PSYC 353-005: MINDFULNESS AND BUDDHIST PSYCHOLOGY

This online class examines Mindfulness and Buddhist psychology concepts and practices (e.g., interconnectedness; awareness of present moment experience; being and non-being; our experience of suffering and its alleviation). It includes both an experiential component (regular meditation practice) and a critical examination of theory and research on the topic of mindfulness-based interventions. 3 credits.

Professor: Dr. Rebecca Burwell

Required texts: