

Course Syllabus
Mindfulness, Compassion, and the Self
Fall 2013

EDP 386N Unique number: 10655

Instructor: Kristin Neff

Room: SZB 432

Time: Monday 1:00 - 3:45 (Five minutes leeway at beginning)

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Office hours: by appt.

Course Objectives:

The goal of this course is to give you an understanding of mindfulness, compassion, self-compassion, and the nature of the self according to Western and non-Western perspectives. Recent years have seen an explosion of interest in these topics, as well as a dramatic increase of empirical studies on the benefits of mindfulness and compassion for physical and mental health. This course will not only cover research into mindfulness and compassion, it will also provide you with first-hand experiential knowledge of these states through meditation and other exercises (meditation will be taught in a secular context). Because of the relevance of mindfulness and compassion for our own lives, readings will be drawn from both academic and non-academic sources, so that topics can be understood from each perspective. You will be expected to take responsibility for your own learning process, which means taking an active part in making sense of the readings, engaging in class exercises, and participating in class discussions.

Class Format: In general, we will have about 1 to 1 hour fifteen minutes of lecture, 15-30 minutes of small group class discussion, a 15 minute break, then 30 - 45 minutes of experiential exercises with a brief discussion afterwards.

Research proposal idea: This will be a 3-5 page paper outlining a proposed research project, justified with relevant background literature and outlining hypotheses and methodology (ex., examining the role of mindfulness in trapeze-walking). Due 11/11.

Outline of paper: This is a 1-2 page rough outline of your final paper topic, done mainly so that I can give you feedback for your final paper. Due 11/25

Final Paper: The final paper will ask you to focus on either mindfulness, compassion, or the self as applied to a topic of your choosing (ex., self-compassion and body image, mindfulness and parenting, sense of self and suffering, etc.) The paper can be on the same topic that your research proposal was based on, or else a different topic. Due 12/09.

Required texts:

Neff, K. D. (2011). *Self-Compassion*. New York: William-Morrow. (Available from Amazon and other booksellers.)

All other assigned readings are available on Blackboard as pdf files

Grading System: 10% for class participation; 35% for the research proposal idea, 5% for the final paper outline, and 50% for the final paper.

Course Topics**Sept. 9 - Introduction****Sept. 16 – What is mindfulness?**

Bishop, S. R., Lau, M., Shapiro, S., Carlson, L., Anderson, N. D., et al. (2004). Mindfulness: A Proposed Operational Definition. *Clinical Psychology Science and Practice*, 11, 191-206.

Shapiro, S. L., Carlson, L. E., Astin, J. A. Freedman, B. (2006). Mechanisms of mindfulness. *Journal of Clinical Psychology*. 62(3), 373–386.

Kabat-Zinn, J. (1994). Wherever you go, there you are: Mindfulness meditation in everyday life. New York: Hyperion. (pp 1-55).

Sept. 23 – Developing mindfulness

Siegel, R. D. (2010). *The mindfulness solution*. New York: The Guilford Press. Chapter 3 (pp. 52-80).

Williams, M., Teasdale, J. Segal, Z., & Kabat-Zinn, J. (2007). *The mindful way through depression* Chapters 2-4. New York: The Guildford Press.

Sept. 30 – Mindfulness: Research and Interventions

Lazar, S. (2012). Neurobiology of mindfulness. In C. K. Germer, R. D. Siegel, P. R. Fulton (Eds.) *Mindfulness and Psychotherapy*, 2ND Edition (pp. 282 – 294). New York: Guilford Press.

Shapiro, S. L. & Carlson, L. E. (2009). *The art and science of mindfulness*. Washington D.C.: American Psychological Association. (Chapters 4).

Davis, D. M. & Hayes, J. A. (2012). What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research, *Psychotherapy*, 48 (2), 198-208.

Oct. 7 - What is self-compassion?

Neff, K. D. (2011). *Self-compassion*. New York: William Morrow. Chapters 1, 3-5. 7

Oct. 14 –Self-compassion: Theoretical Issues

Neff, K. D. (2011). *Self-compassion*. New York: William Morrow. Chapter 2, 8-9,12-13.

Oct. 21 – Film: Free the Mind

Oct. 28 – Developing Self-compassion

Neff, K. D. (2011). *Self-compassion*. New York: William Morrow. Chapter 6.

Gilbert, P. (2009). Introducing Compassion Focused Therapy. *Advances in psychiatric treatment*, 15, 199–208.

Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal Of Clinical Psychology*, 69(1), 28-44.

Nov. 4 – Research on self-compassion

Barnard, L. K., & Curry, J. F. (2011). Self-compassion: Conceptualizations, correlates, and interventions. *Review Of General Psychology*, 15 (4), 289–303.

Neff, K. D. (2012). The science of self-compassion. In C. Germer & R. Siegel (Eds.), *Compassion and Wisdom in Psychotherapy*, 79-92. New York: Guilford Press.

Nov. 11 - What is compassion?

Feldman, C. (2005). *Compassion*. Berkeley, CA: Rodmell Press. Chapters 1-4 (pp. 1-82).

Research Proposal (due by midnight)

Nov. 18 – Developing compassion

Salzberg, S. (1997). *Lovingkindness: The revolutionary art of happiness*. Boston: Shambhala. Chapter 2 (pp. 18-32).

Singer, T. & Bolz, M. (2013). *Compassion: Bridging Practice and Science* (pp. 399-478). Munich: Max Plank Institute. (Will provide link to interactive media version in Oct.)

Nov. 25 – Compassion Research

Begley, S. (2007). *Train your mind, change your brain*. New York: Ballentine Books. Chapter 9 (pp. 212-242).

Keltner, D. (2004). The compassionate instinct. *The Greater Good, 1*, 6-9.

Shapiro, S. L., & Sahgal, M. (2012). Loving-kindness. In T. G. Plante (Ed.) , *Religion, spirituality, and positive psychology: Understanding the psychological fruits of faith* (pp. 109-126). Santa Barbara, CA US: Praeger

Outline of Final Paper Due (midnight)

Dec. 2 – Empty Self what will you take home with you?

Batchelor, S. (1997). *Buddhism without beliefs*. New York: Riverhead Books. (pp. 75-83).

Kornfield, J. (1993). *A path with heart*. New York: Bantam Books. (pp. 198-214).

Watson, G. (2000). I, mine, and views of the self. In G. Watson, S. Batchelor, & G. Claxton (Eds.) *The psychology of awakening* (pp. 30-39). York Beach, ME: Samuel Weiser.

Mosig, Y. (2006). Conceptions of the self in Western and Eastern psychology. *Journal of Theoretical and Philosophical Psychology*, 26, 39-50.

Dec 09 - FINAL PAPER DUE (midnight)