Bemidji State University

SOWK 2500: Mindfulness and the Art of Living: Exploring Personal and Professional Prac

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

This course combines scholarly knowledge and experiential learning with an emphasis on process. The content examines the use of mindfulness-based practices (e.g., journaling, meditation, movement, art, listening) for professional and personal self-awareness, interventions, ethical practice, resilience, and self-care. Additional course content includes the intersection of mindfulness and values of dignity, relationships, service, social justice, integrity, and competence. Opportunities to experience practices that engage the mind, body, and spirit as well as understanding their value are an integral part of the course.

B. COURSE EFFECTIVE DATES: 08/20/2022 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Tree of Contemplative Practices and exploring practices
2. Mindfulness & intentional Living
3. Exploring specific mind, body, spirit practices
4. Development of personal and professional practices
5. Intersection of values and mind, body, spirit practices
6. Social Media and mind, body, spirit practices
7. Trauma-Informed Practices
8. Individual resilience
9. Roles of organizations in creating space for resilience

D. LEARNING OUTCOMES (General)

1. develop an understanding of what constitutes mind, body, spirit practices.
2. develop an understanding of the use of mind, body, spirit practices in personal and professional life.
3. explore and develop their own mind, body, spirit practice.
4. explore the intersection of mind, body, spirit practices, and values such as dignity, relationships, service, social justice, integrity, and competence.
5. develop an understanding of trauma-informed approaches to mind, body, spirit practices.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus
G. SPECIAL INFORMATION

None noted