



# SUBJECT OUTLINE

Subject Name:

**History of Healing**

Subject Code:

**SOCH111**

## SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	1 <sup>st</sup> Year
Bachelor of Health Science (Myotherapy)	96	1 <sup>st</sup> Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	1 <sup>st</sup> Year
Bachelor of Complementary Medicine	48	1 <sup>st</sup> Year
Diploma of Health Science	32	1 <sup>st</sup> Year
Duration:	1 Semester	
Subject is:	Core	Subject Credit Points: 4

### Student Workload:

No. timetabled hours per week: 6	No. personal study hours per week: 4	Total hours per week: 10
Delivery Mode*:		
<input type="checkbox"/> On campus	<input checked="" type="checkbox"/> Online / Digital	<input type="checkbox"/> Blended
		<input type="checkbox"/> Intensive
Weekly Session^ Format/s - 2 sessions per week:		
<input checked="" type="checkbox"/> 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	
<p>*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.</p> <p>^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.</p>		
Study Pattern:	<input checked="" type="checkbox"/> Full Time	<input checked="" type="checkbox"/> 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

Type	Learning Outcomes Assessed	Weeks Content Delivered	Due	Weighting
<b>Discussion Forum</b> (forum posts during selected weeks, minimum of 100 words per week)	1-3	1-8	Weeks 4 & 8	20% (2 x 10%)
<b>Written Reflection</b> (750 words)	1, 3	1-10	Sunday end of Week 12	40%
<b>Final Quiz</b> (Multiple Choice, Short Answer & Extended Response)	1-3	1-13	Sunday end of Week 14	40%
All written assessments and online quizzes are due at 11:55 p.m. (AEST) Sunday and submitted through the LMS				

### Prescribed Readings:

1. Di Stefano, V. (2020). *Holism and complementary medicine: Origins and principles*. Routledge.
2. Kayne, S. B. (2010). *Traditional medicine: A global perspective*. Pharmaceutical Press. [ebook available]

### Recommended Readings:

1. Bivins, R. (2007). *Alternative medicine? A history*. Oxford University Press.
2. Grossinger, R. (2000). *Planet medicine: Origins* (7th ed.). North Atlantic Books.



## Subject Content

Week	Lectures	Tutorials / Practicals
1.	<p>Session 1</p> <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>• Professionalisation of natural medicine in the 21st century</li> <li>• Science and honouring the traditions of healing</li> </ul>	<p>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</p> <p>Complete the Session 1 listed readings</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>Complete the Session 2 listed reading</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> <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>Complete the Session 4 listed readings</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</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>Complete the Session 5 listed readings and view video module</p>
	<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>Complete the Session 6 listed readings</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
4.	<p>Session 7</p> <p><b>Traditional medicine in the Americas:</b></p> <p><b>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><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>Assessable Forum Discussion 1:</p> <ul style="list-style-type: none"> <li>● What do the tribal contexts of healing studied so far have in common? What differentiates them?</li> </ul> <p>Complete the Session 7 listed reading</p>
	<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> </ul>	<p>Complete the Session 8 listed readings</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>



	<ul style="list-style-type: none"> <li>● Healing Principles – doshas / humours, prana, mind and the elements</li> <li>● Healing Practices</li> </ul>	
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, Vital 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>	Complete the Session 9 listed readings
	<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>Complete the Session 10 listed readings</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</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> <li>● Healing Philosophy</li> <li>● Healing Practices</li> </ul>	There are no readings for this session
	<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> </ul>	<p>Complete the Session 12 listed readings</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>



	<ul style="list-style-type: none"> <li>● Healing practices – hygiene, diet, exercise, rest, herbs, balancing the humours</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>	Complete the Session 13 listed readings
	<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 (5th – 15th Centuries); The Renaissance and Early Modern Period (16th – 17th 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>Complete the Session 14 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
<p><b>NON-TEACHING WEEK</b></p> <p><b>Online students</b> – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Session 15</p> <p><b>European Medicine, Part 2 – The Enlightenment (18th 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>There are no readings for this session</p>
	<p>Session 16</p> <p><b>European Medicine, Part 3 – Industrialisation and Scientific Medicine (19th Century and beyond)</b></p>	<p>Assessable Forum Discussion 2</p> <ul style="list-style-type: none"> <li>● How does it benefit the practices of complementary medicine practitioners to understand about the histories of modalities other than their own?</li> </ul>



	<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>Complete the Session 16 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
9.	<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>Complete the Session 17 listed reading</p>
	<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> <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>	<p>Complete the Session 18 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
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</li> </ul>	<p>Complete the Session 19 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>



	<p>elements (fresh air, sunshine), mental/moral discipline</p> <ul style="list-style-type: none"> <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>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>Complete the Session 20 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
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>Complete the Session 21 listed reading</p>
	<p>Session 22</p> <p><b>Manual Therapies – Osseous Therapies</b></p> <ul style="list-style-type: none"> <li>• Osteopathy and Chiropractic</li> <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>	<p>Complete the Session 22 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
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</li> </ul>	<p>Complete the Session 23 listed reading</p>





	<p>return to natural, sustainable and self-responsible health</p> <ul style="list-style-type: none"> <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>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>Complete the Session 24 listed reading</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
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>Complete the Session 25 listed readings</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>Webinar: Changing perspectives and practices of healing through time, a wrap up of the semester</p> <p>Complete the Session 26 listed reading</p> <p>Video module: Farewell and Subject Wrap Up</p> <p>Post any content or assessment questions to the Loop for response by your Lecturer or Subject Administrator</p>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b></p> <p>Note that make-up classes may be scheduled in this week</p>	



16.	<b>Final Examination Week 1</b> There is no final exam for this subject
17.	<b>Final Examination Week 2</b> There is no final exam for this subject