

## PSYC 4301 : MINDFULNESS & WELL-BEING

Instructor	Alia Offman
Term	Fall 2024
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Office Hours	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 (live or recorded) class presentation</b>	20% presentation 5% peer review	Class 3 - 10

<b>Making a difference through mindfulness project (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.