SCP 596 : Integrating Mindfulness into Professional Practices

Mindfulness is a concept derived from Buddhism that was first described 2500 years ago. It is a non-anxious, non-judging, non-rejecting state of mind that encourages clear awareness of what is happening-as it is happening. The course will familiarize students with mindfulness and contemplative practices and their relevance in professional settings. This course explores research supported mindfulness techniques.