



Faculty of Arts and Social Sciences  
Religious Studies and Theology

## Syllabus

### **Lived Philosophy, Therapy and Spirituality: Perspectives in philosophy of religion on classical and contemporary philosophy**

**Course Code:** REGLEF

**Course Title:** Lived Philosophy, Therapy and Spirituality: Perspectives in philosophy of religion on classical and contemporary philosophy

*Levd filosofi, terapi och andlighet: religionsfilosofiska perspektiv på klassisk och samtida filosofi*

**Credits:** 15

**Degree Level:** Undergraduate level

**Progressive** First cycle, has at least 60 credits in first-cycle course/s as  
**Specialisation:** entry requirements (G2F)

#### **Major Field of Study:**

RKA (Religious Studies)

#### **Course Approval**

The syllabus was approved by the Faculty of Arts and Social Sciences 2021-02-16, and is valid from the Spring semester 2021 at Karlstad University.

#### **Prerequisites**

At least 60 ECTS credits completed, including 30 ECTS credits or more at the G1F level

#### **Learning Outcomes**

Upon completion of the course, students should be able to:

1. give an account of historical and conceptual connections between lived philosophy, therapy, and spirituality,

2. present and discuss contemporary forms of expression of lived philosophy, therapy, and spirituality and give an account of different spiritual practices in lived philosophy,
3. analyse classical and contemporary texts on lived philosophy, and
4. reflect upon therapeutic practice and its relation to medical, philosophical, religious, and secular contexts from a religious philosophy perspective.

### **Content**

The course provides a basic introduction to the historical and conceptual contexts that have connected philosophy, medicine, therapy, religion, and spirituality for centuries. Students study classical forms of lived philosophy from the Mediterranean area and India, and how these traditions have emphasised that philosophy is not only about theoretical and mental reflection, but also encompasses a lived experience which includes spiritual practices such as meditation, yoga, breathing, viveka, praemeditatio malorum, or meditatio mortem. The course also highlights how lived philosophy is expressed in our time as spiritual and therapeutic practice.

The course focuses on lived aspects of philosophy which deal with suffering, death, and the quest for a good life in practice, and offers theoretical perspectives on applied clinical and therapeutic issues.

Instruction is in the form of lectures and seminars, and the course also includes a project based on elective literature on classical or contemporary lived philosophy.

### **Reading List**

See separate document.

### **Examination**

Learning outcomes 1-4 are assessed on the basis of individual oral presentations and individual written hand-in assignments.

The examiner may decide that a student who is very close to a passing grade can complete a supplementary assignment to receive a passing grade for a specific examination. If this is a possibility, the examiner must specify when and how such a supplementary assignment may be permitted.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

### **Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

### **Quality Assurance**

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

### **Course Certificate**

A course certificate will be provided upon request.

### **Additional information**

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.