

**Mindfulness**

**PSYC 296**

**Spring 2007**

**Instructor: Arnold Kozak, Ph.D.**

**348 Dewey Hall**

**656-8302**

**Office Hours: Tuesdays: 3:15 to 4:15; Fridays: 1:15 to 2:15;  
and by appointment.**

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*Learning is not a spectator sport. Students do not learn much just by sitting in class listening to teachers, memorizing prepackaged assignments, and spitting out answers. They must talk about what they are learning, write about it, relate it to past experiences, apply it to their daily lives. They must make what they learn part of themselves. Chickering, A & Gamson, Z. F. (March 1987) Seven principles for good practice. AAHE Bulletin 39: 3-7.*

The psychotherapeutic value of mindfulness as a cognitive skill and mindfulness meditation derived from Theravada Buddhism are gaining increasing recognition and incorporation into psychotherapeutic interventions. This course will be a practical, experiential, and academic exploration of mindfulness in the psychotherapeutic setting. It will survey the field of mindfulness-based literature, teach self-applied mindfulness training, and help you to incorporate mindfulness into clinical practice (and interpersonal relationships broadly). The course will be organized around a Mindfulness-Based Stress Reduction/Mindfulness-Based Cognitive Therapy intervention and the 7 Principles of Applied Mindfulness as taught by Dr. Kozak in his continuing education workshops for healthcare professionals. You will be expected to maintain a daily mindfulness meditation practice.

In addition, the course will explore mindfulness from its original context of Theravada Buddhism (Vipassana) and Mahayana Buddhism (e.g., Zen and Tibetan Buddhism). We will explore mindfulness as a cognitive skill and recast mindfulness meditation as a cognitive behavioral intervention. The course will explore the different clinical settings in which mindfulness has been applied. As well, mindfulness will be investigated as a personal and professional development tool. The first 8 sessions of the course will incorporate an actual experiential therapeutic intervention. The balance of the term will focus on other issues pertinent to mindfulness in the clinical setting.

This is a high expectation, high demand course. In addition to the readings, you are expected and required to maintain a daily meditation practice. You'll get out of this course what you put into it.

Attendance and participation is crucial to the class. **Attendance** will count **15%** towards your final grade. Participation based on the your weekly submission of discussion questions (these questions will be the basis of your 108 Questions Journal Assignment, see below), your participation in classroom discussion, and your report on sitting at the UVM Mindfulness Center (see below). Participation will count **15%** of your grade. The **Spring Break Journal** will count **15%** towards your final grade. The remaining **25%** will be based on the **Final Exam**. Students are expected to be self-directed with the readings. There will be no quizzes or midterms. For participation, generate 108 questions (about 8 questions per class). These questions will come from your attempts to learn and practice mindfulness meditation and apply mindfulness in daily life. Frame the questions from your personal experience and cite the readings where applicable. These questions and your personal journal will form the basis of the **108 Questions Journal Project**. This will be a 5-page double-spaced paper, and it will count **30%** towards your grade. This paper will consist of your 108 questions and some of the answers to these questions, specifically as to what you learned about yourself, what your struggles were with meditation, and so forth. Submit your weekly questions via email before the beginning of class. Be prepared to ask your questions in class. You will also compile them and hand in your 108 questions at the end of the course (typed and numbered) along with your 5-page paper. There will be a take-home **Final Exam** based on the readings and classroom lecture material. This exam will be multiple choice, true-false, short-answer, and brief essay.

You are strongly encouraged to take advantage of the **UVM Mindfulness Center** at Allen House on a regular basis. You are required to go at least once. Write a one-page report on your experience sitting at the Allen House. This will count towards your participation grade. The spring schedule for the Mindfulness Practice Center is as follows: Mondays: 4-4:50; Tuesdays: 4:55 - 5:45; Wednesdays: 8:00-8:50; Thursdays: 12:10-12:40 (30 minute session); Fridays: 12:00-12:50; (Latecomers please enter quietly).

**Mindful Spring Break.** Spring break is traditionally a time for much mindless activity - drunkenness, debauchery, and so forth. There is a recent trend to have service types of spring breaks that do not involve incessant partying. Whichever spring break experience you choose, you are invited and challenged to take the fruits of the mindfulness course to date and apply them to your experience. Chances are there will be plenty of sensory experiences occurring in the present to give your full attention to. To bring this close to home, you are required to journal about your

experience: "How I was mindful (or NOT!) on spring break"  
This paper should be typed and double-spaced and not to exceed 2 pages. We'll discuss our spring break experiences in class.

**Grading Policy Summary:**

Attendance	15%
Participation:	15%
Mindful Spring Break Report:	15%
108 Questions Journal:	30%
Final Exam:	25%

*Religious Holidays: Students have the right to practice the religion of their choice. Each semester students should submit in writing to their instructors by the end of the second full week of classes their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work*

**Required Texts:**

- **Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse. (2002). Zindel V. Segal, J. Mark G. Williams, & John D. Teasdale**
- **Mindfulness and Psychotherapy (2005). Christopher K. Germer, Ronald D. Siegel, & Paul R. Fulton (Eds).**
- **Breath By Breath: The Liberating Practice of Insight Meditation by Larry Rosenberg**
- **Mindfulness-Based Treatment Approaches (2006). Ruth Baer (Ed).**
- **Exquisite Mind Guided Mindfulness Meditation CDs**
- **Exquisite Mind and Self Mindfulness-Based Stress Reduction Handbook**
- **Exquisite Mind Website: <http://exquisitemind.com/> Review the Mindfulness Section, read the Blog, etc.**
- **Selected readings from journal articles and other texts (see class by class assignments)**

**17 January :: Class 1 :: MBSR/MBCT Session 1**

Experiential (coming to now; raisin meditation), conceptual, and contextual (growing role of mindfulness in psychology and health fields) introduction to mindfulness.

**24 January :: Class 2 :: MBSR/MBCT Session 2**

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 5. The Eight-Session Program: How and Why.

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 6. Automatic Pilot: Session 1

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 7. Dealing with Barriers: Session 2

**31 January :: Class 3 :: MBSR/MBCT Session 3**

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 8. Mindfulness of the Breath: Session 3

Breath by Breath, Introduction & Chapter 1

**7 February :: Class 4 :: MBSR/MBCT Session 4**

Germer, C. P. (2005). Mindfulness: What Is It? What Does It Matter? In Germer, Segal, & Fulton (Eds.) Mindfulness and Psychotherapy.

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 9. Staying Present: Session 4

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 1. Depression: The Scope of the Problem

**14 February :: Class 5 :: MBSR/MBCT Session 5**

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 10. Allowing/Letting Be.

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 2. Cognition, Mood, and the Nature of Depressive Relapse (MBCT).

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 4. Models in Mind.

**21 February :: Class 6 :: MBSR/MBCT Session 6**

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 11. Thoughts Are Not Facts: Session 6 (MBCT)

Siegel (2005). Psychophysiological Disorders: Embracing Pain. In Germer, Siegel, & Fulton (Eds.) Mindfulness and Psychotherapy.

Dahl & Lundgren (2006). Acceptance and Commitment Therapy (ACT) in the Treatment of Chronic Pain. In Baer (Ed). Mindfulness-Based Treatment Approaches.

**28 February :: Class 7 :: MBSR/MBCT Session 7**

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 12. How Can I Best Take Care of Myself?: Session 7

Rosenberg (1998). Breath by Breath, Chapters 2 & 3

**7 March :: Class 8 :: MBSR/MBCT Session 8**

Segal et al. (2002). Mindfulness-based cognitive therapy, Chapter 13. Using What Has Been Learned to Deal with Future Moods: Session 8.

Rosenberg (1998). Breath by Breath, Chapters 4 & 5

Specia, Carlson, Mackenzie, & Angen (2006). Mindfulness-Based Stress Reduction (MBSR) as an Intervention for Cancer

Patients. In Baer (Ed). Mindfulness-Based Treatment Approaches.

**14 March :: MINDFUL SPRING BREAK!**

Rosenberg (1998). Breath by Breath (Chapters 6 & 7)

**21 March :: Class 9 :: Mindfulness in the Buddhist traditions: Vipassana, Zen, and Tibetan Buddhism**

Fulton & Siegel (2005). Buddhist and Western Psychology: Seeking Common Ground. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Olendzki (2005). Roots of Mindfulness. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Olendzki (2005). Appendix B: Glossary of Terms in Buddhist Psychology. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Rosenberg (1998). Appendix: The Anapanasati Sutra

**28 March :: Class 10 :: Mindfulness and other forms of meditation: TM and the Relaxation Response**

Kozak (2006). CD 6 Mindful Relaxation, Tracks 1, 2, & 3

Roemer, Salters-Pedneault, & Orsillo (2006). Incorporating Mindfulness- and Acceptance-Based Strategies in the Treatment of Generalized Anxiety Disorder. In Baer (Ed). Mindfulness-Based Treatment Approaches.

Germer (2005). Anxiety Disorders: Befriending Fear. Introduction to mindfulness. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Morgan (2005). Depression: Turning toward Life. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

**4 April :: Class 11 :: Mindfulness Research, methodological issues/assessment; Mindfulness and the Brain/Body**

Lazar (2005). Mindfulness Research. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

**11 April :: Class 12 :: Overview of Mindfulness- and Acceptance-Based Treatment Approaches**

Baer & Kreitmeyer (2006). Overview of mindfulness- and acceptance-based treatment approaches. In Baer (Ed). Mindfulness-Based Treatment Approaches.

Welch, Rizvi, & Dimidjian (2006). Mindfulness in dialectical behavior therapy (DBT) for borderling personality disorders. In Baer (Ed). Mindfulness-Based Treatment Approaches.

**18 April :: Class 13 :: Populations (Fishbowl)**

**Group 1:** Goodman (2005). Working with Children: Beginner's Mind, Trudy A. Goodman. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Semple, Lee, & Miller (2006). Mindfulness-Based Cognitive Therapy for Children

**Group 2:** Marlatt, Witkiewitz, Dillworth, Bowen, Parks, Macpherson, Lonczak, Larimer, Simpson, Blume, and Crutcher Vipassana Meditation as a Treatment for Alcohol and Drug Use Disorders, (on electronic reserve)

**Group 3:** Bach, Guadiano, Pankey, Herbert, & Stevens (2006). Acceptance, Mindfulness, Values, and Psychosis: Applying

Acceptance and Commitment Therapy (ACT) to the Chronically Mentally Ill. In Baer (Ed). Mindfulness-Based Treatment Approaches.

**Group 4:** Kristeller, Baer, & Quillian-Wolever (2006). Mindfulness-Based Approaches to Eating Disorders. In Baer (Ed). Mindfulness-Based Treatment Approaches.

**Group 5:** Lynch & Bronner (2006). Mindfulness and Dialectical Behavior Therapy (DBT): Application with Depressed Older Adults with Personality Disorders. In Baer (Ed). Mindfulness-Based Treatment Approaches.

Smith (2006). "Like Waking Up From a Dream": Mindfulness Training for Older People with Anxiety and Depression. In Baer (Ed). Mindfulness-Based Treatment Approaches.

**Group 6:** Rathus, Cavuoto, & Passarelli (2006). Dialectical Behavior Therapy (DBT): A Mindfulness-Based Treatment for Intimate Partner Violence. In Baer (Ed). Mindfulness-Based Treatment Approaches.

Carson, Carson, Gil, & Baucom (2006). Mindfulness-Based Relationship Enhancement (MBRE) in Couples. In Baer (Ed). Mindfulness-Based Treatment Approaches. In Baer (Ed). Mindfulness-Based Treatment Approaches.

#### **25 April :: Class 14 :: Mindfulness in the Workplace and Beyond**

Fulton (2005). Mindfulness as Clinical Training. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Morgan & Morgan (2005). Cultivating Attention and Empathy. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Surrey (2005). Relational Psychotherapy, Relational Mindfulness. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

Germer (2005). Teaching Mindfulness in Therapy. In Germer, Siegel, & Fulton (Eds). Mindfulness and Psychotherapy.

#### **2 May :: Class 15 :: Mindfulness for the Clinician - 7 Principles of Applied Mindfulness**

Williams (2006). Mindfulness-Based Stress Reduction (MBSR) in a Worksite Wellness Program. In Baer (Ed). Mindfulness-Based Treatment Approaches.

Flaxman & Bond (2006). Acceptance and Commitment Therapy (ACT) in the Workplace. In Baer (Ed). Mindfulness-Based Treatment Approaches.