

Psychology 436 Mindfulness in Psychology Wintermester 2019

Number of Credits

3

Instructor

Alexander Kinzler

Catalog Description

Mindfulness has received an exponential increase in attention in recent years. But what is it exactly? Where did it come from? How is it being used in the field of psychology?

The first half of this course will focus on where mindfulness came from, including Buddhist philosophy and meditation practices. Some in-class experiential learning, in the form of meditation instruction, will be offered. The second half of the class will focus on why and how this concept came to be integrated into the field of psychology, with an emphasis on contemporary psychological research.

Required Textbooks/Materials

The following texts are required material in this course:

Hagen, S. (1997). *Buddhism plain and simple*. New York: Broadway Books.

Shapiro, S. & Carlson, L. (2017). *The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*. Washington, DC: American Psychological Association

Kabat-Zinn, J. (2013). *Full catastrophe living, Revised and updated edition*. New York: Bantam.

Grade Breakdown

The percentage distribution for the course is:

Letter	Percentage
A	94–100
A-	90–93
B+	87–89

Letter	Percentage
B	84–86
B-	80–83
C+	77–79
C	74–76
C-	70–73
D+	67–69
D	65–66
D-	62–64
F	below 62