

PSYC 4301 A : MINDFULNESS & WELL-BEING

Instructor	Alia Offman
Term	Fall 2026
Course Delivery	In-Person
Email Address	Alia.offman@carleton.ca
Office Location	Virtual
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 co-emergence, 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 (SUBJECT TO CHANGE)

Evaluation	Weight of Grade	Due date
Reflection on Mini-retreat. For the assignment you will be expected to reflect on your mini-retreat and write a report based on a set of questions provided in Brightspace.	25%	Class 9
Mindfulness in the media oral presentations. Find an example of mindfulness in the popular media and compare and contrast with the related peer-reviewed research. Presentations can be done in	25%	Class 3-11

groups and should be pre-recorded videos or voice over powerpoint and under 5 minutes.		
Weekly class exercises. Each week in class students will have the opportunity to reflect on their meditation practices and in class exercises. Students will be expected to hand in 5 reflections throughout the semester.	25%	Class 1-11
Mindfulness Learning Portfolio. A collection of what students have learned over the semester in a multi-media format. Final projects can be submitted as a Power Point presentation, website, FB site, CUPortfolio or some other multi-media format.	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.