

PSYC 5800 F - MINDFULNESS AND WELL-BEING

Course	PSYC 5800 F: Mindfulness and Well-Being
Instructor	Alia Offman
Term	Fall 2020
Email Address	alia.offman@carleton.ca
Office Location	
Office Hours	TBA

COURSE DESCRIPTION/INSTRUCTORS 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
<p>Weekly critical reflections (5 worth 5% each). Questions are posted weekly and covered in the following week's online discussion. Undergraduate 250 words Graduate 500 words</p>	25%	Class 2 through 10 5:35pm
<p>Round table discussions on weekly practices and supplemental readings. Students pre-record a vlog (or PPT w/audio) and submit to the weekly chat room. Students must sign up for a specific week. Students will also be graded on a peer review of someone else's submission (review is due the Friday after the vlog is posted). Undergraduate 500 words Graduate 750 words</p>	20% presentation 5% peer review	Class 3 through 10 2:35pm

<p>Mindfulness in the media project. Find an example of mindfulness in the popular media and compare with the related scientific research. Undergraduate 750 words Graduate 1000 words</p>	25%	Class 6 2:35pm
<p>Mindfulness Learning Portfolio. A collection of what students have learned over the semester in a multi-media format. Throughout the semester questions and activities will be suggested that students can include in their learning portfolios. Final projects can be submitted as a Power Point presentation, website, FB site, CUPortfolio or some other multi-media format.</p>	25%	Class 12 2:35pm

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.