SUBJECT OUTLINE

Subject Name: History of Healing

SECTION 1 – GENERAL INFORMATION

Award/s: Total Course Credit Points: Level:
- Bachelor of Health Science (Naturopathy) 128 1st Year
- Bachelor of Health Science (Myotherapy) 96 1st Year
- Bachelor of Health Science (Nutritional and Dietetic Medicine) 96 1st Year
- Bachelor of Complementary Medicine 48 1st Year
- Diploma of Health Science 32 1st Year

Duration: 1 Semester
Subject is: Core Subject Credit Points: 4

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week:</th>
<th>No. personal study hours per week:</th>
<th>Total hours per week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>4</td>
<td>10</td>
</tr>
</tbody>
</table>

Delivery Mode*:
- [ ] On campus
- [x] Online / Digital
- [ ] Blended
- [ ] Intensive

Weekly Session^ Format/s - 2 sessions per week:

- [x] eLearning modules: Lectures: Interactive adaptive online learning modules
  Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

^A ‘session’ is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

Study Pattern: [x] Full Time  [x] 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. Identify the commonalities and differences amongst various traditional/whole medical systems.
3. Evaluate 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

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Weeks Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion Forum</td>
<td>1-3</td>
<td>1-8</td>
<td>Weeks 4 &amp; 8</td>
<td>20%</td>
</tr>
<tr>
<td>(forum posts during selected weeks, minimum of 100 words per week)</td>
<td></td>
<td></td>
<td></td>
<td>(2 x 10%)</td>
</tr>
<tr>
<td>Written Reflection</td>
<td>1, 3</td>
<td>1-10</td>
<td>Sunday end of Week 12</td>
<td>40%</td>
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<tr>
<td>(750 words)</td>
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<tr>
<td>Final Quiz</td>
<td>1-3</td>
<td>1-13</td>
<td>Sunday end of Week 14</td>
<td>40%</td>
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<tr>
<td>(Multiple Choice, Short Answer &amp; Extended Response)</td>
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</tbody>
</table>

All written assessments and online quizzes are due at 11:55 p.m. (AEST) Sunday and submitted through the LMS.

### Prescribed Readings:


### Recommended Readings:

# Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Session 1&lt;br&gt;The Landscape of Natural and Traditional Medicines: Complementary, Natural, Holistic, Traditional, Alternative, Integrative&lt;br&gt; Exploration of terms&lt;br&gt; Professionalisation of natural medicine in the 21st century&lt;br&gt; Science and honouring the traditions of healing</td>
<td>Post your introduction in the Practice Discussion Forum in Week 1 and any questions to the Loop for response by your Lecturer or Subject Administrator&lt;br&gt; Complete the Session 1 listed readings</td>
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<tr>
<td></td>
<td>Session 2&lt;br&gt;Philosophy of Healing&lt;br&gt; What is philosophy? Problem solving throughout history&lt;br&gt; Holism and understanding the whole&lt;br&gt; Reductionism and understanding the parts&lt;br&gt; Inductive and deductive reasoning&lt;br&gt; Cross-cultural conceptualisation of health, disease and cure over time</td>
<td>Complete the Session 2 listed reading</td>
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<tr>
<td>2.</td>
<td>Session 3&lt;br&gt;The Stone Age Life of Antiquity&lt;br&gt; The origins of medicine - Paleomedicine&lt;br&gt; Healing Practices&lt;br&gt; Ancient Civilisations&lt;br&gt; History – Ancient Mesopotamia and Egypt&lt;br&gt; Culture – social structure&lt;br&gt; Healing Philosophy&lt;br&gt; Spirituality – polytheism&lt;br&gt; Healing Practices – priests / priestesses, herbalists, midwives</td>
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<td></td>
<td>Session 4&lt;br&gt;Traditional African Medicine&lt;br&gt; History&lt;br&gt; Culture&lt;br&gt; Healing Philosophy&lt;br&gt; Spirituality – polytheism&lt;br&gt; Healing Practices – Traditional Medicine, herbalism, shamanism</td>
<td>Complete the Session 4 listed readings&lt;br&gt; Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</td>
</tr>
</tbody>
</table>
### Session 5
**Indigenous Medicine in Australia and the Torres Strait**
- History
- Culture
- Concept of health
- Healing Philosophy
- Spirituality – ancestral relationships
- Healing Practices – ceremony, singing, dance, plant medicine

Complete the Session 5 listed readings and view video module

### Session 6
**Traditional Medicine in the Pacific**
- History
- Culture – Hawai‘i, Samoa, Fiji, New Zealand
- Concept of health
- Healing Philosophy
- Spirituality
- Healing Practices – Tohunga, Kahuna

Complete the Session 6 listed readings
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

### Session 7
**Traditional medicine in the Americas:**
**North America**
- History
- Culture – Native North Americans and the Arctic
- Healing Philosophy
- Spirituality
- Healing Practices – music, dance, verbal traditions, medicine wheel

Central and South America
- History
- Culture – Maya, Inca, Aztec
- Healing Philosophy
- Spirituality
- Healing Practices – herbalism

Assessable Forum Discussion 1:
- What do the tribal contexts of healing studied so far have in common? What differentiates them?

Complete the Session 7 listed reading

### Session 8
**Ayurvedic and Tibetan Medicine**
- History
- Culture
- Healing Philosophy – concept of constitution
- Spirituality — Hinduism, Buddhism

Complete the Session 8 listed readings
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator
<table>
<thead>
<tr>
<th>Session</th>
<th>Topic</th>
<th>Readings/Lecturer/Administrator Notes</th>
</tr>
</thead>
</table>
| 5.      | **Session 9**  
**Chinese Medicine**  
- History  
- Culture  
- Healing Philosophy – Yin and Yang, Five Phases/Elements, Qi, Vital Substances  
- Spirituality – Taoism  
- Healing Practices – acupuncture, Chinese herbal medicine  
- Evolution of modern-day practice in the West | Complete the Session 9 listed readings |
|         | **Session 10**  
**Traditional Korean Medicine and Japanese Medicine: Augmentation/migration of Chinese Medicine in the East**  
- History  
- Culture  
- Healing Philosophy/Principles  
- Healing Practices – meridian therapies, herbal medicine, manual therapies | Complete the Session 10 listed readings  
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator |
| 6.      | **Session 11**  
**Celtic/Anglo/Saxon Folk Medicine in Pre-Modern Europe**  
- History  
- Culture and Society  
- Spirituality – nature-based  
- Healing Philosophy  
- Healing Practices | There are no readings for this session |
|         | **Session 12**  
**Greco-Roman Medicine**  
- Greek Medicine, Alexandrian Medicine and Science, Roman Medicine  
- Mythology and Medicine – Asclepius  
- Philosophy and Medicine - Empedocles  
- Hippocrates – Four Humours  
- Empirical herbalism – Theophrastus and Discorides  
- Galen | Complete the Session 12 listed readings  
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator |
<table>
<thead>
<tr>
<th>7.</th>
<th>Session 13</th>
<th>Complete the Session 13 listed readings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Middle Eastern Medicine and Traditional Jewish Medicine</strong></td>
<td><strong>Healing practices – hygiene, diet, exercise, rest, herbs, balancing the humours</strong></td>
<td><strong>History</strong></td>
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<td><strong>Culture</strong></td>
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<td><strong>Healing Philosophy and Principles</strong></td>
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<td><strong>Healing Practices – talismans, herbals</strong></td>
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<td><strong>Unani-Tibb</strong></td>
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<td><strong>Luminaries – Avicenna, Rhazes, Maimonides</strong></td>
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<tr>
<th>8.</th>
<th>Session 14</th>
<th>Complete the Session 14 listed reading</th>
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<tbody>
<tr>
<td><strong>European Medicine, Part 1 – The Middle Ages to the Early Modern Period</strong></td>
<td><strong>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</strong></td>
<td><strong>History – Middle Ages (5th – 15th Centuries); The Renaissance and Early Modern Period (16th – 17th Centuries)</strong></td>
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<td><strong>Culture and Society – formalisation of medicine</strong></td>
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<td><strong>Healing Philosophy</strong></td>
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<td><strong>Healing Practices</strong></td>
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<td><strong>Monastic medicine – the foundation of modern herbalism</strong></td>
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<td><strong>Luminaries – Hildegard von Bingen, Paracelsus, Vesalius, Louise Bourgeois, Descartes, Culpeper</strong></td>
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<thead>
<tr>
<th>NON-TEACHING WEEK</th>
<th>Online students – The non-teaching week falls between Weeks 7 and 8</th>
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<thead>
<tr>
<th>9.</th>
<th>Session 15</th>
<th>Webinar: mid-semester check in, Q&amp;A, what’s coming up for you as we travel through history? There are no readings for this session</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>European Medicine, Part 2 – The Enlightenment (18th Century)</strong></td>
<td><strong>Assessable Forum Discussion 2</strong></td>
<td><strong>History</strong></td>
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<td><strong>Philosophy</strong></td>
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<td><strong>Health Perspectives – disease, contagion, pathology, taxonomy</strong></td>
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<td><strong>Healing Practices</strong></td>
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<td><strong>Medical developments</strong></td>
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<tr>
<th>10.</th>
<th>Session 16</th>
<th><strong>How does it benefit the practices of complementary medicine practitioners to understand about the histories of modalities other than their own?</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>European Medicine, Part 3 – Industrialisation and Scientific Medicine (19th Century and beyond)</strong></td>
<td><strong>Assessable Forum Discussion 2</strong></td>
<td><strong>Health Perspectives</strong></td>
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<td><strong>Medical developments</strong></td>
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<tr>
<td>Session 16</td>
<td>Session 17 Homeopathic Medicine</td>
<td>Session 18 Nutrition and Diet – Food/Nutrients as Medicine</td>
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<tr>
<td>History</td>
<td>History</td>
<td>History</td>
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<tr>
<td>Culture and Society – changing social conditions</td>
<td>Vitalism</td>
<td>Historical foundations of modern nutritional theories and practices</td>
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<tr>
<td>Healing Philosophy</td>
<td>Healing Philosophy</td>
<td>Attitudes to/perspectives on food around the world</td>
</tr>
<tr>
<td>Health Perspectives</td>
<td>Healing Principles – similimum, potentisation/dilution, Hering’s Principle</td>
<td>Agriculture, farming and transport – changes over time</td>
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<tr>
<td>Parallel developments in the US and Australia</td>
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<td>Isolated nutrients vs. whole foods</td>
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<td>Suppression of natural medicine – the Flexner Report</td>
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Complete the Session 16 listed reading
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

Complete the Session 17 listed reading

Complete the Session 18 listed reading
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

Complete the Session 19 listed reading
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator
### Session 20
**Modern Naturopathic Medicine**
- Philosophy and Principles
- Modern clinical theory and practice
- Healing Practices – nutrition, herbal medicine, lifestyle counselling, exercise, massage and physical medicine, hydrotherapy, homeopathy, iridology
- International naturopathic practices and regulatory frameworks
- Influence of non-naturopathic pioneers

Complete the Session 20 listed reading
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

### Session 21
**Manual Therapies – Soft Tissue Therapies**
- Historical foundations
- European traditions
- Massage (remedial, Swedish)
- Myotherapy

Complete the Session 21 listed reading

### Session 22
**Manual Therapies – Osseous Therapies**
- Osteopathy and Chiropractic
- History
- Healing Philosophy – free function of vascular or nervous systems
- Healing Principles – Innate Intelligence, Life and Motion
- Luminaries – Still, Palmer

Complete the Session 22 listed reading
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

### Session 23
**Conventional Medicine**
- History and culture—developments since the mid-1900’s
- The Acute vs. Chronic Dichotomy
- Context - understanding the recent global reaction to conventional medicine and the
<table>
<thead>
<tr>
<th>Session 24</th>
<th>Allied Health</th>
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</thead>
<tbody>
<tr>
<td><strong>History</strong></td>
<td></td>
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<tr>
<td><strong>Context – the interdisciplinary team</strong></td>
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<tr>
<td><strong>Healing Philosophy</strong></td>
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<tr>
<td><strong>Healing Practices and Disciplines</strong></td>
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</tbody>
</table>

Complete the Session 24 listed reading
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

<table>
<thead>
<tr>
<th>Session 26</th>
<th>Energy Medicine and Intentional Healing</th>
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<tbody>
<tr>
<td><strong>Historical Context</strong></td>
<td></td>
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<tr>
<td><strong>Healing Philosophy</strong></td>
<td></td>
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<tr>
<td><strong>Healing Principles – Intention</strong></td>
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<tr>
<td><strong>Healing Practices – biofield therapies, bioelectromagnetic therapy</strong></td>
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<tr>
<td><strong>Relationship to ingestive / interventional medicines such as homeopathy, flower essences, herbal medicine and acupuncture</strong></td>
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</table>

**Looking Forward**
- Future landscapes in healing and medicine

Webinar: Changing perspectives and practices of healing through time, a wrap up of the semester
Complete the Session 26 listed reading
Video module: Farewell and Subject Wrap Up
Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator

13. **Session 25**

**Psychology and the role of the mind and emotions**
- History
- Major historical frameworks/approaches
- Consciousness and Healing
- Spirituality
- Mindfulness
- The healing relationship
- Mind-body medicine

Complete the Session 25 listed readings

14. **Non-Teaching Week/Practical Examination Week 1**
Note that make-up classes may be scheduled in this week

15. **Non-Teaching Week/Practical Examination Week 2**
Note that make-up classes may be scheduled in this week
<table>
<thead>
<tr>
<th></th>
<th>Final Examination Week 1</th>
<th>There is no final exam for this subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>17.</td>
<td>Final Examination Week 2</td>
<td>There is no final exam for this subject</td>
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</table>