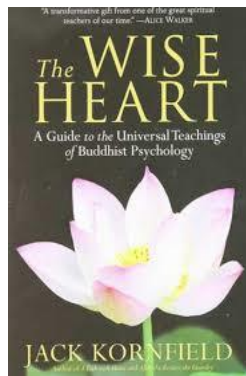


PSYC 353-005: **MINDFULNESS AND BUDDHIST PSYCHOLOGY**

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:

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