

**Course Syllabus**  
**Mindfulness, Compassion, and the Self**  
**Fall 2013**

EDP 362 Unique number: 10353

Instructor: Kristin Neff

Room: SZB 416

Class time: Tuesday 4:00 - 6:45 (Five minutes leeway at beginning)

e-mail: kristin.neff@mail.utexas.edu

Office: George Sanchez Bldg. Room #506D

Office hours: by appt.

Teaching Assistant: Oliver Davidson

Office Hours: Monday 1-3

Location: Café Medici (2222 Guadalupe Street)

e-mail: odavidson@utexas.edu

**Course Objectives:**

The goal of this course is to give you an understanding of mindfulness, self-compassion, compassion for others, and the nature of the self from an Eastern perspective. Recent years have seen an explosion of interest in these topics, as well as a dramatic increase of research 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. Video clips will also be used to illustrate concepts. You will be expected to take responsibility for your own learning process, which means taking an active part in making sense of the readings, practicing the exercises, and participating in class discussions.

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

**Observation Papers:** These will be a series of three short papers that report on the use of a particular assigned home practice. There will be one paper on mindfulness, one on self-compassion, and one on compassion for others. In the papers students will discuss and define the class topic related to the practice, describe their personal experience of using the practice, and consider how the practice impacted their daily life experience. (See observation papers assignment sheet).

**Final Exam:** The final exam will be comprehensive and contain multiple choice, short answer, and essay questions. The exam will be held according to the UT final exam schedule - **Dec. 12, 2:00-5:00 pm**

**Grading System:** 15 points for class participation (attendance will be taken and one point taken off for every class missed without prior permission); 15 points for each of the three observation papers; and 40 points for the final exam.

**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

***Course Topics***

**Sept. 3 - Introduction**

**Sept. 10 – What is mindfulness?**

Smalley, S. L., & Winston, D. (2010). *Fully Present: The Science, Art, and Practice of Mindfulness*. Da Capo Press. (pp. 1-20).

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

**Sept. 17 – 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.

**Home mindfulness exercise #1 assigned**

**Sept. 24 – Mindfulness: Research and Interventions**

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

Davis, D. M. & Hayes, J. A. (2012). What are the benefits of mindfulness? *APA Monitor*, 43 (7), 64.

Hanson, R. (2009). *Buddha's Brain* (pp. 24-42). Oakland, CA: New Harbinger.

### **Oct. 1 - What is self-compassion?**

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

**Observational report #1 on mindfulness due (by midnight)**

### **Oct. 8 – Self-compassion: Theoretical Issues**

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

### **Oct. 15 – Developing Self-compassion**

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

Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal Of Clinical Psychology*, 69(8), 856-867.

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

**Home self-compassion exercise #2 assigned**

### **Oct. 22 –Film: Free the Mind**

### **Oct. 29 – Research on self-compassion**

Barnard, L. K., & Curry, J. F. (2011). Self-compassion: Conceptualizations, correlates, & 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.

**Observational paper #2 on self-compassion exercise due (by midnight)**

### **Nov. 5 - What is compassion for others?**

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

### **Nov. 12 – 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.)

### **Home compassion exercise #3 assigned**

### **Nov. 19 – Compassion: Theory and 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.

### **Nov. 26 – Empty Self**

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.

### **Observational paper #3 on compassion exercise due (by midnight)**

### **Dec. 3 – Film: I AM**

### **Dec. 12, 2:00-5:00 pm - Final Exam**