

## Elective course “De-Mystifying Mindfulness”

**Abstract:** Interest in meditation, mindfulness, and contemplation has grown exponentially in recent years. Rather than being seen as mystical practices from ancient Buddhism or esoteric philosophy, they are increasingly seen as technologies rooted in evidence from psychology and neuroscience. Mindfulness has become the basis for numerous therapeutic interventions, both as a treatment in healthcare and as a means of enhancing well-being and happiness. For millions around the world, mindfulness has become a life-style choice, enhancing and enriching everyday experience. Mindfulness is big business. Evolving from the popular Honours Academy course at Leiden University, this innovative course combines conventional scholarly inquiry from multiple disciplines (ranging from psychology, through philosophy, to politics) with experiential learning (including specially designed ‘meditation labs,’ in which you’ll get chance to practice and analyze mindfulness on yourself).

**Learning Objectives:** We consider the interest in meditation, mindfulness and contemplation, as well as why it has grown exponentially in recent years. Instead of being regarded as the mystical practices of ancient Buddhism or esoteric philosophy, we will consider them as technologies based on evidence from psychology and neurobiology. Mindfulness has become the basis for numerous therapeutic interventions, both for the treatment of health care and to improve well-being and happiness. For millions of people around the world, awareness has become a life choice that enriches and enriches everyday experience.

**Learning Outcomes:** The course aims to provide a responsible, comprehensive, and inclusive education about (and in) mindfulness as a contemporary phenomenon.

**Plan:**

- a Introduction to Mindfulness
- b Psychology of/& Mindfulness
- c Philosophy of/& Mindfulness
- d Politics of/& Mindfulness
- e Mindfulness into the Future
- f Honours Project

**Reading List:**

1. The Oxford Handbook of Cognitive and Behavioral Therapies / Edited by Christine Maguth Nezu and Arthur M. Nezu / Oxford 2014 (URL: <http://www.oxfordhandbooks.com/view/10.1093/oxfordhb/9780199733255.001.0001/oxfordhb-9780199733255?rskey=UaMyzg&result=6>)

2. Teach, Breathe, Learn: Mindfulness in and out of the Classroom / Srinivasan, Meena / Parallax Press 2014 (URL: <https://ebookcentral.proquest.com/lib/hselibrary-ebooks/detail.action?docID=1725178&query=Mindfulness>)

3. IntheFlow: Taking Mindfulness to Work / Debbie Goodman-Bhyat / KR Publishing 2016 (URL: <https://ebookcentral.proquest.com/lib/hselibrary-ebooks/detail.action?docID=4766570&query=Mindfulness>)

**Grading System:** 100% -point scale, which will be referred to the 10-point HSE system

**Methods of Instruction:** Video lectures