

Mindfulness-Based Intervention

Fall 2014

Mon 3-5 pm (Franklin 186) and Thurs 9-10 am (Franklin 164)

Instructor: Heidemarie Laurent, Ph.D.

Office Hours: Thurs 12-2 pm, Franklin 219

Course Description:

This class is designed to give graduate-level students exposure to the science and practice of mindfulness-based intervention (MBI). MBI's refer to the cluster of interventions modeled after Jon Kabat-Zinn's Mindfulness-Based Stress Reduction course and include a variety of group-based classes aimed at improving mental and physical health. In this course, we will explore effects of mindfulness intervention on psychological distress, including depression and anxiety, with a particular focus on Mindfulness-Based Cognitive Therapy (MBCT). During this class, students will:

- 1) Experience firsthand the MBCT curriculum through weekly 2-hour class sessions
- 2) Learn about the evidence base for MBI's more generally, and MBCT in particular, in the treatment and prevention of affective disorders
- 3) Reflect on their own evolving mindfulness practice and discuss issues that arise in mindfulness research and intervention within a (western) clinical context

Upon completion of this class, students will have a solid foundation for further hands-on training in mindfulness-based interventions.

Required Readings:

Kabat-Zinn, J. (2013). *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*. Bantam Books.

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2013). *Mindfulness-Based Cognitive Therapy for Depression*. New York: Guilford.

Additional articles posted on Blackboard

Course Expectations

Students are expected to prepare for and fully participate in class sessions. This means reading assigned content before class, completing assigned mindfulness practices outside of class, and bringing (as best they can) a spirit of genuine inquiry and engagement to each class. There are no formal exams or papers; the one item students are responsible for turning in is weekly practice logs. Student grades will not be based on "mindfulness level" or hours of practice, but rather on consistent efforts to practice and non-judgmentally reflect on their mindfulness practice, as well as completion of and readiness to discuss course assignments (readings, exercises).

Week	Date	Topic	Readings
1	9/29	Orientation	<i>Full Catastrophe</i> ch 1-2; <i>MBCT</i> ch 4-5
	10/2	The pre-class interview	<i>MBCT</i> ch 6
2	10/6	MBCT class 1	<i>MBCT</i> ch 7-8
	10/9	Introduction to MBI evidence base	Keng, Smoski, & Robins, 2011 Khoury et al., 2013
3	10/13	MBCT class 2	<i>Full Catastrophe</i> ch 5; <i>MBCT</i> ch 9
	10/16	MBCT evidence base	Chiesa & Seretti, 2011 Piet & Hougaard, 2011
4	10/20	MBCT class 3	<i>Full Catastrophe</i> ch 3-4; <i>MBCT</i> ch 10-11
	10/23	Extensions and adaptations	Goodman et al., 2014 Sipe & Eisendrath, 2012
5	10/27	MBCT class 4	<i>Full Catastrophe</i> ch 6; <i>MBCT</i> ch 12
	10/30	Mechanisms of change	Batink, Peeters, Geschwind, van Os, & Wichers, 2013 Ives-Deliperi, Howells, Stein, Meintjes, & Horn, 2013
6	11/3	MBCT class 5	<i>Full Catastrophe</i> ch 7; <i>MBCT</i> ch 13
	11/6	Caveats	Keune, Bostanov, Hautzinger, & Kotchoubey, 2011 Williams et al., 2013
7	11/10	MBCT class 6	<i>Full Catastrophe</i> ch 8; <i>MBCT</i> ch 14-15
	11/13	No Class - Conference	
8	11/17	MBCT class 7	<i>MBCT</i> ch 16
	11/20	Maintenance of effects	Meadows et al., 2014 Michalak, Heidenreich, Meibert, & Schulte, 2008
9	11/24	MBCT class 8	<i>MBCT</i> ch 17-18
	11/27	No Class - Thanksgiving	
10	12/1	Class review	<i>Full Catastrophe</i> ch 14-15
	12/4		