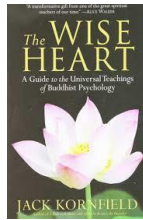


PSYC 353-501 **ST: MINDFULNESS AND BUDDHIST PSYCHOLOGY** (3 credits) This online class examines Mindfulness and Buddhist psychology concepts and practices (e.g., interconnectedness; awareness of present moment experience; being and non-being; suffering and its alleviation). It includes both an experiential component ([regular meditation practice](#), [journaling](#)) and a critical examination of theory and research on the topic of mindfulness (involves [discussion posts](#), [a final paper](#)). Professor: Dr. Rebecca Burwell

**Required text:** Kornfield, Jack (2008). *Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology*. Bantum Books: New York.



**Supplementary articles, video clips, guided meditations, and podcasts** are available on the Plato course website.

By the end of the course, you will be able to:

- Develop an experiential understanding of Buddhist Psychology and Mindfulness concepts through meditation and mindfulness practices.
- Cultivate a foundational understanding of the primary universal tenets of Buddhist Psychology (e.g., impermanence, the 4 Noble Truths, personality styles, suffering, compassion and wisdom, no-self).
- Summarize the application of mindfulness-based interventions to the treatment of various presenting concerns (e.g., mental health conditions, pain management) and to the promotion of wellbeing.
- Critically evaluate the available empirical (research) support for Mindfulness practices.
- [Further] develop and reflectively report on your own experiential contemplative practices and increase self-awareness of mind and emotion states.
- Compare and contrast Buddhist psychology and contemporary secular mindfulness approaches.
- Apply Buddhist Psychology and mindfulness principles to understand and address diverse contemporary social and clinical issues (e.g., social justice; climate change; mental health treatment).

Hope to see you in class this summer!