Stress Reduction: Mindfulness for Personal and Professional Wellbeing
A Meditation-Based Stress Reduction Course

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Fall 2015

LIST OF DATES
(Wednesdays unless otherwise noted)
Class 1: Sept 2
Class 1 makeup for IFM2 students (and others):
   Friday Sept 11 at 4 PM
Class 2: Sept 16
Class 3: Oct 7 in Aud A
Class 4: Oct 21
Class 5: Nov 4
Class 6: Nov 18
Class 7: Dec 2
Class 8 for IFM students: Dec 9
Class 8 for PIL students: Dec 16

TIME: 5:00-6:30PM unless otherwise noted.
LOCATION: SAC B unless otherwise noted.

All materials and audio files are available on the Blackboard course site. If you have difficulty accessing Blackboard course in the first week, you can access the guided Body Scan audio file through Webcampus, Office of Community Experience --
http://webcampus.drexelmed.edu/communityexperience/bodyscan.html

Class 1. Sept 2; IFM2 make-up Sept 11

I. Topics:
   • Introduction to mindfulness and Mindfulness Based Stress Reduction. Working with the breath.
   • Body Scan meditation.

II. Home practice:
   • Body Scan using guided meditation audio file on Blackboard course site. Also found at:
     http://webcampus.drexelmed.edu/CommunityExperience/mindbody.html
   • Yellow sticker exercise
   • Relaxing sighs or mindful breaths
   • Daily practice log

III. Optional readings: Full Catastrophe Living\(^1\), chapters 3,5

IV. Making up missed class (for class credit): The main thing is to get practice experience with the Body
Scan meditation before Class 2. A brief instruction sheet is available as well as an mp3 file of a guided
meditation for home practice. Reading the chapter on body scan will be helpful. You don't have to
complete the full assignment before Class 2 but please practice Body Scan before Class 2:
   • Daily home practice with guided Body Scan meditation audio file.
   • Keep a daily practice log.
   • Read Full Catastrophe Living, chapters 3,5. Write 2 paragraphs briefly summarizing content and
     relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig

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\(^1\) Jon Kabat-Zinn. Full Catastrophe Living. Available at Library reserve desk.
Class 2. Sept 16
SAC B

I. Topics:
• Awareness of Breath (AOB) meditation. Finding a safe harbor of attention. Attitudinal foundations of mindfulness. Three-minute breathing space.

II. Home Practice:
• Alternate between AOB and Body Scan meditations. Use AOB and Body Scan using guided meditation audio files on Blackboard course site. Also found at: [http://webcampus.drexelmed.edu/CommunityExperience/mindbody.html](http://webcampus.drexelmed.edu/CommunityExperience/mindbody.html)
• Informal practice: mindful breaths; yellow stickers
• Daily practice log

III. Optional readings: *Full Catastrophe Living* chapters 2,4

IV. Making up missed class (for class credit):
• Work with AOB meditation. Contact Dr. Rosenzweig with any questions.
• Read *Full Catastrophe Living*, chapters 2,4. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig
• Do home practice assignment

Class 3. Oct 7

I. Topics:

II. Home practice:
• Choose among Body Scan / Awareness of Breath / Mindful yoga / Formal practice of mindful activity
• Pleasant Events Log
• Daily Practice Log

III. Optional reading: Read *Full Catastrophe Living*, cha 9, 35

IV. Making up missed class (for class credit):
• Speak with Dr. Rosenzweig about instruction in Mindful Activity formal practice.
• Read *Full Catastrophe Living*, cha 9,35. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig
• Do home practice assignment

Class 4. Oct 21

I. Topics:

II. Home practice
• Choose among: Body Scan / AOB / Mindful Yoga or other mindful movement
• Unpleasant events log
• Daily Practice Log

III. Optional readings: *Full Catastrophe Living* chapters 6,7

IV. Making up missed class (for class credit):
• Borrow CD from Dr. Rosenzweig with guided Mindful Yoga. Postures are outlined in *Full Catastrophe Living*. Read *Full Catastrophe Living*, chapters 19, 20. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig
• Do home practice assignment
Class 5. Nov 4

I. Topics: Cultivating kindness, compassion and self-compassion

II. Home practice:

- Formal practice – choose any of these:
  - Jon Kabat-Zinn Series 3 Meditations (CD #4) Lovingkindness Meditation – link through course website
    - Soften, soothe, allow
    - Lovingkindness for yourself
    - Compassionate walking
    - Breathing compassion in and out
    - Mindful self-compassion meditation
  - Mindfulness practice of your choice and bring in kindness or compassion practice
- Daily practice log

III. Optional reading: Chapter on lovingkindness meditation posted on course website.

IV. Making up missed class (for class credit):

- Read chapter on lovingkindness meditation posted on course website. Work with Jon Kabat-Zinn Series 3 Meditations (CD #4) Lovingkindness Meditation – link through course website. Read chapter on lovingkindness meditation posted on course website. Write 2 paragraphs briefly summarizing content and relating it to your own experience of the mindfulness practice; email to Dr. Rosenzweig
- Do home practice assignment

Class 6. Nov 18

I. Topics: Cultivating wholesome states: Kindness, compassion, joy, calm. Working with pain and suffering.

II. Home practice:

- Formal practice of choice but incorporating self-compassion / compassion practice
- Daily practice log

III. Optional reading: Full Catastrophe living chapters 22, 23 on physical pain; 24, 25 on emotional pain.

IV. Making up missed class (for class credit):

- Full Catastrophe living chapters 22, 23 on physical pain; 24, 25 on emotional pain.
- Write 2 paragraphs briefly relating chapter content to your own experience of the mindfulness practice; email to Dr. Rosenzweig

Class 7. Dec 2

I. Topics: Expanding Awareness meditation. Walking meditation.

II. Home practice:

- Expanding awareness meditation (mp3 on website) alternating with any other formal practice of choice
- Daily practice log

III. Optional reading: Full Catastrophe Living, Chapter 7, 35

IV. Making up missed class (for class credit):

- Expanding awareness meditation (mp3 on website)
- Full Catastrophe living chapters 7, 35.
- Write 2 paragraphs briefly relating chapter content to your own experience of the mindfulness practice; email to Dr. Rosenzweig
Class 8. Dec 9 (IFM); Dec 16 (PIL)
I. Topics: Mindfulness practice in relation to illness, suffering, healing and doctoring. Mindfulness of thoughts, imagery and choiceless awareness practices
II. Home practice: Your life.
III. Optional reading: A bibliography will be distributed.
IV. Making up missed class (for class credit): Speak with Dr. Rosenzweig.

Medical Humanities Scholars candidates who wish to get humanities credit for this course must complete the additional requirement of additional reading on the philosophy of mindfulness and submit a 2 page reflective essay.

“the mind is the surface of the heart, and the heart is the depth of the mind.”

Hazrat Inayat Kahan