Compassion, Happiness and Resilience: 
A Meditation-Based Stress Reduction Course
Instructor: Steven Rosenzweig, MD

Winter 2016

LIST OF DATES
Class 1: Wed Jan 6
Class 2: Thur Jan 14
Class 3: Wed Jan 20
Class 4: Wed Feb 3
Class 4 repeated: Wed Feb 10
Class 5: Wed Feb 17
Class 6: Wed Feb 24
Class 7: Wed Mar 2
Class 8: Wed Mar 16 (5-6:30PM)

TIME: 5:00-6:15PM
LOCATION: SAC B

DESCRIPTION:
This is an experiential course that teaches mind-body practices to reduce distress and increase wellbeing. Each class begins with a guided meditation practice. We then explore new material relevant to our themes.

A decade of conversations among psychologists, contemplatives and neuroscientists has identified evidence-based methods for developing greater ease and lowering distress. Compassion is the motivation to bring greater ease and reduce suffering – for others and for our selves. Compassion is the very foundation of caring for patients and we will explore how to deepen compassion toward others. Equally important, we will explore ways of working with our own distress and living with a greater sense of wellbeing. We will inquire into compassion, true happiness and authentic resilience through meditation practice, reflections on short readings, and inquiry.

Even if you are not taking the entire course for credit, you are welcome to drop-in to any of the sessions for the guided meditation practice. 

Course credit is given for attendance of 8 classes. Because of exam schedules, not every student is expected to attend every class but can complete up to three makeup assignments for course credit. There are no grades and there is no penalty for starting the course and not completing it.

PRE-REGISTRATION IS REQUIRED. Contact humanities.coordinator@drexelmed.edu with your intention to attend and indicate your track (IFM/PIL) and year.
Contact Dr. Rosenzweig for any additional information: steven.rosenzweig@drexelmed.edu.