p> <ul style="list-style-type: none"> <li>➤ History</li> <li>➤ Culture and Society</li> <li>➤ Spirituality – nature-based</li> </ul>	<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>➤ 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>Week 7 Tutorial: complete this module: “Other Academic Text Types”. 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 non-teaching week falls between Weeks 7 and 8</p>		



<p>8.</p>	<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> <li>➤ Medical developments</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>➤ 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>
<p>9.</p>	<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> </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> </ul>



	<ul style="list-style-type: none"> <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>	<ul style="list-style-type: none"> <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> <li>➤ Development of naturopathy in Australia, Australian leaders - Claud Beal, Alf Jacka, Maurice Blackmore</li> </ul>	<p>Video: A walk through the birthplace of Naturopathic Medicine: Bad Wörishofen and the modern Sebastianium</p>
	<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>Forum Discussion:</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>	<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>Week 12 Tutorial: revisit these modules: “Paraphrasing, Summarising and Referencing” and “Features of Academic Writing”. 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>
13.	<p>Session 25</p> <p><b>Psychology and the role of the mind and emotions</b></p> <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>	<p>Video: Mindfulness</p> <p>Video: Mutuality of the Healing Relationship</p>



	<p>Session 26</p> <p><b>Energy Medicine and Intentional Healing</b></p> <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> <p><b>Looking Forward</b></p> <ul style="list-style-type: none"> <li>➤ Future landscapes in healing and medicine</li> </ul>	<p>Final Webinar: Changing perspectives and practices of healing through time, a wrap up of the semester</p>
14.	<b>Non-Teaching Week 1</b>	
15.	<b>Non-Teaching Week 2</b>	
16.	<p><b>Final Examination Week 1</b></p> <p>There is no final exam for this subject</p>	
17.	<p><b>Final Examination Week 2</b></p> <p>There is no final exam for this subject</p>	