Mindfulness: Philosophy and Practice
A directed-study opportunity for Humanities Scholars Certificate candidates

Instructor: Steven Rosenzweig, MD

Purpose: This directed learning opportunity is available to Humanities Scholars Certificate candidates. Students who complete the Professionalism elective, Mindfulness for Personal and Professional Well Being can receive credit toward one Medical Humanities Seminar by completing additional, scholarly work.

Requirements:
1. Complete the seminar, Mindfulness for Personal and Professional Well Being.
2. Meet with Dr. Rosenzweig to formalize a reading assignment. Examples of reading assignments include assigned portions of:
   a. *Wherever You Go There You Are*, by Jon Kabat-Zinn
   b. *Thoughts Without A Thinker: Psychotherapy from a Buddhist Perspective* by Mark Epstein, MD – or any of Dr. Epstein’s books.
   c. *The Quantum and the Lotus: A Journey to the Frontiers Where Science and Buddhism Meet* by Matthieu Ricard and Trinh Xuan Thuan
   d. Any mutually agreed upon reading that explores the philosophical, psychological or spiritual foundations of mindfulness or other contemplative practices.
3. Write a 2-3 page essay that integrates the reading you completed with your first-hand experience of mindfulness practice.
4. Meet with Dr. Rosenzweig for a 30 minute conversation about the work done.

Contact Dr. Rosenzweig for any additional information: steven.rosenzweig@drexelmed.edu