ED PS 5068/6068/568-090
Meditation and Stress Reduction
Spring Syllabus 2013

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INTRODUCTION

Learning and practicing mindfulness is a wonderful way for individuals to cultivate a nonreactive, non-anxious presence and to access our inner knowledge and wisdom needed to respond effectively in our personal and professional lives. The concepts and applications of mindfulness are also useful for in addressing psychological problems such as anxiety, depression, stress, addictions, etc. This course will focus on the principles and practices of mindfulness in as they apply to personal growth and "self-development." To that end, we will learn and practice the Mindfulness-Based Stress Reduction model developed by Drs. Jon Kabat-Zinn and Saki Santorelli, University of Massachusetts Medical Center.

COURSE OBJECTIVES

Students will develop knowledge and skills that can be applied with stress-reduction, anxiety, and depression. Students in this course are expected to complete all of the practice homework assignments each week. Enjoy!

- Students will increase theoretical and conceptual knowledge regarding mindfulness-based stress reduction models;
- Students will experientially understand mindfulness and its applications through direct and consistent practice;
- Students will utilize knowledge and skills of mindfulness principles and practices when encountering stress, depression, anxiety, in their own lives;
- Students will apply mindfulness principles and practices in their own self-development and discuss the impact and effects of regular practice on their personal and professional growth.

REQUIREMENTS

- Participate in the training and regular, daily practice of meditation
- Participate in Weekly Online Learning Modules that include:
  - Reading assignments
  - Listening to Guided Meditation CDs
  - Meditation practice and reflection
  - Small group discussions
  - Web lectures
  - Response papers
  - Final Exam
- NO LATE PAPERS ACCEPTED
- FOR GRADUATE LEVEL COURSE CREDIT (EDPS 6068-090):
  - Create a model for teaching beginning mindfulness meditation skills to individuals that relates to your field of study (4-5 pages).

GRADING

Self Intro To Class - 10 Points

Participant Information Form - 10 Points

Stress Assessment - 10 Points

Weekly Meditation Practice Logs - 10 Points Each

Response Papers - 15 Points Each
Day of Mindfulness Response Paper - 20 Points

Eating Mindfully Practice Log - 10 Points

Meditation Self-Grade - 25 Points

Final Exam - 40 Points

FOR GRADUATE CREDIT ONLY (EDPS 6068-090): Create a model for teaching beginning mindfulness meditation skills to individuals that relates to your field of study (4-5 pages) - 40 Points

TOTAL POSSIBLE POINTS FOR EDPS 5068-090 (UNDERGRAD): 345

TOTAL POSSIBLE POINTS FOR EDPS 6068-090 (GRAD): 385

GRADING SCALE:

A  = 93-100%
A- = 90-92%
B+ = 87-89%
B  = 83-86%
B- = 80-82%
C+ = 77-79%
C  = 73-76%
C- = 70-72%
D+ = 67-69%
D  = 63-66%
D- = 60-62%
E  = < 60%

TEXTS

- *Full Catastrophe Living*, Jon Kabat-Zinn (required text)
- *Mindfulness in Plain English* - by Bhante Gunaratana (required text)
- *The Mindful Way Through Depression* - by Williams, Teasdale Segal, and Kabat-Zinn (required text)
- Jon Kabat-Zinn's mindfulness CDs - Series 2 (Make sure you order the correct series). You can buy them here: [http://www.mindfulnesscds.com/index.html](http://www.mindfulnesscds.com/index.html)
IMPORTANT COURSE INFORMATION

Navigating this course: This course is organized into 16 learning modules. The content of each module can be accessed via that module.

- The online system we are using is called “Canvas.”
- For online help with the Canvas system: Go to [http://canvaswiki.uen.org/wiki/Main_Page#Canvas_for_Students](http://canvaswiki.uen.org/wiki/Main_Page#Canvas_for_Students), then click on “Canvas for Students”
- How To Set Your Communication Preferences: [https://learn-uu.uen.org/courses/23633/modules/items/101560](https://learn-uu.uen.org/courses/23633/modules/items/101560)
- Canvas Video Tutorials: [http://guides.instructure.com/s/2204/m/4210](http://guides.instructure.com/s/2204/m/4210)
- Technical support for Canvas is available via the Technology Assisted Curriculum Center (TACC):
  - [http://www.tacc.utah.edu/](http://www.tacc.utah.edu/)
  - Help Desk: 801 – 585 – 5959
  - The TACC office is located on the first floor of the Marriott Library, easily accessible from the west entrance by the campus bookstore.
- You may need to do a browser check and turn off pop-up blockers (I recommend Safari as a browser)

Check Canvas Calendar regularly for specific due dates, as they may change.

- Keeping on schedule with assignments is ESSENTIAL for this course.
- There are several due dates for assignments across each week, so don't delay getting started on a module.
- We work through the course in a step-by-step manner. If you are to fall behind you may miss important information that you will need for the next module.

See Module Learning “Guidelines” for detailed instructions on each module.

- There are instructions for each module that give you detailed information on topics for small group discussion, topics for response papers, guidelines for meditation practice, etc.
- At the beginning of each module, please read the "Guidelines" FIRST.

Modules should be completed NO LATER THAN 11PM Mountain Time on due date.

- Each module may contain due dates for specific assignments, please read carefully, and follow instructions.
COURSE MODULES AND TIMELINE

MODULE 1: Overview, Introduction to Mindfulness and Meditation

START MODULE: 1/7

COMPLETE MODULE: 1/12

Readings:

- Module 1 Guidelines
- *Full Catastrophe Living*, Chapters 1-3
- *Mindfulness in Plain English*, Chapters 1-2
- *The Mindful Way Through Depression*, Introduction and Chapter 1

Web lectures and Powerpoint Slides:

- Module 1

Assignments:

- Complete Self Intro to Class (due 1/10)
- Complete Participant Information Form (due 1/11)
- Complete Stress Assessment (due 1/12)

MODULE 2: Beginning Mindfulness Meditation Practice

START MODULE: 1/13

COMPLETE MODULE: 1/19

Readings:

- Module 2 Guidelines
- *Full Catastrophe Living*, Chapters 4, 8-10
- *Mindfulness in Plain English*, Chapters 3-4
- *The Mindful Way Through Depression*, Chapters 2-3

Web Lecture and Powerpoint Slides:

- Module 2

Assignments:
• Listen to *Mindfulness Meditation CD* - Series 2 - CD 1 - Track 1 (10 minute sitting meditation)
• Meditate at least one time per day
• Complete *Weekly Meditation Practice Log* (1/18)
• Small group discussion – Write one discussion post (due 1/17) AND at least one response to another student’s post (due 1/19)

**PLEASE NOTE:** I don't divide you into discussion groups until AFTER the drop deadline for the semester. So, DO NOT start your discussion post until after 1/16 at 5PM.

**MODULE 3:** Mindfulness in Everyday Life and Beginning a Meditation Practice

**START MODULE:** 1/20

**COMPLETE MODULE:** 1/25

Readings:

• Module 3 Guidelines
• *Full Catastrophe Living*, Chapters 11-16
• *The Mindful Way Through Depression*, Chapter 4

Web Lecture and Powerpoint Slides:

• Module 3

Assignments:

• Listen to *Mindfulness Meditation CD* - Series 2 - CD 1 - Track 1 (10 minute sitting meditation)
• Listen to *Mindful Way Through Depression CD* - Track 4 (Mindfulness of the Breath)
• Meditate at least one time per day using your preferred guided meditation
• Complete *Weekly Meditation Practice Log* (due 1/25)

**MODULE 4:** Understanding the Role and Impact of Stress / Using Mindfulness As An Alternative Path

**START MODULE:** 1/26

**COMPLETE MODULE:** 2/1

Readings:

• Module 4 Guidelines
• *Full Catastrophe Living*, Chapters 17-20
• *The Mindful Way Through Depression*, Chapter 5

**Web lectures and Powerpoint Slides:**

• Module 4

**Assignments:**

• Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
• Listen to *Mindful Way Through Depression CD* - Track 2 (Body Scan)
• Meditate at least one time per day for at least 15-20 minutes
• Complete *Weekly Meditation Practice Log* (due 2/1)
• Small group discussion: One paragraph summary of experience this week (due 1/30), and at least one response to another group member’s post (due 2/1)

**MODULE 5: Working With Physical Pain Symptoms and Setting Up Your Meditation Practice**

**START MODULE:** 2/2

**COMPLETE MODULE:** 2/8

**Readings:**

• Module 5 Guidelines
• *Full Catastrophe Living*, Chapters 21-23
• *Mindfulness In Plain English*, Chapters 6-8

**Web lectures and Powerpoint Slides:**

• Module 5

**Assignments:**

• Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
• Listen to *Mindful Way Through Depression CD* - Track 5 (Mindfulness of Breath and Body)
• Meditate at least one time per day
• Write response paper #1 (due 2/7)
• Complete *Weekly Meditation Practice Log* (due 2/8)

**MODULE 6: Using Mindfulness with Emotional Pain, Fear, and Anxiety**

**START MODULE:** 2/9
COMPLETE MODULE: 2/15

Readings:

- Module 6 Guidelines
- *The Mindful Way Through Depression*, Chapters 6-7
- *Full Catastrophe Living*, Chapters 24-25

Web lectures and Powerpoint Slides:

- Module 6

Assignments:

- Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
- Meditate at least one time per day
- Complete *Weekly Meditation Practice Log* (due 2/15)
- Small group discussion: One paragraph summary of experience this week (due 2/13), and at least one response to another group member’s post (due 2/15)

MODULE 7: Various Types of Stress and Their Impact

START MODULE: 2/16

COMPLETE MODULE: 2/22

Readings:

- Module 7 Guidelines
- *Full Catastrophe Living*, Chapters 26-30

Web Lectures and Powerpoint Slides:

- Module 7

Assignments:

- Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
- Meditate at least one time per day
- Complete *Weekly Meditation Practice Log* (due 2/22)

MODULE 8: Working with Problems and Distractions in Meditation
START MODULE: 2/23

COMPLETE MODULE: 3/1

Readings:

- Module 8 Guidelines
- *Mindfulness in Plain English*, Chapter 10-12
- *The Mindful Way Through Depression*, Chapter 8

Web Lectures and Powerpoint Slides:

- Module 8

Assignments:

- Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
- Listen to *Mindful Way Through Depression* CD, Track 6
- Meditate at least one time per day
- Complete *Weekly Meditation Practice Log* (due 3/1)
- Small group discussion: One paragraph summary of experience this week (due 2/27), and at least one response to another group member’s post (due 3/1)

MODULE 9: Reflections on Mindfulness & The Breathing Space Activity

START MODULE: 3/2

COMPLETE MODULE: 3/8

Readings:

- Module 9 Guidelines
- *Mindfulness in Plain English*, Chapters 13-14
- *The Mindful Way Through Depression*, Chapter 9

Web lectures and Powerpoint Slides:

- Module 9

Assignments:

- Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
- Listen to *Mindful Way Through Depression* CD - Track 7 (Breathing Space) **twice a day** for the entire week
- Meditate at least one time per day
- Complete *Weekly Meditation Practice Log* (due 3/8)
MODULE 10: New Research on Mindfulness Meditation

START MODULE: 3/9

COMPLETE MODULE: 3/22

Readings:

• Module 10 Guidelines
• "Taking the measure of mind" (electronic reserve)
• “The meeting of meditative disciplines and western psychology: A mutually enriching dialogue” (electronic reserve)
• "Mechanisms of Mindfulness" (electronic reserve)

Web lectures and Powerpoint Slides:

• Module 10

Assignments:

• Listen to Mindfulness Meditation CDs - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
• Meditate at least one time per day
• Write Response Paper #2 (due 3/21)
• Complete Weekly Meditation Practice Log (due 3/22)

MODULE 11: Meditation, Movement, and the Body

START MODULE: 3/23

COMPLETE MODULE: 3/29

Readings:

• Module 11 Guidelines
• Full Catastrophe Living, Chapters 5-7
• "Effects of a brief, comprehensive, yoga-based program on quality of life..." (Located in Module)

Web lectures and Powerpoint Slides:

• Module 11

Assignments:
• Listen to *Mindful Way Through Depression CD* - Track 2 (Body Scan)
• Listen to the *Mindful Way Through Depression CD* - Track 3 (Mindful standing yoga)
• Meditate at least one time per day
• *Complete Weekly Meditation Practice Log* (include at least one log of each: walking meditation, yoga, body scan) (due 3/29)
• Small group discussion: One paragraph summary of experience this week (due 3/27), and at least one response to another group member’s post (due 3/29)

**MODULE 12: Compassion and the Loving Kindness Meditation**

**START MODULE:** 3/30

**COMPLETE MODULE:** 4/5

**Readings:**

• Module 12 Guidelines
• “Open hearts build lives” (Located in module)
• *Mindfulness in Plain English*, Chapter 9 and Afterword
• Communicating with Awareness Guidelines (Located in module)

**Audio lectures:**

• We have no regular web lecture this week. Instead I would like for you to listen to excerpts from Tara Brach’s *Radical Acceptance*. On the web lecture page, you will see a few different audio clips. Please listen in the following order: (1) Listen to the entire recording; (2) Start listening at 36:38, and listen from there and listen from there to the end; (3) Start listening at 30:54, and listen from there to the end; (4) Listen to the entire audio recording
• Listen to my audio recording of a Loving Kindness meditation practice at least once during the week.
• Listen to my audio recording of a Loving Kindness meditation practice at least once during the week.

**Assignments:**

• Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
• Meditate at least one time per day
• Listen to the audio lectures and the Loving Kindness meditation audio recording during at least one meditation practice
• *Complete Weekly Meditation Practice Log* (due 4/5)

**MODULE 13: Eating Mindfully**

**START MODULE:** 4/6
COMPLETE MODULE: 4/12

Readings:

- Module 13 Guidelines
- *Eat, Drink, and Be Mindful*, Chapters 2-4
- *Full Catastrophe Living*, Chapter 31

Web lectures and Powerpoint Slides:

- Module 13

Assignments:

- Participate in the Mindful Eating Exercises located in the *Eat, Drink and Be Mindful* reading.
- Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
- Meditate at least one time per day
- Complete Day of Mindfulness Response Paper (due 4/11)
- Complete the Mindful Eating food diary assignment (due 4/12)

MODULE 14: World Stress, Consumption, and Environment

START MODULE: 4/13

COMPLETE MODULE: 4/19

Readings:

- Module 14 Guidelines
- "Beyond environment" article - http://www.guardian.co.uk/sustainablebusiness/zen-thich-naht-hanh-buddhidm-business-values
- *Full Catastrophe Living*, Ch. 32

Web lectures and Powerpoint Slides:

- Module 14

Assignments:

- Listen to *Mindfulness Meditation CDs* - Series 2 - CD 1 - Track 2 (20 minute sitting meditation)
- Meditate at least one time per day
- Complete Weekly Meditation Practice Log (due 4/19)
- Final small group discussion: One paragraph summary of experience this week (due 4/17), and at least one response to another group member’s post (due 4/19)
MODULE 15: Setting Yourself Up For Success in Continuing your Mindfulness Practice Beyond the Course

START MODULE: 4/20

COMPLETE MODULE: 4/26

Readings:

- Module 15 Guidelines
- The Mindful Way Through Depression, Chapter 10-11
- Full Catastrophe Living, Chapters 33-36

Web lectures and Powerpoint Slides:

- Module 15

Assignments:

- Meditate at least one time per day
- Complete Weekly Meditation Practice Log (due 4/26)

MODULE 16: Final Grade and Exam

START MODULE: 4/27

COMPLETE MODULE: 5/2

- Complete Meditation Grade Self-Assignment (due 4/29)
- Complete Final Exam (due 4/30)
- Graduate Course Credit Only (ED PS 6068-090): Mindful Model of Teaching is DUE 5/2
RESPONSE-RELECTION PAPER GUIDELINES

When writing your response papers, please CONNECT your experience with meditation to other experiences, relationships, emotions, thoughts, etc. in your life. It should be a systematic and analytical account of your reflections as they relate to the knowledge, concepts and activities of the course. Make sure to read the Guidelines each week, because they may provide additional instructions for your response papers. If there are no additional instructions, please make sure to include your reflections on your meditation practice AS WELL AS the readings, web lectures, etc. This is important, because it is one of the ways for me to know you are doing the reading. However, please DO NOT provide just a summary of the readings, lectures, etc. I want to know how you are reflecting on them and weaving them into your meditation practice.

Paper parameters:

- 3 pages exactly (no more and no less!)
- 12-pt Times New Roman font
- 1” margins all around
- Double-spaced, indent 5 spaces for new paragraph
- No reference page needed
- I recommended that you include a separate title page (in addition to the three-page reflection paper)

CONNECT your meditation experience to (These should be included in every paper):

- Readings, coursework, work situation, relationships, past and present experiences, thoughts and ideas, self-reflections.

Things to address in your reflections (These should be included in every paper):

- What you agree or disagree with, what strikes you as important or transformative, what you think is missing from the presented materials, what you have questions on or what needs further clarification, responses to a question or activity posed by instructor.

Pitfalls to avoid:

- Describing or summarizing the readings (instead, say what you think and feel about them as you reference the readings. You can also offer critiques of the information and pose questions as you reference the readings).
- Making few or no references to the readings, lectures, streamed media, group discussions, etc.
- Making few or no connections to your personal life experiences and meditation practice.
DAY OF MINDFULNESS RESPONSE PAPER GUIDELINES

After reading Chapter 8 of *Full Catastrophe Living*, you will schedule a "Day of Mindfulness" for yourself. Your "Day of Mindfulness" must include at least six uninterrupted hours of a variety of meditations and mindfulness practice that can include sitting, walking, lying down, body scan, yoga, lovingkindness, eating, etc. Ground rules include no talking or making eye contact with others, and you must turn off technology for the day (including phones, computers, tv, radio, etc.). If an emergency arises then you may attend to that of course, but otherwise you must complete all six hours of the day of mindfulness. During this time you may meditate, journal, practice yoga or some type of movement, and eat. After you complete your day of mindfulness, you must write a 4-page response paper about your experience. Write about the joys and challenges of participating, how you felt before and after, thoughts and emotions that emerged throughout the day, pain/discomfort and other body sensations that occurred and anything else that came up for you during the day. Please follow the same paper parameters as you do for regular response papers (except for the additional page requirement).

MODEL OF TEACHING BEGINNING MINDFULNESS MEDITATION SKILLS

(FOR GRADUATE CREDIT ONLY: EDPS 6068-090)

This assignment is ONLY for students taking this course for graduate level credit (enrolled in EDPS 6068-090). Think about your graduate program field of study and how mindfulness meditation fits into it. I would like you to create a model of how to teach basic mindfulness meditation skills to individuals within your field of study. For example, if you are a master's in counseling student interested in working with adults with substance abuse issues, then you would create a model of how to teach basic mindfulness meditation skills to adults in recovery from substance abuse. Your model should be 4-5 pages long, double-spaced, 12 pt. Times New Roman font, with 1" margins all the way around. It should include an introduction to your field of study and population of people you may be working with in the future. You should include a section that describes how and why mindfulness meditation could be helpful to this particular population of people - in other words, a BRIEF literature review that supports you creating a model of mindfulness meditation for your field. Then walk me through your model of how you would go about teaching these skills to this population. Describe your model and course objectives. Will you be working in an individual or group format? How long would your program of teaching be and why is that length appropriate? How will you introduce and talk about mindfulness? How will you introduce the "practice" of mindfulness? What handouts/homework/readings will you provide? What challenges may arise and how will you handle them?
You will have one hour to complete the final exam, which is worth 40 points. There will be EIGHT short answer essay questions. They will be chosen randomly from the ones I have listed in the web lectures throughout the semester. In order to complete the exam within the allotted time frame, I would HIGHLY recommend that you write out your answers for all of the questions ahead of time, so that you can copy and paste or type in your answers quickly (which I have encouraged you to do all semester long). Once you start the exam, you will have exactly 60 minutes so please make sure that you will be uninterrupted and that you have a secure internet connection. If you are worried, then perhaps taking the exam in your local university library would be helpful. You cannot stop the exam clock once it has started, FYI. The exam will be available for you to take starting on Saturday, 4/27/2013 at 7AM. The exam will LOCK YOU OUT on 4/30/2013 after 11PM, so please do not wait until the last minute to take it. Let me know if you have any questions BEFORE you take the exam.

It will be open book, open note, and because of this I expect a high quality of depth in each answer that includes citations of the readings, lectures, media, as well as your meditation experiences this semester. What I would recommend is that you keep notes as you do the readings throughout the semester, and when you come across something that strikes you as important or insightful, make sure to write that down and keep it for when you come to the end of the semester.

I have created a facebook group for our course, where you can join and post about your experiences with meditation. The group is open to current and past students of the course, and a wonderful place to get support and ask about additional resources for meditation. This is completely optional and up to you whether you want to join or not. Please feel free to post links, resources, questions, reflections, comments, etc. There are people in the group who have taken the course before and so you may find this to be a great place to get questions answered about the course and your meditation practice.

Here is the link if you are interested: https://www.facebook.com/groups/meditationandstress/
Other Recommended Books and References (Please feel free to ask if you have questions about references in your interest area):

- Comfortable With Uncertainty, Pema Chodron
- When Things Fall Apart: Heart Advice for Difficult Times, Pema Chodron
- Going To Pieces Without Falling Apart, Mark Epstein
- Thoughts Without a Thinker, Mark Epstein
- Seeking the Heart of Wisdom: The Path of Insight Meditation, Joseph Goldstein and Jack Kornfield
- The Meditative Mind: The Varieties of Meditative Experience, Daniel Goleman
- Mindfulness in the Marketplace: Compassionate Responses to Consumerism, Allan Hunt Badiner
- Riding the Ox Home: A History of Meditation from Shamanism to Science, Willard Johnson
- Coming To Our Senses: Healing Ourselves and the World Through Mindfulness, Jon Kabat-Zinn
- Wherever You Go There You Are, Jon Kabat-Zinn
- How to Want What You Have, Timothy Miller
- Waking Up In Time, Peter Russell
- Heal Thy Self: Lessons on Mindfulness in Medicine, Saki Santorelli
- Meditation: Self-Regulation Strategy and Altered State of Consciousness, Deane Shapiro
- Meditation: A Sensible Guide to a Timeless Discipline, Jonathan Smith
- Zen Mind, Beginner’s Mind, Shunryu Suzuki
- Anger, Thich Nhat Hanh (pronounced Tic Not Hon)
- The Miracle of Mindfulness, Thich Nhat Hanh
- No Death, No Fear: Comforting Wisdom for Life, Thich Nhat Hanh
- Peace Is Every Step, Thich Nhat Hanh
- Beyond Health and Normality: Explorations of Exceptional Psychological Well-Being, Roger Walsh and Deane Shapiro (Eds.)

**Applied Positive Psychology Certificate Program** - If you'd like to earn the Applied Positive Psychology Certificate, please apply while you are taking your first positive psychology class, not after you’ve completed all 7 courses! For additional information:

- Call 801-424-3283
- Email j.farr@msn.com or visit [http://www.ed.utah.edu/edps/positivePsych/ugradcertprogram.html](http://www.ed.utah.edu/edps/positivePsych/ugradcertprogram.html).

**Please Note:** In accordance with the Americans with Disabilities Act (Public Law 101-336), the University of Utah's Department of Educational Psychology will offer any qualified student with a disability the opportunity to receive reasonable accommodations based on the nature of her or his specific disability. Such accommodations will be afforded on a case-by-case basis and should be arranged in a timely manner. This statement in no way asks that any student identify her or himself as having a disability; however, reasonable accommodations can only be granted when a student makes her or his disability known.

The instructor reserves the right to change the syllabus as needed throughout the course of the semester.