



# RPSY401 – Introduction to Mindfulness

## Master Course Syllabus

### Course Overview (QM Standards 1.2)

**Course description:** Just as you can train the body, you can train the mind through the application of mindfulness. Mindfulness-based interventions are a class of techniques that have been rigorously studied and show evidence for improvement in certain health related outcomes such as anxiety, depression, and pain management. Other studies demonstrate improved performance (e.g., work, business, sport) and quality of everyday life. Additionally, there is evidence that health care professionals who practice mindfulness can improve patient relationships and their own clinical skills. This course will provide the participants with knowledge of the science behind mindfulness and an opportunity to learn to apply mindfulness techniques in their own lives.

#### Course Goals:

1. Discuss the different types of mindfulness-based techniques, and the evidence of their effectiveness across domains of performance.
2. Evaluate and discuss the science related to the intra- and interpersonal effects of mindfulness.
3. Apply techniques to enhance ability to more fully focus on the task at hand.
4. Present ideas about their daily practice in written form.
5. Identify and apply mindful coping techniques related to stress, anxiety and mental resilience.

### Pre-Requisites (QM Standard 1.6)

There are no course prerequisites for this course other than being an RBA (Regents Bachelor of Arts) student.

### Minimum Technical Requirements and Online Resources (QM Standards 1.5 & 1.7)

In addition to a web browser (preferable Firefox) that is Blackboard compatible, you will need the other WVROCKS supported technologies outlined in the student policies section. You should know how to access and use Internet, WVROCKS, and Microsoft Office programs, and you will need to have consistent access to these technologies. You should know how to use email with attachments. You will also need a flash drive.

**Online Resources:** This course makes use of many online resources. I have made every effort to make sure the links I have are up-to-date. However, due to the changing nature of the web, you may find that a resource is temporarily unavailable or has been removed. If this should happen, please send me an email and I will find an alternative resource or modify the assignment accordingly.

### Instructor Information (QM Standards 1.8 & 5.3)

Individual instructors complete this information.

#### Virtual Office Hours

I am available in my virtual office by appointment only. Send me an email to set up an appointment.

## Personal Commitment

My personal commitments to you as a participant include:

- I will reply to course mail messages within 24 hours;
- I will read all discussion postings and will reply where appropriate within 3 days
- I will acknowledge my receipt of every course mail message immediately upon reading it. If I am unable to respond to the request or concern at the time of initial reply, I will give you an estimated time for my next reply.
- If I am going to be away from the course space for more than a day or two, I will send a message to you indicating the length of my absence.
- I will regularly update information regarding due dates in the course announcements.

## Optional/Required Course Materials (QM Standard 4.6)

**Required:** None - All readings are online.

## Grading Policy (QM Standard 3.2)

### Grading Scale

Points in the course are earned by completing activities listed below.

- Module Quizzes: 8
- Module Discussion: 8

Grading:

A=90% -100%

B=80%-89%

C=70% -79%

D= 60%-69%

F=below 60%

## Sample Module

Objective	Assessment	Materials
Identify theoretical and philosophical underpinnings of mindfulness.	Module Quiz	Course text Ch 1, 2, & 4 Topics include: <ul style="list-style-type: none"><li>• Evolution of Mindfulness Science</li><li>• Buddhist Conceptualizations of Mindfulness</li><li>• Psychological Principles of Mindfulness</li></ul>
Recognize reasons the quality of life may be affected by adopting a regular practice of mindfulness.	Module Quiz	Course text Ch 1, 2, & 4 Topics include:

		<ul style="list-style-type: none"> <li>• Evolution of Mindfulness Science</li> <li>• Buddhist Conceptualizations of Mindfulness</li> <li>• Psychological Principles of Mindfulness</li> </ul>
Discuss theoretical and philosophical underpinnings of mindfulness.	Module Discussion	<p>Course text Ch 1, 2, &amp; 4 Topics include:</p> <ul style="list-style-type: none"> <li>• Evolution of Mindfulness Science</li> <li>• Buddhist Conceptualizations of Mindfulness</li> <li>• Psychological Principles of Mindfulness</li> </ul>
Discuss reasons quality of life may be affected by adopting a regular practice of mindfulness	Module Discussion	<p>Course text Ch 1, 2, &amp; 4 Topics include:</p> <ul style="list-style-type: none"> <li>• Evolution of Mindfulness Science</li> <li>• Buddhist Conceptualizations of Mindfulness</li> <li>• Psychological Principles of Mindfulness</li> </ul>

## Other Weekly Topics

1. Mindfulness Based Interventions
2. Scientific research on Mindfulness
3. Movement related mindfulness practices
4. Applications to mental health
5. Mindful communication
6. Applications to health professions
7. Integrating mindfulness in daily life