External Degree Program
SOC-3230-JY01 Alternative Medicine,
Science and Disease
Online    Spring 2017
Instructor: Dr. Susan Green
Johnson State College
McClelland Hall, Rm. 108
802-635-1308/1320 or Susan.Green@jsc.edu

Dates: Jan. 16 to April 30 (no class April 3 to 7)

Location: Online using Moodle (http://myjsc.jsc.edu)

ADA Statement: Students with disabilities who believe that they may need accommodations in this class are encouraged to contact JSC’s Learning Specialist in Academic Services, as soon as possible to ensure that accommodations, if needed, are implemented in a timely fashion. Please call 802-635-1264.

Academic Honesty: (from JSC Catalog) Students are expected to conform to the highest standards of academic honesty in all of their academic work at Johnson State College. Academic dishonesty in any form is prohibited and unacceptable. Acts of dishonesty for which a student may be disciplined include, but are not limited to, receiving or providing unauthorized assistance on an examination and plagiarizing the work of others in writing assignments. The American Heritage Dictionary defines plagiarism in the following way: “To steal or use (the ideas or writings of another) as one’s own.” Students are responsible for knowing what specific acts constitute plagiarism; if students are uncertain as to whether a particular act constitutes plagiarism, they should consult with their instructors before turning in assigned work.

Texts: Texts are available through the JSC bookstore. Call 802-635-2503 or go to www.jsc.bkstr.com.
What are the most safe and effective ways to heal disease, live well, and sustain personal, global and environmental health?

In this class, we will explore how science, research, spirituality and intuition use different technologies, different strategies and make different claims for safety and effectiveness in healing disease and for living wellness lives. Healing choices evolve in a complex web of societal and global economics, politics, religion, media, and the ancient wisdom of culture with treasured beliefs, values, norms, symbols and language about how we live and how we die. Personal self-care, medical healthcare systems and global health address disease in diverse ways often affected by beliefs about healing, confusions about the availability of diverse sources of care and affordability of care. Cancer, heart disease, depression, diabetes and obesity are key issues for Americans, while other countries struggle with sanitation, poor water, tuberculosis, malaria, polio and AIDs.

We will explore the many kinds of evidence as per healthcare research: case studies, ethnographies, surveys, experiments, double blind studies, and explore the new fields of integrative healthcare and energy medicine. Randomized controlled clinical experimental trials (RCT’s) have been the gold standard for evaluating the safety and effectiveness of drugs for health care since the 1940’s. Alternative medicine and self-care approaches create unique challenges for evaluating their safety and effectiveness in healing disease and living well. Similar challenges are found in surgical procedures and physician care in the office. This course will help you assess multiple forms of evidence regarding the safety and efficacy of interventions to heal from disease ......so you, and your chosen healthcare provider may make optimal choices for healing & wellness.

What kinds of evidence for healing disease and being well do you believe, trust and value?

Why?
Course Texts


**Optional Texts for Book Review: Choose One or Two: Extra Credit**


*Note: Access to some research articles may require an email to Vicky.Sanborn@jsc.edu or Lisa.Kent@jsc.edu where they can scan specific research articles to you.*
COURSE GRADING:

Grading:
75% Discussion Board Forums
25% Assignments & Final Exam

Course Schedule:

1/16-1/22  Introduction to Science, Spirituality and Alternative Medicine
           Introduction to Quantitative & Qualitative Research

          Lecture: TBA

          Clinical Research: Ch 1: “Towards Standards of Evidence for CAM
          Research and Practice”.

1/23-1/29  Research Methods: Collecting Reliable Data

          Lecture: TBA

          Clinical Research: Ch 2: Qualitative Research Methods
          Clinical Research: Ch18: Questionnaires

Assignment: Handout Article on the Survey Method: Dr. David
           Eisenberg et al. Trends in Alternative Medicine Use in the United States
           1990-1997: Results of a Followup National Survey. Journal of the

1/30-2/5   Stress & The Mind-Body Connection

           Freeman: Complementary & Alternative Medicine: Ch 1 “Physiologic
           Pathways of Mind/Body Communication”

           Introductory Lecture”

           (v) Worried Sick. Alan Alda
2/26-2/12  Research Methods and The Immune Defense System,
Freeman: Complementary & Alternative Medicine: Ch 2: Research on 
Mind-Body Effects: pp: 37-56”
Lewith, et al. Clinical Research: Ch 14: Mind Body Medicine Approaches

2/13-2/19  Introduction to Psychoneuroimmunology: The Science of Mind-Body 
Medicine

Psychoneuroimmunology & The Politics of Mind-Body Research
Freeman: Complementary & Alternative Medicine: Ch 3:
“Psychoneuroimmunology and Conditioning of Immune Function”

Pert: Molecules of Emotion: Ch 2: Romance of the Opiate Receptor ‘Ch 3: 
Peptide Generation: A Continued Lecture Ch 4: Brains and Ambition, Ch 
5: Life at the Palace, Ch 6: Breaking the Rules

Assignment: Handout Article on the Experimental Method: Ader R 
and Cohen N. “Behaviorally Conditioned Immunosuppression”.

2/20-2/26  Research Methods, Evidence For Healing and Life at the NIH
Freeman:
Pert: Molecules of Emotion: Ch 7 The Biochemicals of Emotion and Ch 8: 
Turning Point, Ch 9 The Psychosomatic Network: A Concluding Lecture

Biomarkers”

2/27-3/5  The Economic and Political Impact of Media Presenting Medicine

How Americans Got Stuck with Commercial Drug Ads
(v) https://www.youtube.com/watch?v=_5jnn1AIt7Q

Introducing Alternative Medicine
(v) The Alternative Fix

A Conventional Medical Approach to Heart Disease
(v)Heart Disease in America: The Hidden Epidemic
3/6-3/12  The Science of Massage Therapy
Freeman: Complementary & Alternative Medicine: Ch. 13 “Massage Therapy”
Lewith et al. Clinical Research: Ch. 10: Massage Therapy
Freeman: Complementary & Alternative Medicine: Ch 5: “Relaxation Therapy, Ch 6: “Meditation
v) Bill Moyers: The Science of Mind-Body Medicine

3/13-3/19  A New Medical Paradigm & Epistemology for Healing & Nutrition
Lewith et al Clinical Research: Ch 8. Research in Herbal Medicine
(V) Esther Sternberg: “The Science of Healing”

3/20-3/26  The Science of Homeopathy
Freeman: Complementary & Alternative Medicine: Ch 12 “Homeopathy”
(v) Hidden Messages in Water

3/27-4/2  Chinese Medicine & Inflammation”
Freeman: Complementary & Alternative Medicine: Ch 11 “Acupuncture”
Lewith et al. Clinical Research, Ch. 9. Acupuncture
(v) Ted Talk: Chinese Medicine
https://www.youtube.com/watch?v=XbLAoUG3wmY

4/3-4/9 Spring Break Week: No class

4/10-4/16 Introduction to Energy Medicine and Healing

Freeman: Complementary and Alternative Medicine Ch. 17: Spirituality and Healing


(v) Myss: Introducing Medical Intuition


(v) Anatomy of the Spirit
https://www.youtube.com/watch?v=RC-yPwoYAMY

(v) Spirituality in Healing
https://www.youtube.com/watch?v=qPTxntKVcw

(v) Why People Don’t Heal.
https://www.youtube.com/watch?v=pzVyNoFA9E5

4/24-4/30 A New Integrative Medical Approach to Care: Final Exam

Assignment

The term “Integrative Medicine” was suggested by Dr. Andrew Weil in 1997 to encourage medicine to include “best evidence based” medical options in both conventional and alternative medicine. Dr. Weil offers the only medical residency in Integrative Medicine at the University of Arizona. Today, top hospitals across the
US are using integrative medical approaches---John Hopkins, Beth Israel, Scripps Center and the Mayo Clinic.

Andrew Weil: Integrative Medicine Founder
https://www.youtube.com/watch?v=4pXsm3qaFIk

The Science and Art of Integrative Medicine
https://www.youtube.com/watch?v=TmHiJqx8Jdw

The Mayo Clinic Updates on Integrative Health
https://www.youtube.com/watch?v=v96XB_yASyo