

**Professor Jose Guntin PSY2012**  
**Introduction to Psychology**

**Topic:**

Role of Nature in Human Development from the Point of View of Transpersonal Psychology

**Objectives:**

Assist student in the following: (1) exploring theories of personality and human behavior, (2) exploring influence of culture on personality, and (3) uncovering main-stream-culture's beliefs with respect to nature. The student will also review biological bases of human behavior by identifying connection between health and stress.

**Learning Outcomes:**

Students will be provided with the opportunity to utilize critical thinking skills. They will also have the opportunity to gain understanding about how natural systems function and recognize the interaction between humans and the environment.

**Description:** Students will be provided with the opportunity to experience nature and explore thoughts and feelings in the context of transpersonal psychology

- 1 – Basic concepts of Maslow's theory of needs will be presented including's Maslow's hierarchy of needs as an illustration of deficiency motive and the possibility of transcendence from deficiency motive to being motive (i.e.: curiosity, unselfish and non-possessive giving of love, belongingness).
- 2 – Basic concepts of Ken Wilber's 4-squadron theory (ALAQ Theory) will be presented making emphasis on the need to balance individual needs, group needs, and environment needs.
- 3 – Lecture will continue to uncover relation between health and stress and students engaged in class discussion about ways to reduce level of stress.
- 4 – Students will participate in Oleta River State Park Immersion and will be encouraged to focus on self-exploration of thoughts and feelings, become mindful to the outdoor experience.
- 5 – Students will write a reaction paper about their experience including thoughts about the interaction between humans and nature, being motives that promote self-actualization, effect of nature in reducing level of stress.