

**Course Syllabus**  
**Mindfulness, Compassion, and the Self**  
**Fall 2014**

EDP 362 Unique number: 10695

Instructor: Kristin Neff

Room: SZB 435

Class time: Monday 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: 12:30-2:30

Location: Learning Technology Center, SZB 536

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 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, a 15 minute break, then 30-45 minutes of experiential exercises and 15 minutes small group discussion afterwards.

**Class Notes:** The notes from all power-point presentations will be posted shortly after each class on Canvas.

**Observation Papers:** These will be a series of three short papers that report on the use of a particular assigned home practice (see home practice sheet). 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). Observation papers will be submitted through Canvas.

**Class Exams:** The exams will contain multiple choice, fill-in-the-blank, and short answer questions. The second exam will be mostly focused on material from the second half of the course but will have a few questions that are drawn from material in the first half of the course. Study guides will be provided before the exams.

**Canvas:** All electronic materials used for this course will be available on Canvas. Grades for all examinations and assignments will also be available on Canvas. Please access the training for students (<http://edutech.ctl.utexas.edu/students/>) for help with setting up your account and navigating the system. You will also be responsible for checking the Canvas course site regularly for announcements, and copies of the class notes. As with all computer systems, there are occasional scheduled downtimes as well as unanticipated disruptions, so plan accordingly. Please do not email me or Oliver as the system doesn't work well. Please just use your regular e-mail.

**Grading System:**

9 points for class participation - 1 point for every non-exam class day attended. (Since there are eleven non-exam days you can miss two classes without penalty or else get extra credit.)  
12 points for each of the three observation papers (36 points total)  
25 points for the first exam  
30 points for the second exam

**Grading Scale (decimals rounded up):**

A = 100-93%	B = 86-83%	C = 76-73%	F = 67-0%
A- = 92-90%	B- = 82-80%	C- = 72-70%	
B+ = 89-87%	C+ = 79-77%	D = 69-67%	

**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 Canvas as PDF files

***Course Topics***

**Sept. 08 – Introduction & What is mindfulness?**

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

**Sept. 15 - 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 begins**

**Sept. 22 – 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).

Hassed, C. & Chambers, R. (2014) *Mindful learning*. New South Wales: Exisle Publishing. (Chapter 2).

**Sept. 29 – What is self-compassion?**

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

**Observation paper #1 on mindfulness exercise due (by midnight)**

**Oct. 06 – Self-compassion: Theoretical Issues**

Neff, K. D. (2011). *Self-compassion*. New York: William Morrow. Chapter 7-8,12-13.

**Oct. 13 - First Class Exam**

**Home self-compassion exercise begins**

**Oct. 20 - Film: Free the Mind**

**Oct. 27 - Self-compassion Interventions**

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.

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

### **Nov. 03 – Research on self-compassion**

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. 10 - What is compassion for others?**

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

#### **Home compassion exercise begins**

### **Nov. 17 – Developing and researching compassion**

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

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.

Optional - (look at <http://www.compassion-training.org/>)

### **Nov. 24 – 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).

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

### **Dec. 01 – Second Class Exam**