

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

PSY 36 - Psychology of Meditation and Mindfulness

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU

34 hours Lecture

51 hours Lab

This course is an introduction to the psychological principles of mindfulness through meditation. Students will explore the psychology of meditation, including major theories and forms of meditation from ancient Eastern traditions and practices to contemporary Western research on the benefits of meditation. Emphasis will be on ego-fixation and identification with the root causes of human suffering. Internal and external stresses will be examined.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Identify and describe various psychological theories and forms of meditation.
- B. Identify and discuss the psychology of self-awareness, motivation, and self-discipline.
- C. Analyze and discuss the promotion of ethical living by enhancing personal integrity in daily life.
- D. Identify the psychological roots of stress and suffering and the use of meditation to ease stress and suffering.
- E. Explore various meditative practices as a route to greater self awareness, enhanced relations with others, and appreciation of the natural world.
- F. Discuss the influence that Eastern Traditions have on the Western science of meditation.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to Eastern and Western psychology of mindfulness and meditation?	3.00
2. Introduce relaxation and mindful breathing using pranayama (breath control) as a foundation for managing internal stresses.	3.00
3. How to manage interior experiences through breathing exercises to alleviate psychological suffering by examining mental content, beliefs and perceptions.	3.00
4. Mindfulness of the body's needs: rest, activity, and diet.	3.00
5. Mindfulness of Feelings and the Mind, observing the connection between cognition and emotional states.	6.00
6. Self reflection, observation, and self study on mental states, attitudes, and personal responsibility for the condition of one's existence in various contexts: personal, interpersonal, global	10.00
7. Practice meditation techniques and explore the effects from a scientific perspective as related to the quality of life.	4.00
8. Apply mindful nutritional plans and practice maintenance of health and healing techniques from the yogic tradition known as ayurveda.	2.00

Total Hours 34.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Relaxation	6.00
2. Pranayama	6.00
3. Watching the breath	7.00
4. Mental observation	7.00
5. Use of mantra	7.00
6. Walking meditation	6.00
7. Concentration practices	6.00
8. Mindfulness practices	6.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Instructor Demonstrations
- C. Group Discussions
- D. Guest Speakers
- E. Collaborative Group Work
- F. Class Activities
- G. Field Trips
- H. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- I. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Exams/Tests
- B. Research Projects
- C. Oral Presentation
- D. Journal
- E. Group Participation
- F. Essays and research papers
- G. Short reflection papers on specific readings

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read about 2 meditative practices and be prepared to discuss what you learned in class.
 - 2. Read about the history of meditation across all spiritual and religious foundations and be prepared to discuss in class.
- B. Writing Assignments
 - 1. Write a paper on the effects of meditation on one's mind-body, and the interpersonal and social relations.
 - 2. Journal your insights and progress in reducing psychological, physiological, and emotional suffering/stress through meditation.
- C. Out-of-Class Assignments
 - 1. Conduct library research on psychological and social impacts resulting from consistent meditation practices. Include cross-cultural studies.

2. Practice meditation at a consist time and place.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Thich Nhat Hanh. The Blooming of a Lotus: Guided Meditation of Achieving the Miracle of. 1st Edition. Beacon Press Books, 2009.
- B. Boyce, Barry. The Mindfulness Revolution. 1st Edition. Shambala, 2011.
- C. Deborah Adele. The Yamas & Niyamas: Exploring Yoga's Ethical Practice. On-Word Bound, 2009.
- D. Sharon Salzberg. Real Happiness: The Power of Meditation. Workman Publishing, 2010.

Materials Other Than Textbooks:

- A. Yoga Mat Other props to support your practice

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