

THE MINDFUL THERAPIST



PCP 6939

Syllabus – Fall 2015

Instructor: Dr. Roberta Seldman (seldman@ufl.edu) - office ph. 392.1575

Meeting Time: Wednesday 12:30 – 3:30 **Location:** TBA _ email Dr. Seldman

OVERVIEW

This class explores the interface between Western psychology and the world's contemplative practices. In particular, we will examine how the practice of mindfulness meditation can enhance one's life by both quieting the mind and providing awareness into life's greatest questions. This course will be highly experiential, combining the practice of sitting meditation and other simple contemplative and yoga practices that foster inner stillness and clarity. We will also study the wealth of Eastern thought that when applied to a therapeutic setting can enhance well-being as well as foster **authentic presence**, that quality that has been shown repeatedly to be the most important therapeutic agent of change. The course will focus on how to apply these ancient wisdom principles to the practice of psychotherapy.

The core of the course is the practice and application of mindfulness meditation. During the past decade, there has been an explosion of interest and rigorous research in mindfulness and meditation and its curative capacities. Meditation practice is the core of this course and is best described as a process of slowing down the mind & body and letting go of all thoughts that may occupy our mind and cause us worry, fear, anger, judgment or any other negative emotion. Some define it as a state of "emptiness" or "presence." By letting go we achieve a state of awareness that gives us both clarity and peace. We can then carry this with us in our daily lives making our normal experience much more meaningful and mindful. It brings a sense of understanding, compassion and deeper awareness to people who regularly practice it.