

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. Students will explore the mind/body relationship to stress, illness, pain management, general well-being and common stress triggers.

ILO: 6, 7, 2, & 1

Measure: Oral Report

2. Students will identify the relevance of mindfulness training in understanding and working with stress, illness, pain and well-being in daily life.

ILO: 6, 7, 1, 4 & 7

Measure: Oral Report

3. Students will discover the benefits of experiential sessions involving meditation and journal writing.

ILO: 6, 7, 1, & 2

Measure: Performance

4. Students will identify stress reactions and how they contribute to disease and learn "tools" to reduce symptoms of stress, anxiety and depression.

ILO: 7, 2, 6 & 4

Measure: Oral Report

5. Students will make conscious choices responding to stress, learn non-judgmental attitudes towards thoughts and feelings to improve their ability to live with chronic illness and pain in their daily lives.

ILO: 1, 6, & 7

Measure: Demonstration

6. Students will improve communication skills through group and dyadic process that can carry over into personal and work relationships.

ILO: 1, 2, & 6

Measure: Demonstration

TOPICS AND SCOPE:

Inactive Course: 12/08/2008

WEEK 1 2.5 HOURS

Introductory Session, orientation and first mindful movement gentle stretch and guided body scan meditation. Assignment: Body Scan Meditation, Medical Symptoms Checklist and the 9 Dots Exercise.

WEEK 2 2.5 HOURS

The theme is perception. How you see or don't see things may determine the level of commitment that one will bring to the stress reduction program and the personal discipline required for participation.

Emphasis will be to establish the connection between stress reactivity

and recovery from stressors; it is not the stressors per se, but how we handle them. Prevention and the individual responsibility in health care issues will also be discussed. Practice meditation and mindful standing Yoga and practice with CD tapes.

WEEK 3 2.5 HOURS

Learning to live mindfully present, moment to moment will be discussed. Practice meditation and yoga exercises. Assignment handout Stress Diagram.

WEEK 4 2.5 HOURS

How mindfulness relates to stress. Strategies to discuss stress reactivity/automaticity/mindfulness and how they feed the seeds of suffering. Practice meditation and yoga exercises. The exploration of the difference between reacting versus responding to stress.

WEEK 5 2.5 HOURS

Reacting versus responding will be presented. A discussion of personal meaning of events as an influence on health and the importance of acknowledging one's negative feelings. The goal is to explore ways to transform reactivity into healthy responses and to let go of expectations. Meditation and yoga exercises. Assignment Do Nothing for 15 minutes and Sitting Awareness.

WEEK 6 2-5 HOURS

Skillful communication and being aware of feelings and effectively expressing them will be practiced. Sitting and walking meditations and Aikido-based exercises will be introduced and practiced. Assignment to keep a log of all that is consumed: Food, media, relationships, etc.

WEEK 7 2.5 HOURS

Discussion of cultivating self-reliance, sitting meditation and mindful movement.

WEEK 8 2.5 HOURS

Students will plan how to integrate mindfulness practice into their daily lives. Closing assignments, evaluation and Medical symptoms checklist. Meditations and reflections will be practiced.

METHODS OF INSTRUCTION:

The main method of instruction will be lecture with class participation involving the following: 30 minute meditations, journal writing, body movement (yoga), and small and large group discussions.

REPRESENTATIVE TEXTBOOKS:

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: D

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000242041

Sports/Physical Education Course: N

Taxonomy of Program: 083700