

## PSYC 4301 A : MINDFULNESS AND WELL-BEING

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| <b>Instructor</b>      | Alia Offman  |
| <b>Term</b>            | Fall   |
| <b>Course Delivery</b> | In-Person  |
| <b>Email Address</b>   | <a href="mailto:Alia.offman@carleton.ca">Alia.offman@carleton.ca</a> |
| <b>Office Location</b> | Virtual  |
| <b>Office Hours</b>    | By appointment   |

### COURSE DESCRIPTION/INSTRUCTOR'S STATEMENT

This special topic course is focused on the current psychological understanding of mindfulness meditation and its contribution to psychological well-being. Mindfulness involves paying attention to what is being experienced in the present moment, with a non-judgmental and non-reactive attitude. The course will explore a combination of traditional mindfulness practices from the East (Burmese Vipassana tradition) with solid and well-established principles of cognitive and behavioural traditions in the West. It will outline the important scientific research related to mindfulness and well-being, including: the model of coemergence, the neuroscience of mindfulness, learning theory and how they are integrated in modern psychological practices to increase well-being for individuals and community settings. The course will include pre-recorded lectures, live group discussions, videos, demonstrations and weekly meditation practices\*.

**\*Students will be expected to develop a mindfulness practice as part of the experiential learning component of the course.**

### EVALUATION

| Item  | Weight of Grade                    | Due date     |
|---|------------------------------------|--------------|
| <b>Weekly activity reflections (5 worth 5% each).</b> | 25%                                | Class 2 - 10 |
| <b>Oral class presentation</b>                        | 20% presentation<br>5% peer review | Class 3 - 10 |

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| <b>Making a difference through mindfulness project<br/>(individual or group)</b> | 25% | Class 6  |
| <b>Mindfulness Learning Portfolio.</b>   | 25% | Class 12 |

## TEXT

### Optional Readings

Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships. [Bruno A. Cayoun PsyD](#), Print ISBN:9781118509135 | Online ISBN:9781118509111 | DOI:10.1002/9781118509111. Copyright © 2015 John Wiley & Sons, Ltd.