

Check Appropriate Boxes:

Undergraduate credit

Graduate credit

Professional credit

1. School/Division Nursing 2. Academic Subject Code NURS

3. Course Number K497 (must be cleared with University Enrollment Services) 4. Instructor Kathleen Beck-Cook

5. Course Title Mindfulness-Based Wellness: An Integrative Journey of

Recommended Abbreviation (Optional) Heathand Well-Being
(limited to 32 Characters including spaces)

6. First time this course is to be offered (Semester/Year): Fall 2009

7. Credit Hours: Fixed at 3 or Variable from _____ to _____

8. Is this course to be graded S-F (only)? Yes _____ No

9. Is variable title approval being requested? Yes _____ No _____

10. Course description (not to exceed 50 words) for Bulletin publication: _____

See attached

11. Lecture Contact Hours: Fixed at 3 or Variable from _____ to _____

12. Non-Lecture Contact Hours: Fixed at _____ or Variable from _____ to _____

13. Estimated enrollment: 24 of which 25 percent are expected to be graduate students.

14. Frequency of scheduling: 2 or 3 times per year Will this course be required for majors? elective

15. Justification for new course: new elective for communication cluster

16. Are the necessary reading materials currently available in the appropriate library? yes

17. Please append a complete outline of the proposed course, and indicate instructor (if known), textbooks, and other materials.

18. If this course overlaps with existing courses, please explain with which courses it overlaps and whether this overlap is necessary, desirable, or unimportant.

19. A copy of every new course proposal must be submitted to departments, schools, or divisions in which there may be overlap of the new course with existing courses or areas of strong concern, with instructions that they send comments directly to the originating Curriculum Committee. Please append a list of departments, schools, or divisions thus consulted.

Submitted by:

Anne P. Belcher Date 5/8-09
Department Chairman/Division Director

Approved by:

Deborah L. Cullen Date 5/9/09
Dean

Date _____
Dean of Graduate School (when required)

Date _____
Chancellor/Vice-President

Date _____
University Enrollment Services

After School/Division approval, forward the last copy (without attachments) to University Enrollment Services for initial processing, and the remaining four copies and attachments to the Campus Chancellor or Vice-President.

15497

NURS K492

**Mindfulness-Based Wellness:
An Integrative Journey of Health and Well-Being**

Course information:

- 3 credit hours
- Appropriate for all healthcare and social service related fields including, but not restricted to, pre-nursing and nursing student electives, pre-med, psychology, social work students

Faculty: Kathleen Beck-Coon, MD; Adjunct associate professor, Department of Environments for Health, IUSON; Mindfulness at the Center, Director

Phone: (317) 460-1691; E-mail: kbeckcoo@iupui.edu

Course Description:

Mindfulness is an innate human capacity for intentionally living in the present moment non-judgmentally which allows self-discovery and healing. This course will introduce mindfulness practice as a skillful approach to personal sustainability (care for the caregiver) and will expand ones understanding of this practice in integrative patient care. The class will synthesize didactic and experiential learning in mindfulness practice through the format of Mindfulness-Based Stress Reduction as developed by Jon Kabat-Zinn and is appropriate for new or seasoned meditation practitioners. The basics of Acceptance and Commitment Therapy and self-compassion practice will also be explored. Developing a mindfulness practice will be partnered with exploring evidence-based applications of mindfulness interventions in health care settings. As with all experiential learning, practice time is where the real learning takes place. This class presumes a significant commitment in which you will be well supported. Enrollment is limited to 24 in order to maximize opportunities for participation. Please note that this class includes one full day meditation retreat on a weekend.

Course Competencies:

1. Describe the basic tenets of Mindfulness-Based Stress Reduction, Acceptance and Commitment Therapy, and self compassion.
2. Develop a regular and sustainable mindfulness practice

3. Examine mindfulness-based interventions as they relate to personal and patient health and wellbeing.
4. Identify wellness-related intents/goals that are congruent with deeply held core-values, enhancing the capacity to tap into self-regulating practices for mind-body health
5. Evaluate tools for mindfulness-based attentional strength, physical and psychological health, burnout, and self-compassion
6. Develop mindful dialogue/communication skills

Required Texts:

Kabat-Zinn, Jon, (2005). *Wherever You Go, There You Are*. Hyperion. ISBN-13: 9781401307783

Santorelli, Saki. (1999). *Heal Thy Self*. Crown Publishing Group. ISBN-13: 9780609805046

Siegel, Daniel J. (2007). *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. Norton, W. W. & Company, Inc. ISBN-13: 9780393704709

Teaching Strategies

Experiential learning in mindfulness meditation and mindful gentle yoga

Self-assessments through journaling

Independent study/ Research paper/Paper presentation

“Mini-lectures” (5-10 min lectures with a reflective exercise)

Reading

Discussions

Daily practice activities

Testing based on readings and paper presentations

Evaluation and Grading

There are several evaluation methods for this course.

Attendance

10 percent

Journaling/Practice Record	10 percent
"Mini-lecture" reflection papers	10 percent
Class dialogue participation	20 percent
Research Paper	20 percent
Presentation of paper	10 percent [5% peer review/5% faculty]
Testing	20 percent

The course grade will be based on the university grading scale:

A+ 97 – 100	A 93 – 96	A- 90 – 92
B + 87 - 89	B 83 – 86	B- 80 – 82
C+ 77 – 79	C 73 – 76	C- 70 – 72
D+ 67 - 69	D 63 – 66	D- 60 – 62
F Below 60		

Academic Integrity:

This course complies with Indiana/Purdue University policies and standards, and those delineated in the *IUPUI Code of Student Rights, Responsibilities, and Conduct*

Americans with Disabilities Act:

If you need any special accommodations due to a disability, please contact *Adaptive Educational Services* Tel: (317) 274 3241; TDD/TTY: (317) 278 2050
 Fax: (317) 278 2051; aes@iupui.edu