

Mindfulness Based Wellness

PSY 417

This course will provide an overview of the construct of mindfulness and its applications in Psychology. Students will be given instruction to help them to establish a personal mindfulness practice. In addition, students will review current research concerning Mindfulness and its application in relief of human suffering. Students of this course will have the prerequisite to pursue training as a mindfulness teacher from programs that provide that certification.

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Demonstrate an understanding of the history of mindfulness and the benefits of mindfulness.

Learners will be able to:

- A-1 Explain the history of mindfulness.
- A-2 Examine the research on the benefits of mindfulness.
- A-3 Describe how mindfulness can increase one's resilience.

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Demonstrate an understanding of how mindfulness relates to stress management.

Learners will be able to:

- B-1 Describe stress physiology.
- B-2 Develop various holistic stress management skills.
- B-3 Apply understanding of the relationship between mindfulness and stress.

Demonstrate an understanding of how mindfulness relates to one's inner experiences.

Learners will be able to:

- C-1 Describe difference between reacting versus responding.
- C-2 Develop awareness of one's own thoughts, feelings, and emotions as it relates to overall health.
- C-3 Apply healthy ways of responding to negative thoughts, difficult emotions, and unwanted physical sensations.

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Demonstrate an understanding of how mindfulness relates to social location and relationships.

Learners will be able to:

- D-1 Identify ways in which mindfulness can be used to enhance human interactions and relationships.
- D-2 Develop understanding of cultural awareness.
- D-3 Apply the use of non-violent communication skills.

Students will use appropriate written and oral communication skills.

Students will be able to:

- E-1: Write with clarity and precision using correct English grammar mechanics (punctuation) and usage (sentence structure and vocabulary).
- E-2: Exhibit competence in writing for specific purposes, diverse audiences, and genres.
- E-3: Correctly and ethically present scholarly writings utilizing the selected citation and writing style deemed appropriate for the student's program of study.
- E-5: Appraise the needs of the audience and then speak in a clear and succinct manner.
- E-6: Research, construct, and deliver professional presentations using a variety of communication tools and techniques.