

Mindfulness: Research and Experience
CCI 654 & CMST544 Fall 2014
Tuesdays 2:10-5:00

Instructor: Joan R. Rentsch
Office: 302 Communications Building
Office Hours: by appointment
Phone: 974-5518
email: jrentsch@utk.edu
NOTE: Please use the course title as the subject of email you send to me.

Course Overview

This highly experiential communication course will cover the basic practices for developing mindfulness and self-regulatory capabilities in everyday life, in communication with others, and in demanding activities. Mindfulness, defined as the state of psychological awareness, and mindfulness practices are associated with reductions in negative experiences (e.g., rumination, stress, and emotional reactivity) and with improvements in positive capabilities (e.g., working memory, focus, and cognitive flexibility). Mindfulness-based stress reduction training is a key component of the course. The course objective is to enable students to develop mindfulness practices and to understand the research on mindfulness.

Course Requirements

Course grades will be determined based on attendance, participation in class activities and discussions, weekly practice reports, two papers, and one exam. Participation in a one-day practicum is required.

1. Attendance

This experiential course will cover the basic practices for developing mindfulness. The only way to learn is to engage in the practices taught in class. Therefore, attendance will be kept. Missing one class will result in the loss of 5 points. If a second class is missed, an additional 30 points will be lost, and if a third class is missed, an additional 22 points will be lost. There will be no make-up classes. Attendance at the one-day practicum is required to receive course credit. The practicum will take place one Saturday from 8:00am until 4:30pm as noted on the syllabus. *You should arrange **now** to be able to attend the practicum.* Missing the practicum will result in an incomplete grade. It is the student's responsibility to contact the instructor regarding missing class or the practicum. Class and the practicum will start on time. If you arrive late or leave early, it will count as an absence.

2. Class Activities: Participation in Practices, Sharing, & Class Discussions

We will be practicing mindfulness techniques, including mindful movement, in class. You are required to participate in all activities only to the extent you feel capable. The mindful movements will be gentle. You are responsible for your body. Do not do anything that you believe will cause injury or discomfort. You may request alternative variations of movements. You may also substitute a movement you feel more comfortable doing as long as it does not

distract other class members. Alternatively, you may choose to sit out particular movements. In any case, observe your own body and do what is best for it.

A large part of the course will be discussing the practices and sharing experiences. You are expected to participate in these discussions. You are also expected to read the assigned readings before each class and to contribute actively and productively to class discussions. The purpose of the discussions is to clarify questions regarding the readings, to explore the relevance of the readings to your experience, and to generate research avenues. You should prepare for class by completing the reading assignments and by being prepared to discuss the readings. Each student is responsible for the quality of the discussions and is expected to contribute productively to class discussions.

3. Practices Reports

In order to support the development of mindfulness, you are expected to complete practice assignments outside of class. These assignments will require approximately one hour per day. To support these outside class practices, you will complete participation reports in which you will report your practices and write about your experiences. Bring a hard copy to class each week.

4. Papers

You will write two papers. The first paper will be an experiential paper in which you will report your experiences. Detailed instructions are forthcoming. The paper should be 3 - 4 pages in length. This paper is due on the date listed below. The other paper will be an integrative paper. You will write 7-9 pages in which you will integrate the material from this class with a theory/topic from your field in light of the current state of the research in the field. Honors students will write a 5-page paper relating mindfulness to their area of interest in terms of application or research. You may submit this paper any time during the semester. Additional information regarding this requirement is forthcoming. Follow APA format.

5. Quiz

The intention of quizzes is to offer you an opportunity to demonstrate that you have reviewed, organized, and integrated the course material. One quiz will be offered during the semester.

Grading*

Requirement	Points
1a. Class Attendance	Required (Points are lost for missing classes)
1b. Practicum	90
2. Participation in Class Activities	50
3. Practice Participation Reports	40
4a. Experiential Paper	50
4b. Integrative Paper	35
5. Quiz	35
Grading Scale: 90% = A, 80% = B, 70% = C	300

*The instructor reserves the right to alter course and grading requirements if necessary.

Required Course Materials

1. Readings are listed below. These will be made available to you.
2. A mat is required to support activities conducted in class.
3. Wear loose fitting, comfortable, and modest clothing to class to aid mindful movement.
4. A waiver form must be signed for the university.

Optional Materials

1. A small blanket.
2. Socks, sweater.

Required Statements & Information

Counseling Center

Student Counseling Center
1800 Volunteer Blvd.
Knoxville, TN 37996-4250
Phone: 865-974-2196
Fax: 865-974-7039
Email: counselingcenter@utk.edu
<http://counselingcenter.utk.edu/>

Mobile Crisis: 865-539-2409 (available 24 hours)

Suicide Hotline: 1-800-784-2433 or 1-800-SUICIDE

National Suicide Prevention Lifeline: 1-800-273-8255

Academic Integrity

Students are responsible for maintaining academic integrity. Violations of The University of Tennessee's policy on academic honesty will not be tolerated. Offenders will be subject to the disciplinary actions prescribed by the university's policy.

Disability Services

If you need course adaptations or accommodations because of a documented disability or if you have emergency information to share, please contact the Office of Disability Services at 191 Hoskins Library at 974-6087. This will ensure that you are properly registered for services.

Diversity Statement

CCI recognizes and values diversity. Exposing students to diverse people, ideas, and cultures increases opportunities for intellectual inquiry, encourages critical thinking, and enhances communication and information competence. When all viewpoints are heard, thoughtfully considered, and respectfully responded to, everyone benefits. Diversity and fairness unite us with the wider professional and global community.

Schedule of Activities & Discussion Topics

<u>Week</u>	<u>Date</u>	<u>Activities & Discussion Topics</u>
1	August 25	No Class
2	September 1	Introduction
3	September 8	Mindfulness-Based Stress Reduction C1 <i>Bring mat to all future classes</i>
4	September 15	Mindfulness-Based Stress Reduction C2
5	September 22	Mindfulness-Based Stress Reduction C3
6	September 29	Mindfulness-Based Stress Reduction C4
7	October 6	Mindfulness-Based Stress Reduction C5
8	October 13	Mindfulness-Based Stress Reduction C6
9	October 20	Mindfulness-Based Stress Reduction C7a Practicum Saturday October 24 8:30-4:30
10	October 27	Mindfulness-Based Stress Reduction C7b
11	November 3	Mindfulness-Based Stress Reduction C8
12	November 10	Mindfulness Background & Neurological Research Experiential Paper Due
13	November 17	Stress Attention & Self-Regulation
14	November 24	Loving Kindness & Compassion Empathy/Perspective Taking, and Communication
15	December 1	Wrap-up and Closing
16	December 8	Quiz Last day to submit Integrative Paper

READINGS

Mindfulness Background & Neurological Research

**Kabat-Zinn, J. (1996). Mindfulness meditation: What it is, what it isn't, and its role in health care and medicine. In Haruki, Y., Ishii, Y., & Suzuki, M. *Comparative and Psychological Study on Meditation*. Eburon, Netherlands.

**Germer, C. (2004). What is mindfulness? *Insight Journal, Fall*, 23-20.

Baer, R.A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice, 10*, 125–143.
BaerClinPsy.pdf

Kabat-Zinn, J. (2006). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice, 10*(2), 144-156.
JKZ response to Baer.pdf

Davidson, R. J., Kabat-Zinn, J., Schumacher, J., Rosenkranz, M., Muller, D., Santorelli, S. F., Urbanowski, F., Harrington, A., Bonus, K., & Sheridan, J. F. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine, 65*, 563-570.
Davidson et al.pdf

Hölzel, B. K., Lazar, S. W., Gard, T., Schuman-Olivier, Z., Vago, D. R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on Psychological Science, 6*(6) 537–559.
Holzel mechanisms.pdf

Optional:

Tomasino, B., Fregona, S., Skrap, M., & Fabbro, F. (2013). Meditation-related activations are modulated by the practices needed to obtain it and by the expertise: An ALEmeta-analysis study. *Frontiers in Human Neuroscience, 6*, Article 346, pp. 1-14. skim
Fnhum-06-00346.pdf

Hasenkamp, W., & Barsalou, L. W. (2012). Effects of meditation experience on functional connectivity of distributed brain networks. *Frontiers in Human Neuroscience, 6*, Article 38, 1-14. skim
Fnhum-06-00038.pdf

Roberts-Wolfe, D., Sacchet, M. D., Hastings, E., Roth, H., & Britton, W. (2012). Mindfulness training alters emotional memory recall compared to active controls: Support for an emotional information processing model of mindfulness. *Frontiers in Human Neuroscience, 6*, Article 15, 1-13. skim
Fnhum-06-00015.pdf

Stress

Shapiro, S. L., Astin, J. A., Bishop, S. R., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: Results from a randomized trial. *International Journal of Stress Management*, 12 (2), 164–176.
ShapiroMBSR

Chiesa, A., & Serretti, A. (2009). Mindfulness-based stress reduction for stress management in healthy people: A review and meta-analysis. *The Journal of Alternative and Complementary Medicine*, 15 (5), 593–600.
Mindfulnessmetaanalysis.pdf

Baer, R. A., Carmody, J., & Hunsinger, M. (2012). Weekly change in mindfulness and perceived stress in a mindfulness-based stress reduction program. *Journal of Clinical Psychology*, 68(7), 755–765.
Baer MBSR.pdf

Carmody, J., Baer, R. A., & Lykins, E. L. B., & Olendzki, N. (2009). An empirical study of the mechanisms of mindfulness in a mindfulness-based stress reduction program. *Journal of Clinical Psychology*, 65(6), 613-626.
Carmody et al.pdf

Attention & Self-regulation

Shapiro, S. L., & Schwartz, G. E. (2000). The role of intention in self-regulation: Toward intentional systemic mindfulness. In *Handbook of self-regulation*, 253-273. San Diego, CA, US: Academic Press.
Shapiro & Schwartz.pdf

Jha, A. J., Krompinger, J., & Baime, M. J. (2007). Mindfulness training modifies subsystems of attention. *Cognitive, Affective, & Behavioral Neuroscience*, 7 (2), 109-119.
JhaKrompingerBaime.pdf

Lykins, E. L. B., Baer, R. A., Gottlob, L. R. (2012). Performance-based tests of attention and memory in long-term mindfulness meditators and demographically matched nonmeditators. *Cognitive Therapy and Research*, 36 (1), 103-114.
Lykins et al.pdf

Sauer, S., Lemke, J., Wittmann, M., Kohls, N., Mochty, U., & Walach, H. (2012). How long is now for mindfulness meditators? *Personality and Individual Differences*, 52, 750–754
Sauer et al PID.pdf

Loving Kindness & Compassion

Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50, 222–227.

Hollis Walker Colosimo.pdf

Keng, S., Smoski, M. J., Robins, C. J., Ekblad, A. G., & Brantley, J. G. (2012). Mechanisms of change in mindfulness-based stress reduction: Self-compassion and mindfulness as mediators of intervention outcomes. *Journal of Cognitive Psychotherapy: An International Quarterly*, 26 (3), 270-280.

Keng et al Mechanisms.pdf

Boellinghaus, I., Jones, F. W., & Hutton, J. (October 21, 2012). The role of mindfulness and loving-kindness meditation in cultivating self-compassion and other-focused concern in health care professionals. *Mindfulness*, October 21.

LK and MeditationSelfCompassion.pdf

Optional:

Tirch, D. D., (2010). Mindfulness as a context for the cultivation of compassion. *International Journal of Cognitive Therapy*, 3(2), 113–123.

Mindfulness and compassion Buddha.pdf

Empathy/Perspective Taking, and Communication

Birnie, K., Speca, M., & Carlson, L. E. (2010). Exploring self-compassion and empathy in the context of mindfulness-based stress reduction (MBSR). *Stress and Health*. Published online in Wiley InterScience (www.interscience.wiley.com) DOI: 10.1002/smi.1305.

Self Compassion & MBSR.pdf

Wei, M., Liao, K. Y., Ku, T., & Shaffer, P. A. (2011). Attachment, self-compassion, empathy, and subjective well-being among college students and community adults. *Journal of Personality*, 79 (1), 191-221.

Empathy self compassion.pdf

Creswell, J. D., Way, B. M., Eisenberger, N. I., & Lieberman, M. D. (2007). Neural correlates of dispositional mindfulness during affect labeling. *Psychosomatic Medicine*, 69, 560–565.

Creswell et al 2007 Psychosomatic Medicine.pdf

Martin, M. M., Staggers, S. M., & Anderson, C. M. (2011). The relationships between cognitive flexibility with dogmatism, intellectual flexibility, preference for consistency, and self-compassion. *Communication Research Reports*, 28 (3), 275-280.

Comm cognitive flexibility.pdf