

ISU: The Mindful YOUiversity!

MINDFULNESS COURSES

Fall, 2020

Note: All mindfulness courses through the Kasiska Division of Health Sciences are offered only online this fall.

Mindful Self-Compassion: (DHS 4408/5599, 2 cr.) Online. Instructors: Kristin Stewart Yates and Jane Coe Smith. Wednesdays, 2:30 pm – 5:00 pm MT. This seminar for the clinical practitioner and students in health professions discusses the direct effects of mindful meditation and self-compassion practice on clients and practitioners and provides advanced mindfulness and self-compassion practice training. Although the focus will be on mindfulness in health sciences, everyone is welcome to take the course.

Mindfulness in Health Science: (DHS 4401/5501, 2 cr.) Online. Instructors: Paula Seikel and Jen Miesch. Tuesdays, 3:00 pm – 4:50 pm MT. Students will learn Mindfulness-Based Stress Reduction and will study the research exploring how mindfulness improves mental and physical health. Graduate students will lead a mindfulness practice for the class. Although the focus will be on mindfulness in health sciences, everyone is welcome to take the course.

The Mindful Practitioner: (DHS 4406/5506, 2 cr.) Online. Instructors: Tony Seikel and Beth Guzi. Tuesday, 5 pm – 6:40 pm MT. This course is designed to help students and professionals integrate mindfulness into their clinical practice, and discusses the direct effects of mindful meditation practice on clients and practitioners. Although the focus will be on mindfulness in health sciences, everyone is welcome to take the course.

Fundamentals of Mindfulness: (DHS 4410/5510, 2 cr.) Online. Instructors: Jen Holst, Tony Seikel, and Lorinda Smith. Thursdays, 5:00 pm. – 6:40 pm MT. This course provides students with core skills and practice in multiple forms of mindfulness meditation. The course emphasizes developing functional application of mindfulness practices in all daily activities. This course is open to anyone with an interest in mindfulness practice.

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Classes are offered through the Division of Health Sciences and are open to all ISU students, staff, and faculty and to community members wanting to learn ways to respond more mindfully to stress, improve their ability to stay present, and practice these skills with other learners. These classes are primarily experiential, so consistent attendance is essential. <https://www.isu.edu/healthsciences/mindfulness/>