

**WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION**

COURSE NUMBER: PSY 314

COURSE TITLE: Psychology of Human Potential

I. RATIONALE:

Sometimes considered "far out" or "California Cosmic" or even a new wave religion, the human potential movement and its scholarly persona, Humanistic - Affective Psychology, are often misunderstood. They have provided many of the techniques that are now commonplace in management, psychotherapy and family life today.

As Psychology professionals, we recognize that reactions to trauma come in many forms. The content of this course, and discussions about trauma from different perspectives, may bring about unexpected and unsettling reactions. Responses to trauma are often strategies that survivors have developed to keep themselves safe, and therefore really reflect strength and resiliency. Recognizing how trauma impacts anyone is an important part of skill building for creating trauma-informed services and systems. Please do not hesitate to contact the instructor at any time during the course if you would like to discuss, privately, your reactions to the content we are reviewing and/or the discussions we are having.

II. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

The student will demonstrate understanding of the human potential movement.

Learning Outcomes: The student will:

- A-1 Describe the history and influences that lead to the human potential movement.
- A-2 Identify major theorists and explain their theories (Maslow, Watts, May, Merton).
- A-3 Explain the effect of the human potential movement on modern psychology and modern management.
- A-4 Give examples of concepts/ideas from the movement used today.

GOAL B:

The student will demonstrate understanding of Eastern thought.

Learning Outcomes: The student will:

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