In this fundamentals course, you will learn essential elements of the non-biomedical shamanic “life-way” at the foundation of all shamanism. You will study shamanic beliefs about the individual’s role in life, community, and the universe, and how these ideas are at the core of all shamanic healing practices. You will study cross-cultural healing beliefs and practices, the unique psychology necessary to understand them, and how these approaches may be used with contemporary healing practices and for personal growth. This course provides a core understanding of shamanic philosophies and ritual etiquette, properly preparing you to continue in deeper personal study and/or to more optimally participate in an experiential cultural immersion (e.g. via a Global Healing Traditions course.)

Visit z.umn.edu/CSPH5331 for more information.