

UNIVERSITY OF GUAM

Traditional Healing Practices on Guam

DRAFT Course Syllabus

COURSE # : CM 394

Fanuchanan (Spring) 2025

CLASS MEETING: Saturdays 9:00am-11:50am

Instructor: Lourdes Manglona -Yo'ãnte (Traditional healer)

OFFICE HOURS:

by appointment

cell

Email:

Course Description

This course gives students an understanding of CHamoru traditional healing practices on Guam as part of the indigenous healthcare system. This system includes an array of indigenous knowledge and skills taught in the environment with the healers, beginning with basic understanding of the living environment, to the highly specialized skills in identifying plants, understanding the environment in which the plants grow, and the three ways of healing. This course aims to expose students to three CHamoru indigenous practices: lasa (massage), amot' (to treat using medicinal plants), and to suffe' (rituals used to treat spiritual ailments).

Emphasis of this course will be on the three types of indigenous practices: lasa, amot, and suffe'. The course content includes understanding which type of intervention is used based on assessing the individual and their environment. In addition, the student learns the values and how to respect the rituals associated with each of these three practices. Students learn the names of the medicinal plants (at least 10) that will be used in the treatment of the various ailments. Basic understanding of the topography of the land and the environment in which the medicinal plants grown will also be taught during the class. Videos on related topic will also be shown during some class sessions. During fieldwork, the class will focus on application of traditional knowledge which includes field visits and actual hands-on work.

COURSE LEARNING OBJECTIVES, PROGRAM LEARNING GOALS AND UOG LEARNING OBJECTIVES

Student Learning Objectives (SLOs)	Traditional Healing Program Learning Goals	CHamoru Studies Program Learning Outcomes (PLOs)	UOG Learning Objectives (ILOs)	Assessment
Upon completion of the course, students will:			ILO1: Master of critical thinking and problem solving	

#1 Identify the 10 main medicinal plants that are used in indigenous treatment.	Explain the traditional healing system and the sacred knowledge affiliated with the traditional healers and identifying plants.	PLO2: Examine major cultural, historical, political, ecological, and literary themes,	ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	<i>In-class activities, exams, and project</i>
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		developments, and events in the Mariana Islands.	ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	
	Demonstrate proficiency of traditional healing and identifying plant skills used in the assessment and preparation of the âmot.	PLO4: Create original and independent work including formulating and proposing a topic of study, locating appropriate evidence, synthesizing information logically and orderly, and conveying findings clearly.	ILO1: Master of critical thinking and problem solving	
			ILO3: Effective oral and written communication	
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	
	Analyze principles, terminology, and concepts in indigenous technology of the traditional healing system.	PLO2: Examine major cultural, historical, political, ecological, and literary themes, developments, and events in the Mariana Islands.	ILO1: Master of critical thinking and problem solving	
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	
#2 Demonstrate traditional healing skills by recreating and explaining one âmot for a child sickness and one âmot for an adult sickness.	Demonstrate proficiency of traditional healing and skills used in identifying plants, preparing plants, application of values and the preparation of recipes.	PLO4: Create original and independent work including formulating and proposing a topic of study, locating appropriate evidence, synthesizing information logically and orderly, and conveying findings clearly.	ILO1: Master of critical thinking and problem solving	<i>In-class activities, exams, and project</i>
			ILO3: Effective oral and written communication	
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	

	Analyze principles, terminology, and concepts in indigenous ways of the traditional healing system.	PLO2: Examine major cultural, historical, political, ecological, and literary themes, developments, and events in the Mariana Islands.	ILO1: Master of critical thinking and problem solving	
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	

			ILO7: An interest in personal development and lifelong learning	
#3 Explain the values and practices around the three types of healing: âmot (medicine) , manlalasa (massage) and suffe' (spiritual ailments).	Demonstrate proficiency of traditional healing and skills used in identifying plants, preparing plants, application of values and the preparation of recipes.	PLO2: Examine major cultural, historical, political, ecological, and literary themes, developments, and events in the Mariana Islands.	ILO1: Master of critical thinking and problem solving	<i>In-class activities, exams, and project</i>
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	
	Analyze principles, terminology, and concepts in indigenous ways of the traditional healing system.	PLO4: Create original and independent work including formulating and proposing a topic of study, locating appropriate evidence, synthesizing information logically and orderly, and conveying findings clearly.	ILO1: Master of critical thinking and problem solving	
			ILO3: Effective oral and written communication	
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	
#4 Interpret elements and environmental conditions (e.g., picking the âmot, the time, conditions for preparing) used for decisions in how to treat ailments.	Explain the traditional healing system and the sacred knowledge affiliated with the natural habitat of the âmot, plant identifying, and with preparing the âmot as an applied intervention and as a social system.	PLO2: Examine major cultural, historical, political, ecological, and literary themes, developments, and events in the Mariana Islands.	ILO1: Master of critical thinking and problem solving	<i>Project outcome</i>
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context	
			ILO5: Responsible use of knowledge, natural resources, and technology	
			ILO6: An appreciation of the arts and sciences	
			ILO7: An interest in personal development and lifelong learning	
	Demonstrate proficiency of traditional healing and	PLO4: Create original and independent work including formulating	ILO1: Master of critical thinking and problem solving	
			ILO3: Effective oral and written communication	

	skills used in identifying plants, preparing plants, application of values and the preparation of recipes.	and proposing a topic of study, locating appropriate evidence, synthesizing information logically and orderly, and conveying findings clearly.	ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
			ILO5: Responsible use of knowledge, natural resources, and technology
			ILO6: An appreciation of the arts and sciences
			ILO7: An interest in personal development and lifelong learning
			ILO1: Master of critical thinking and problem solving

	Analyze principles, terminology, and concepts in indigenous ways of the traditional healing system.	PLO2: Examine major cultural, historical, political, ecological, and literary themes, developments, and events in the Mariana Islands.	ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
			ILO5: Responsible use of knowledge, natural resources, and technology
			ILO6: An appreciation of the arts and sciences
			ILO7: An interest in personal development and lifelong learning
	Apply lessons inherent within Micronesian oral traditions and lore, practical skills, sustainability practices to traditional healing activities.	PLO2: Examine major cultural, historical, political, ecological, and literary themes, developments, and events in the Mariana Islands.	ILO1: Master of critical thinking and problem solving
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
			ILO5: Responsible use of knowledge, natural resources, and technology
			ILO6: An appreciation of the arts and sciences
			ILO7: An interest in personal development and lifelong learning
		PLO3: Evaluate relevant issues in CHamoru Studies within local and global contexts.	ILO1: Master of critical thinking and problem solving
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
			ILO5: Responsible use of knowledge, natural resources, and technology
			ILO6: An appreciation of the arts and sciences
			ILO7: An interest in personal development and lifelong learning
	Perform the roles and responsibilities members of the traditional healing community have	PLO2: Examine major cultural, historical, political, ecological, and literary themes,	ILO1: Master of critical thinking and problem solving
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context

	regarding the appropriate sharing of sacred knowledge (traditional skills as well as comprehension of land and ocean environments) affiliated with all aspects of traditional healing.	developments, and events in the Mariana Islands.	ILO5: Responsible use of knowledge, natural resources, and technology
			ILO6: An appreciation of the arts and sciences
			ILO7: An interest in personal development and lifelong learning
		PLO3: Evaluate relevant issues in CHamoru Studies within local and global contexts.	ILO1: Master of critical thinking and problem solving
			ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
			ILO5: Responsible use of knowledge, natural resources, and technology
			ILO6: An appreciation of the arts and sciences

COURSE READINGS:

This course requires no textbook for purchase. However, PDF reading materials or other hard copy documents related to this course will be provided to students through Moodle, links, or during class throughout the course period.

Fu'una and Puntan Reading » Folktale: Puntan and Fu'una: Gods of Creation (guampedia.com)

Fu'una and Puntan Videos [FO'NA YAN PONTAN: Marianas Creation Story – YouTube](#)

[I Tinituhon: Rediscovering Fo'na & Pontan - YouTube](#)

CHamoru Philosophy. [*Chamorro social moral philosophy 1994001.pdf \(uog.edu\)](#)

Lauren Gutierrez (flickr) Pictures of amot online with scientific name

Mendiola, D. (2009). Amot Chamorro : A Historical Snapshot of the CNMI's Medicinal Herbs and Shrubs.

McMakin, P. (1975). The Suruhanos: Traditional Curers on the Island of Guam.

Lizama, T. (2011). How are Traditional Healing Practices Being Preserved and Perpetuated in Modern Guam?

PREREQUISITES:

This course is the second course in the certificate of traditional healing series.

As such and while it is not a prerequisite, it is recommended that students would have had some knowledge of Micronesian region and CHamoru culture.

The following courses, while not required, will also be useful in taking this course.

CM 101-Introduction to Elementary CHamoru Language

CM 110- Introduction to CHamoru Studies

CM 210- CHamoru Studies and Practice (if topic is relevant) HI 211- History of Guam

CM 294- Introduction to CHamoru Indigenous Health and Healing

BI 417- Ethnobotany

GRADING:

30% Attendance & Participation

15% Quizzes

25% Essays/Self-Reflection

30% Final Exam/Demonstration of 2 āmot recipes

GRADING SYSTEM

A grade is given as recognition of a certain degree of accomplishment in a course and is to be interpreted as follows:

Letter Grade	Grade Point Value	Percent Grade	Definition
A+	4.00	98-100%	Outstanding Honors-level performance with superior quality and extraordinary distinction.
A	4.00	93-97%	
A-	3.67	90-92%	
B+	3.33	87-89%	Good Solid accomplishment, indicating a substantial mastery of course materials and a good command of skills required by the course.
B	3.00	83-86%	
B-	2.67	80-82%	
C+	2.33	77-79%	Adequate Students have achieved the level of competency needed for advancing to a subsequent course that has this course as prerequisite.
C	2.00	70-76%	
D	1.00	60-69%	Deficient Minimal passing, but not adequate to take a subsequent course that has this course as prerequisite.

F	0.00	<60%	Failure Inadequate to receive credits.
Letter Grade	Grade Point Value	Percent Grade	Definition
P	-		Pass
I	-		Incomplete
NC	-		No Credit

Note: Attendance is mandatory and vital to passing this class. If a student does not attend class, they will not get credit for participation as well. You will fail this class if attendance is poor. All students are expected to arrive on time.

CLASS REQUIREMENTS & EXPECTATIONS:

- Students will be expected to be respectful at all times (inside and outside of the classroom)
- Students will be expected to practice CHamoru values, i.e. respetu (respect), guinaiya (love for each other, environment and self), inafa'maolek (harmony between people, land, ocean and spirits)
- Personal phones: During lectures, please adhere to CHamoru values. Phones be used to take pictures in the field. Recording of lecture or discussions in the field with instructor permission.
- Late entry to class will not be a normal practice.
- Leaving the room during class (other than during a break) is disruptive and will not be allowed.
- Attire: Hats and sunglasses are not to be worn during class except on field visit and outside workshops. Appropriate work clothes for outside activities are recommended.
- Professional conduct is expected and mandated. Unprofessional behavior, disruptions during class or other unwanted behavior will not be tolerated. These include, but are not limited to
 - o Disruptive outbursts
 - o Unprofessional language
 - o Disrespectful language and behavior
 - o Unwarranted student to student side conversations
 - o Sleeping, not paying attention
- Make-up tests are not to be expected but will be given where circumstances dictate and approved by the instructor.
- Cheating is not allowed. Students found to have violated this rule may be referred to the University Student Discipline and Appeals Committee for disciplinary review.
- * If there are any circumstances that mandate these requirements not to be followed, please inform the instructor prior to class.
- *Consideration will be given to emergencies on a case-by-case basis on all items above.

ADA POLICY

Disability Accommodation Services

The University is committed to providing an inclusive and welcoming environment for all members of our community. Federal and local laws protect the University community from any act of sex discrimination. Such acts violate the essential dignity of our community members. If you need assistance with EEO (Equal Employment Opportunity) and/or Title IX concerns, please contact the Director of EEO/ADA & TITLE IX Office at 671-735-2244, 671-735-2971, TDD 671-735-2243 or eeo-ada@triton.uog.edu.

For individuals covered under the ADA (Americans with Disabilities Act), if you are a student with a disability requiring academic accommodation(s), please contact the Student Counseling and Advising Service Disability Support Services Office to discuss your confidential request. A Faculty Notification letter from the Disability Support Services/Student Counseling and Advising Service Accommodation counselor will be provided to me. To register for academic accommodations, please contact or visit Sallie S. Sablan, DSS counselor in the School of Education, office 110, disabilitysupport@triton.uog.edu or telephone/TDD 671-735-2460.

UNIVERSITY OF GUAM WAIVER OF LIABILITY

Agreement this _____ day of _____, 20 ____ between the University of Guam (hereinafter “University”) and _____ (hereinafter “Person”).

In consideration of the University granting permission to the Person to engage in any of the following activities:

- entering the jungle or other habitats where the åmot (medicine) can be found
- participate in the demonstrations of making the åmot and consuming the åmot
- participate in field trips or fieldwork inside and outside fo the classroom
- participate in harvesting and planting of natural materials in forest, field, or gardens

sponsored by the University, the Person hereby waives all claims for damage or loss to his/her person and/or property that may be caused by any act or failure to act by the University, its officers, agents, or employees.

The Person understands and assumes the risk of any dangerous conditions that may be encountered during the course of a class activity, field trip, and fieldwork. In addition, although the åmot that will be consumed is made of natural ingredients, in the event of illness or adverse reaction, the person waives all claims against the University and its officers, agents, or employees.

Student: _____ Witnessed by:

CM394: Traditional Healing Practices on Guam
Fañomnåkan 2025

Instructor: Lourdes Manglona

CLASS FEES:

\$225 Registration Fee

(for non-uog students: must pay to Global Learning Engagement Office)

\$15 Book Fee

\$15 Supply Fee

Date:	Activity/Lesson:	Additional Notes:
February 1, 2025	Registration + Review	
February 8, 2025	Amot Pasmun Reckla	
February 15, 2025	Amot Saggue' or Amot Tininu	
February 22, 2025	Amot Manglo'	
March 1, 2025	Amot Tonsil	*Bring lommok & lusong if you have one
March 8, 2025	Amot Labatorion Manglo'	
March 15, 2025	Amot Manglo' Matris	*Bring lommok & lusong if you have one
March 22, 2025	SPRING BREAK	
March 29, 2025	Amot Pudos para Palai	*Bring lommok & lusong if you have one
April 5, 2025	Amot Makpong	
April 12, 2025	Guest Speaker	
April 19, 2025	Guest Speaker	
April 26, 2025	Guest Speaker	
May 3, 2025	Presentations	
May 10, 2025	Amot Garden Day	*Dress accordingly. Tentative potluck.

***Schedule is subject to change.**