

PSYC 5800 K - MINDFULNESS AND WELL-BEING

Course	Mindfulness and Well-Being
Instructor	Alia Offman
Term	Fall 2019
Email Address	Alia.Offman@carleton.ca
Office Location	TBD
Office Hours	By appointment. Mondays 17:30

COURSE DESCRIPTION/INSTRUCTORS STATEMENT

This special topics 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 in individuals and community settings. Class time will involve lectures, videos, demonstrations, weekly meditation practices as well as group work. Students will be expected to develop a mindfulness practice as part of the experiential learning component of the course.

EVALUATION

Weekly critical reflections (5 worth 5% each) Undergraduate 250 words Graduate 500 words
Round table discussions on weekly practice and chapter readings (individual or groups of 2) Undergraduate 500 words Graduate 750 words
Group mindfulness project 10 min presentations 5 min. group lead questions
Comparative media analysis Undergraduate students: 1500 words Graduate students: 2000 words

TEXT

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.

There will also be an online course pack.