

Mindfulness-Based Health Promotion WE Instructor Training: Mindfulness

3 credit course

Spring Semester 2018

Instructors:

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Class Time:

Wednesdays, 4:05-7:05pm (break will be given for 10-15 minutes around 5:30pm).

Class Location:

Christie Wright Patterson, First Floor, Yoga Room 108

What to bring to class:

- *Yoga Mat*
- *Wear comfortable clothing*
- *Journal (simple college-ruled, 8.5x11 notebook) and Pen*
- *Full Catastrophe Living by Jon Kabat-Zinn*
- *Small snack of fruit, nuts, juice, hot tea, water, etc. (please no coffee and meat in the classroom)*

Please turn phones off with limited use even during break time (if you have an emergency or concern with this guideline, please speak with instructor).

Course Description:

We will focus on exploring the various practices within the vast field of mindfulness with the goal of gaining personal experience and understanding of mindfulness. This course is a complementary course to the evidence-based research presented in Healthy Brains, Healthy Bodies that supports mindfulness practice. The course is a direct extension of taking mindfulness research into a forum of experiential practice. It is essential that students be actively engaged in exploring, discussing and practicing mindfulness. **The emphasis of this course is PRACTICE, thus, attendance is critical.**

Course Goals:

1. Gain experience with the foundational concepts and practices within mindfulness
2. Develop a greater understanding of mindfulness practices for oneself and for others
3. Demonstrate a personal practice of mindfulness based on experience, understanding, and practice documentation.
4. Develop an introductory understanding and comfort with leading others in mindfulness practices. (Keep this goal light-hearted with the intention to gain experience understanding the dynamics and purpose of group practice.)

Course Objectives:

1. Detail mindfulness practices with an understanding of the purpose and technique of each suggested practice
2. Apply knowledge of mindfulness practices to one's personal life with focus on designing a personal practice plan
3. Use knowledge gained from identifying personal and common barriers to practice to assess and mitigate one's own barriers to practice, and offer suggestions to others
4. Analyze readings and materials presented along with personal practice experience to establish benefits and purpose of contemplative practice
5. Create a personal mindfulness practice plan for daily living
6. Utilize the practices within mindfulness to investigate one's own beliefs, thoughts, actions and emotions with a goal toward understanding the possible contributions of practices to personal well-being
7. Assess the importance of one's personal mindfulness practice before leading/instructing others in practice

Course pre-requisites:

- Healthy Brains, Healthy Bodies

Course Requirements

- Attendance: 3 hours in-class practice
- Mindfulness Practice Plan (practice outside of class time to establish habit):
 - Group practice: 2-4 hours of practice **in group**
 - Independent practice: 4-5 hours external practice (**independent** practices to include use of apps, audio, self-guided practices, video support, and reading/journaling assignments for course)
- Mid-Term Exam
- Final: Includes final paper, small group discussion and meditation practice

Required Text/Materials:

- Full Catastrophe Living (FCL), Jon Kabat-Zinn
- Coming to Our Senses (CTOS), Jon Kabat-Zinn
- Journal- college-ruled, standard notebook
- Yoga mat
- Additional readings and videos to be posted

Grading:

- **Attendance (Total 60% of final grade):**
 - This course emphasizes the aspect of mindfulness practice. During class times, we will discuss content with the majority of time given to practicing mindfulness as a group.
 - Absences will affect your grade:
 - 2% percentage points will be deducted for each absence. For example, if you miss:
 - 1 class, 58%
 - 2 classes, 56%
 - 3 classes, 54%
 - Leaving early from class without prior approval from instructor is considered as the student being absent.
 - If you have a particular situation, please discuss with the instructor prior to absence. If done after the absence, the policy will stand.
- **Practice Plan Documentation: (Total 18% of final grade)**
 - Each week we will focus on a different aspect of mindfulness practice. The expectation of this course is to create a practice of mindfulness beyond the classroom hours.
 - **Formal practice:** (2-4 hours of practice per week): Formal practice means, in this situation, a group practice that holds you to a structure. These are formal yoga and meditation classes offered through UVM recreation, UVM WE environment or in the community for students to attend to gain hours of practice experience.
 - **Informal/Independent practice:** (4-5 hours of practice per week): This means that you hold your own structure for practice. These are independent practices to include use of apps, audio, self-guided practices, video support, and reading/journaling assignments for class. *The themes for informal practices will change week by week to emphasize a certain practice and theme being taught.*
 - **Practice plan submission:** Students will be given a blank practice plan log each week to document practice time. These logs are due each week on Wednesday at the beginning of class.

- **Journaling: (Total 10% of final grade)**
 - Students will keep a mindfulness journal. Assignments will be given for written reflection on personal understanding and practice of the various mindfulness practices. Journals will be submitted periodically for review to the instructor.
 - The content of journals will not be shared with the class. The instructor will review the journaling assignments for completion of the exercise, understanding of the mindfulness practice, and the degree to which the student completed the journal exercise.
 - Students will be responsible for collecting the journals during instructors' office hours.

 - **Midterm (Total 5% of final grade)**
 - Mid-term will be held on **April 18, 2018**
 - Student will write a 250-word script for a mindfulness meditation.
 - In class mid-term exam will be given.

 - **Final Projects (Total 5% of final grade)**
 - Final exam will be held on **May 7, 2018 from 4:30-7:30**
 - Students are expected to revisit the script created during the mid-term, revise based on feedback, add in new material and then record each meditation. Each recording should be 4-6 minutes long and be submitted on Blackboard.
 - Students will create a summary paper on mindfulness practices, based on their understanding and practice, along with a personal practice plan tailored to their personal interests, tendencies, and life schedule.
 - Students will formally practice meditation as a group as part of the final exam.

 - **Grades**
 - A+ > 99%
 - A = 92 to 98.9%
 - A- = 90 to 91.9%
 - B+ = 87 to 89.9%
 - B = 82 to 86.9%
 - B- = 80 to 81.9%
 - C+ = 77 to 79.9%
 - C = 72 to 76.9%
 - C- = 70 to 71.9%
 - D+ = 67 to 69.9%
 - D = 62 to 66.9%
 - D- = 60 to 61.9%
 - F < 60%
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How to make sure you are on track with assignments and readings?

- I will post a course announcement after each weekly session that will summarize the requirements for the next session. Make sure to read these messages and to check BB. If you do this, you will understand what is required of you.
- You are expected to have completed only the *required* readings *prior* to the class date for which they are assigned.

Week 1: Introduction to the Course and the Practice of Mindfulness

Jan 17, 2018

Session #1: Introduction

Required Materials: None

Weekly practice focus:

- 3 sessions of mindful breathing of 10 minutes each. Suggestions for Practice: WE app, Calm app or coherence video, or other mindfulness app that you like

Week 2: Establishing a Practice

Jan 24, 2018

Preparation for Session #2

Required Materials:

- Watch history of MBSR, Jon Kabat-Zinn (24 min): <https://youtu.be/EljyrzqkXrE>
- Read FCL, The Power of Breathing: Your Unsuspected Ally in the Healing Process, Ch. 3
- Download Calm app or other mindfulness app to phone
- View breathing visual for 10 minutes: <https://youtu.be/FnT2vs4aXnA>

Exercises due today:

- **On BB:** Under Discussion Board, post your course intention and make statement of agreement to confidentiality statement
- **Bring your documented mindfulness practice plan to class.**
 - Document in practice plan 3 sessions of mindful breathing of 10 minutes each (Calm app or coherence video or WE app or another app)
- Be prepared to share practice plan ideas in small group.

Weekly practice focus: establishing a practice plan by documenting your practice and daily sessions of mindful breathing (10 mins each)

Week 3: Foundation I: Breath and Movement

Jan 31, 2018

Preparation for Session#3

Required Materials:

- FCL, Cultivating Strength, Balance, and Flexibility: Yoga is Meditation, Ch. 6
- Hatha Yoga documentary: <https://youtu.be/fb1hkzE5SvQ>
- Comfortable clothing and yoga mat for hatha yoga practice

Exercises due today:

- **Bring your documented mindfulness practice plan to class.**
 - Document in practice plan daily sessions of mindful breathing of 10 minutes each (Calm app or coherence video or WE app or another app)
 - Full 6-8 hours of mindfulness practice

Journal exercises due today (4 pages):

- Write notes and thoughts from reading on Power of Breathing, Chap 3, FCL. What was inspiring? What are the points most helpful to understand and to teach others?
- Write two pages on 5 various styles of hatha yoga. How would you describe them (styles, pace, approach)?

Weekly practice focus: hatha yoga class and daily sessions of mindful breathing (10 min each)

Week 4: Foundation II: Attitudes and Commitment to Mindfulness Practice

February 7, 2017

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- 2-3 formal hatha yoga classes
- daily sessions of 10 minutes of mindful breathing via Calm app, coherence video, audio recording provided

Journal exercise due today (4-5 pages): Hatha yoga: What do you like and/or dislike about hatha yoga practice? Identify your associations (impressions, images, perceptions, expectations) with the practice of yoga. What are they? How do you understand the purpose of hatha yoga in contemplative practices? Are there ways that you can incorporate mindful breathing and mindful movement into other physical movement (running, biking, soccer, cardio class)? Give practical steps/practice guidance on how to do so.

Session #4

Required Materials:

- FCL, You Have Only Moments to Live, Ch. 1
- FCL, Foundations of Mindfulness Practice: Attitudes and Commitment, Ch. 2

Weekly practice focus: hatha yoga and mindful breathing; contemplation of mindfulness qualities

Week 5: Practice of Body Scan Meditation

February 14, 2017

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- 2-3 formal hatha yoga classes
- daily sessions of 10 minutes of mindful breathing via Calm app or coherence video

Exercise due today in Journal (2-4 pages):

Of the mindfulness qualities identify two which come naturally to you and give examples of how you practice them. Identify 2 qualities that are challenging with a short description of how/why you find them challenging. What is your personal motivation for practicing mindfulness? Write your personal motivation statement to remind yourself of your commitment to practice for times when you become unmotivated. (This information in your journals will be shared with the instructor only. Content will not be shared in class unless you decide to discuss in class).

Submit journals to instructor today!

Session #5

Required Materials:

- FCL, Being in Your Body: The Body-Scan Technique, Ch. 5
- FCL, Working with Symptoms: Listening to Your Body, Ch. 21
- FCL, Working with Physical Pain: Your Pain is Not You, Ch. 22

Weekly practice focus: body scan meditation practice (3 sessions of 20 min)

Week 6: Physical Body as the Anchor of Practice

(Hatha Yoga and Body Scan Meditation)

February 21, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- 3 body scan meditation practices (20 minutes each)

Exercise due today in Journal (2-4 pages) Body Scan Meditation: What was your experience with the body scan meditation? What is your preferred time limit and why? What was your preference on time of practice and location? Why? How would you describe the practice of body scan meditation to someone else interested in mindfulness?

Session #6

Required Materials:

- FCL, Glimpses of Wholeness, Delusions of Separateness, Ch. 12
- CTOS, Meditation, It's Not What You Think, pp 58-63
- Video: Prince Ea, <https://youtu.be/D30VdhNoQdE/>

Weekly practice focus: create your personal combination of practice (options include hatha yoga, mindful breathing, body scan meditation)

Week 7: Mindful Eating: Awareness Through The Senses
February 28, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice.

- Document a combination of practice including hatha yoga, body scan meditation, and mindful breathing practices

Exercise due today in Journal (2-4 pages): How are the two mindfulness practices of hatha yoga and body scan meditation similar and how are they different?

Mindfulness Meditation script due today on Blackboard (subject to change): Please write a 250-word script for a mindfulness meditation and post to Blackboard. Please choose from the following topics. *Additional guidance handout will be given.*

- Breathing
- Foundational guidance into the present moment
- Body scan

Session #7

Required Materials:

- FCL, Food Stress, Ch. 31
- CTOS, Mystery of the Senses, pp 187-210
- Watch video: Ellen Langer Mind Over Matter
<https://youtu.be/4XQUJR4uIGM>
- Bring journals to class! (Journals to be given to instructors)

Weekly practice focus: Practice mindful eating 3x times in the week (for minimum of 15 minutes each)-focus on sensory experience

Week 8: Mindful Eating II Practice of Guiding Others
March 7th, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice.

- Document mindful eating practice (3x times in the week for minimum of 15 minutes each)

Exercise due today in Journal (2-4 pages):

- Of the mindful eating guidelines and tips which one(s) do you find most helpful in cultivating present moment awareness when eating? Which one is

most challenging and perhaps completely opposite of your everyday way of eating? Which of your senses do you find most powerful in mindful eating (smell, taste, sight, etc.) and how? What was your technique and experience with mindful eating?

Submit journals to instructors today!

Session #8

Required Materials:

- CTOS, Mystery of the Senses, pp 211-241
- Review mindful eating principles:
http://thecenterformindfuleating.org/Resources/Documents/TCME_2014_introbrochure.pdf
- Review mindful eating script and prepare to lead exercise (your personal practice is the best preparation for this exercise)

Weekly practice focus: Practice daily mindful eating in the week (for minimum of 10-15 minutes each). Practice with a shift in focus. This might be focusing on eating in silence, noticing chewing, setting intention to focus on the action of eating. Journal on experience with mindful eating.

Week 9: Spring Recess

No session 9

March 14, 2018

Week 10: Mindful Walking: The Mindfulness of Motion

March 21, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Daily mindful eating practices (minimum of 10-15 minutes each)

Session #10

Required Materials:

- FCL, Walking Meditation, Ch. 7
- Article: 9 Reasons to Try Mindful Walking:
<http://www.chopra.com/articles/9-reasons-to-try-mindful-walking>
- CTOS, Embracing Formal Practices, 245-272

Weekly practice focus: practice daily mindful walking (15 min practices)

Week 11: Preparing for Stillness: Formal Sitting Meditation

March 28, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Document *daily* mindful walking practice (at least 10 min of practice each). Note duration of time and technique used for practice in plan.

Exercise due today in Journal (2-4 pages): Overall what was your experience with mindful walking? Is this a practice that works for your tendencies and personality? Why or why not? What was your technique for practice (maybe it changed over the course of days)? Please include in your journal writing a script on teaching mindful walking.

Session #11

Required Materials:

- FCL, Sitting Meditation: Nourishing the Domain of Being, Ch. 4
- FCL, Responding to Stress Instead of Reacting, Ch. 20
- Review formal sitting meditation postures (handout)
- Review stressful thoughts log (template to be given)

Weekly practice focus: practice daily formal sitting meditation (10 min sessions); keep stressful thoughts log

Week 12: Presence and Well-Being

April 4th, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Practice of daily formal meditation practice (10 min sessions). Practice in group or individually with use of app or audio. Indicate how you practiced, location and time. Options for practice include any practices presented in class.

Journal exercises due today:

- Log of stressful thoughts
- (1 page) Agent of Change- How do you see yourself going forth with your mindfulness training and contributing to your environment (whether that is WE or the world)?

Session #12

Required Materials:

- FCL, Mind and Body: Evidence that Beliefs, Attitudes, Thoughts and Emotions Can Harm or Heal, Ch. 15
- FCL, Time and Time Stress, Ch. 26

- Five Hindrances, <http://insightmeditationcenter.org/articles/FiveHindrances.pdf>
- Review pleasant and unpleasant experiences log

Weekly practice focus: practice of lake meditation, 3 sessions for 15 min each; keep pleasant/unpleasant experiences log; practice daily mindfulness of your choice

Week 13: Ever-Changing Moment

Exam

April 11, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Practice the lake meditation at least three times this week. Continue with daily practice, using all mindfulness options given in class.

Journal exercise due today:

- Keep a log of pleasant and unpleasant experiences

Session #13

Required Materials:

- FCL, Working with Fear, Panic, and Anxiety, Ch. 25
- Video, 9 Attitudes of Mindfulness, Jon Kabat Zinn: <https://youtu.be/2n7FOBFMvXg>
- Carson SH & Langer EJ. "Mindfulness and self-acceptance." *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 24 (1), 2006.

Weekly practice focus: practice of mountain meditation, 3 sessions of 15 min each); daily practice of mindfulness of your choice

Week 14: Mindful Communication

April 18, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Practice the mountain meditation 3x this week. Continue with daily practice of mindfulness.

Session #14

Required Materials:

- Nonviolent Communication Handout, pp 83-93
- FCL, People Stress, Ch. 28
- FCL, Connectedness and Interconnectedness, Ch. 16

Weekly practice focus: focus on mindful communication; create a combination of practices for your personal practice plan

Week 15: Cultivating Compassion
April 25, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Document combination of mindfulness practices to fit your schedule and interest.

Journal exercise due today (2-4 pages): Write a few pages on how you bring your mindfulness practice into everyday life. What practices are now becoming a part of your daily experience? Give examples of situation and the way in which you apply or practice mindfulness in these situations.

Submit journals to instructor today!

Session #15

Required Materials:

- FCL, On Healing, Ch. 13
- CTOS, Loving-kindness Meditation, pp 285-295

Weekly practice focus: practice of loving kindness meditation (3 sessions of 15 min)

Week 16: Creating Your Personal Practice
May 2, 2018

Exercises due today:

Update practice plan with time and length of practice, and type of mindfulness practice. Make sure that practice plan includes:

- Document practice of loving kindness meditation or another compassion mindfulness practice (3 sessions of 15 min)

Mindfulness Meditation recording due today on Blackboard: Please add onto your scripts, from week 7, to tie in new material covered. Record this mindfulness meditation and upload to Blackboard. Your recording should be 4-6 minutes long.

Session 16

Required Materials:

- FCL, Keeping Up the Formal Practice, Ch. 34
- FCL, Keeping Up the Informal Practice, Ch. 35

Final Exam Session (May 7, 2018):

Final summary paper and personal practice plan to be submitted

May 7th, 4:30-7:30pm
Final Meditation Exam

***Final Project Papers due May 2, 2018*

Weekly Practice Plan:

A template for practice plan documentation will be given. The practice plan is to be submitted weekly at the beginning of class. Consistent and documented mindfulness practice is the foundation of the course. For each week students will receive instruction on a particular practice of mindfulness.

Journal Entries:

Journals will be standard, college-ruled notebook size. Writing in pencil or pen is acceptable. The expectation is that the journal entries are hand written. Journal entries should follow the page requirement given which changes by assignment. Please write legibly and use double spacing. Allow the time to write mindfully since the journal writing is a mindfulness practice. In addition to suggested page length, journal assignments will be guided by prompt questions. Please note in your writing that you are clearly addressing the suggested questions. Journal entries **will not be posted** on Blackboard. They will be submitted to the instructor 3-4 times over the semester for review.

At the end of the course, your journal will receive up percentage points based on:

- Page requirement
- Content in responding to the journal questions (your personal experience practicing the suggested mindfulness activities will be immensely helpful in journaling)
- Content in addressing each prompt question
- Legibility of handwriting

Midterm/Final Script and Recording (more details to come):

- Script should be 250-words with careful choice of wording
- The script should be revised and new material should be added prior to recording
- Recording should be 4-6 minutes long

Final Paper: Summary of Practices and Personal Practice Plan

- The final paper will include foundational concepts in mindfulness, summary of practices and creation of a personal practice plan.
- The paper should be 6-7 pages with 1" margins and double-spacing.
- Papers that are turned in late will lose 2 points for each day that they are late.

- Students requesting an exemption from the late submission policy must present a written note from a school Dean, Academic Advisor, or personal physician justifying the late submission, which will then be considered by the instructors.
- We strongly suggest that you proofread the paper for grammar, spelling, and readability. If that is not your forte, get help from friends, family, the UVM Writing Center (Located in 105 Bailey/Howe Library), etc.
- Feel free to set up a meeting with your TA or the professor to discuss your personal practice plan ideas.

Office Hours;
DeShan and Nalini, Old Hall 2, UHC
Thursdays from 1-3pm

Rubric for grading final project to be given.

More Policies:

- **Student Learning Accommodations:** In keeping with University policy, any student with a documented disability interested in utilizing accommodations should contact ACCESS, the office of Disability Services on campus. ACCESS works with students and faculty in an interactive process to explore reasonable and appropriate accommodations via an accommodation letter to faculty with approved accommodations as early as possible each semester. All students are strongly encouraged to meet with their faculty to discuss the accommodations they plan to use in each course.

Contact ACCESS: A170 Living/Learning Center; 802-656-7753; access@uvm.edu;
www.uvm.edu/access

- UVM's policy on disability certification and student support:
www.uvm.edu/~uvmppg/ppg/student/disability.pdf
- **Religious Holidays:** Students have the right to practice the religion of their choice. If you need to miss class to observe a religious holiday, please submit the dates of your absence to me in writing by the end of the second full week of classes. You will be permitted to make up work within a mutually agreed-upon time.
- **Academic Integrity:** The policy addresses plagiarism, fabrication, collusion, and cheating. <http://www.uvm.edu/~uvmppg/ppg/student/acadintegrity.pdf>
- **Grade Appeals:** If you would like to contest a grade, please follow the procedures outlined in this policy:
<http://www.uvm.edu/~uvmppg/ppg/student/gradeappeals.pdf>

- **Grading:** For information on grading and GPA calculation, go to www.uvm.edu/academics/catalogue and click on Policies for an A-Z listing.
- **Code of Student Rights and Responsibilities:** www.uvm.edu/~uvmppg/ppg/student/studentcode.pdf
- **FERPA Rights Disclosure:** The purpose of this policy is to communicate the rights of students regarding access to, and privacy of their student educational records as provided for in the Family Educational Rights and Privacy Act (FERPA) of 1974. <http://www.uvm.edu/~uvmppg/ppg/student/ferpa.pdf>
- **Promoting Health & Safety:** The University of Vermont's number one priority is to support a healthy and safe community:
- **Center for Health and Wellbeing** <http://www.uvm.edu/~chwb/>
- **Counseling & Psychiatry Services (CAPS)** Phone: (802) 656-3340
C.A.R.E. If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at <http://www.uvm.edu/~dos/>
- **Final exam policy:** The University final exam policy outlines expectations during final exams and explains timing and process of examination period. <http://www.uvm.edu/academics/catalogue2013-14/?Page=allpolicies.php&SM=policymenu.html&policy=Exams>