

Course Syllabus
Mindfulness, Compassion, and the Self
Fall 2017

EDP 382F Unique number: 10740

Instructor: Kristin Neff

Room: SZB 524

Time: Tues. 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, self-compassion, compassion for others, 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 hour of lecture, a 15 minute break, 30 minutes for presentation of empirical articles, 45 minutes of experiential exercises.

Class Notes: Class notes will be posted shortly after each class on Canvas.

Electronics Policy: Because I have reduced the pressure to take notes in class by providing access to the notes from the PowerPoint presentations, I ask that you do not use electronic devices during class in order to fully focus on class discussions and exercises.

Empirical Article Presentation: Each student will present the main findings of an empirical study focusing on mindfulness, self-compassion, compassion for others, or the self (see empirical article presentation sign up sheet). It is ideal to create a power-point presentation lasting no longer than 15 minutes.

Observation Papers: These will be a series of three short papers (3-5 pages double spaced) 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. Papers

will describe personal experiences of the practice, and consider potential impacts on daily life experience. See observation paper assignment sheet and sample paper on Canvas. Please post papers to Canvas by midnight on their due date.

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. See sample on Canvas. Please post on Canvas by midnight 11/21.

Final paper: This paper will focus on either mindfulness, self-compassion, or compassion for others as applied to a topic of your choosing (ex., self-compassion and body image, mindfulness and athletic performance, compassion and parenting, etc.). The final paper should be 10-12 pages long (double spaced, not including references or title page) and written in APA style with references. See assignment sheet and sample paper on Canvas. Please post on Canvas by midnight 12/05.

Grading System: 5 points for class participation, 10 points for empirical article presentation, 45 points for the observation papers (15 points each), and 40 points for the final paper.

Required texts:

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

All other assigned readings are available on Canvas in PDF format under the Files tab

Course Topics

Sept. 05 - Introduction

Sept. 12 – 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.

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

Sept. 19– 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. 26– 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.

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.

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

Oct. 03- What is self-compassion?

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

Oct. 10–Self-compassion: Theoretical Issues

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

Oct. 17– Developing self-compassion

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.

Oct. 24– Research on self-compassion

MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32, 545-552.

Germer, C. K. & Neff, K. D. (in preparation). *Mindful Self-Compassion: A training manual*. Guilford Press. Chapter 2.

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

Oct. 31- What is compassion?

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

Nov. 07– Developing compassion

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

Lasater, I. & Kinyon, J. (2014). *Choosing Peace*. Amherst, MA: Mediate Your Life. Chapter 2 (pp. 28-42).

Singer, T. & Bolz, M. (2013). *Compassion: Bridging Practice and Science* (pp. 399-478). Munich: Max Plank Institute. (<http://www.compassion-training.org>)

Nov. 14– Compassion Research

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

Stellar, J. E. & Keltner, D. (2014). Compassion. In M. Tugade, L. Shiota, & L. Kirby (Eds). *Handbook of Positive Emotion* (pp. 329-341). New York: Guilford Press.

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

Nov. 21 - Pre-Thanksgiving Work at Home Day

Outline of final paper due on Canvas (by midnight)

Nov. 28 – 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).

Siegel, R. (2015). The fiction of the self: The paradox of mindfulness in clinical practice. *Psychotherapy Networker*, 1, 29-36.

Dec. 05 - Wrap Up Practice and Discussion

FINAL PAPER DUE on Canvas (by midnight)