Mindfulness for Clinicans
PHBA-400

Spring 2020  Section 01  1 Credits  01/09/2020 to 05/06/2020  Modified 01/10/2020

Scheduled Class Meeting Times and Class Location

Mondays 11-11:50 AM
204 Bayer Learning Center

Flipped classroom (see schedule for onsite meetings)

Maximum 20 students per class

Instructor(s) and Office Location(s)

Course Coordinator: Dr. Holly Lassila
Email: lassilah@duq.edu
Office: 322 Bayer Learning Center
Phone: 412-396-1320

Office Hours
Office hours are by appointment; the best method of contact is by email.

Technology, Multimedia: Dr. Marsha McFalls
Email: mcfalls@duq.edu
Office: 214 Bayer Learning Center
Phone: 412-396-5627

Office Hours
Office hours are by appointment; the best method of contact is by email.

Course Description

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Mindfulness has exploded in popularity throughout the general population and is being used as a therapeutic intervention in medicine. Clinical and scientific research have affirmed benefits in the areas of both mental and physical health. This course will explore the foundations of a mindfulness practice while allowing students to apply this practice in their everyday lives. In addition, scientific research using mindfulness techniques will be discussed.

Requisites
None
Required Textbooks and/or Other Course Materials

Yoga mat
Other equipment as determined by faculty

Buddha’s Brain: The Practical Neuroscience of Happiness, Love, and Wisdom
Author: Rick Hanson
Optional

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life
Author: Jon Kabot-Zinn
Optional

Educational Technology Requirements

Mobile device or laptop computer (Mac OS® X or Windows® ) or iPad®

Assignments, Presentations, Examinations, and Other Methods of Evaluation

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance (for all on-campus sessions)</td>
<td>25 points</td>
</tr>
<tr>
<td>Case 1</td>
<td>25 points</td>
</tr>
<tr>
<td>Case 2</td>
<td>25 points</td>
</tr>
<tr>
<td>Case 3</td>
<td>25 points</td>
</tr>
<tr>
<td>Final project</td>
<td>100 points</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>200 points</strong></td>
</tr>
</tbody>
</table>

Grading Policy

Pass/Fail

All grading issues must be resolved within one week from the day that the grade is posted in Blackboard®. The date that the grade is posted is noted in the column title. Grades are not modified after this time unless there is a mathematical error in the grade calculation. Additionally, review of exams, assignments, quizzes, etc, are not permitted after this time. All activities/assignments must be completed in order to pass the course.

Note: Faculty reserve the right to adjust assessment scoring (exams, quizzes, assignments, etc) based on faculty judgment.

Course Domains, Competencies, Learning Outcomes
Domain 2: Essentials for Practice and Care

2.3. Health and wellness (Promoter) - Design prevention, intervention, and educational strategies for individuals and communities to manage chronic disease and improve health and wellness.

2.3.2.
Provide prevention, intervention, and educational strategies for individuals and communities to improve health and wellness.

Domain 4: Personal and Professional Development

4.1. Self-awareness (Self-aware) - Examine and reflect on personal knowledge, skills, abilities, beliefs, biases, motivation, and emotions that could enhance or limit personal and professional growth.

4.1.1.
Use metacognition to regulate one's own thinking and learning.

4.1.7.
Use constructive coping strategies to manage stress.

4.1.15.
Discuss emotional labor, compassion fatigue, burnout, and resilience.

Learning Outcomes and Assessment Strategy

<table>
<thead>
<tr>
<th>2.3.2</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1.1</td>
<td>Final project</td>
</tr>
<tr>
<td>4.1.7</td>
<td>Final project</td>
</tr>
<tr>
<td>4.1.15</td>
<td>Final project</td>
</tr>
</tbody>
</table>

Course Objectives

Upon completion of this course, you should be able to

- define mindfulness and understand the significance of practice;
- characterize how the stress pathway, stress response, and brain interact to produce the experience of stress, and communicate how stress can be managed using mindfulness techniques that impact these areas of the brain and body;
- explore the clinical implications of research regarding the association between mindfulness and outcomes;
- implement various mindfulness practices utilized to decrease stress and improve symptomatology.

Key Concepts

Outline of Course Topics and Lecture/Lab Schedule
<table>
<thead>
<tr>
<th>Week</th>
<th>Day/Date</th>
<th>Class Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>January 13</td>
<td>What Is Mindfulness?</td>
</tr>
<tr>
<td>2</td>
<td>January 20</td>
<td>Neuroscience and Science</td>
</tr>
<tr>
<td>3</td>
<td>January 27</td>
<td>Application of Mindfulness</td>
</tr>
<tr>
<td>4</td>
<td>February 3</td>
<td>Application of Neuroscience and Science</td>
</tr>
<tr>
<td>5</td>
<td>February 10</td>
<td>Breath and Awareness</td>
</tr>
<tr>
<td>6</td>
<td>February 17</td>
<td>Application of Breath and Awareness</td>
</tr>
<tr>
<td>7</td>
<td>February 24</td>
<td>Mindful Movement 1</td>
</tr>
<tr>
<td></td>
<td>March 2</td>
<td>No Class: Spring Break</td>
</tr>
<tr>
<td>8</td>
<td>March 9</td>
<td>Application of Mindful Movement 1</td>
</tr>
<tr>
<td>9</td>
<td>March 16</td>
<td>Mindful Movement 2</td>
</tr>
<tr>
<td>10</td>
<td>March 23</td>
<td>Application of Mindful Movement 2</td>
</tr>
<tr>
<td>11</td>
<td>March 30</td>
<td>Meditation</td>
</tr>
<tr>
<td>12</td>
<td>April 6</td>
<td>Application of Meditation</td>
</tr>
<tr>
<td></td>
<td>April 13</td>
<td>No Class: Easter Break</td>
</tr>
<tr>
<td>13</td>
<td>April 20</td>
<td>Mindfulness in Clinical Practice</td>
</tr>
<tr>
<td>14</td>
<td>April 27</td>
<td>Application of Mindfulness in Clinical Practice</td>
</tr>
<tr>
<td>15</td>
<td>May 4</td>
<td>Final project due</td>
</tr>
</tbody>
</table>
Attendance

Attendance is required for all scheduled on-campus sessions. In order to make up a session, an excused absence must be issued from the Office of Student Services.

Professional Classroom Behavior

Professional behavior during class includes (but is not limited to):

- Silencing all cell phones
- Refraining from texting during class
- Limiting discussion, except when shared with the entire class and/or group

Policy and Procedure for Return/Review of Exams

Not applicable

Home

Administrative Policies Governing All Courses

Students are required to review the following policies in their entirety:

- Academic Integrity
- Audio/Visual Recording
- Exam Tardiness
- ExamSoft Policies and Procedures for Students
- Final Exam Policy
- Course Assessment Grade Appeal
- Missed Exam
- Services for Students with Disabilities

https://duquesne.blackboard.com

School of Pharmacy: Professional and Graduate Students ➤ Student Pharmacist Handbook ➤ Policies and Procedures

Additional Items