



Psyc 503

Mindfulness & Acceptance Based Theory

Winter 2014

Instructor:	Al-Noor Mawani, Ph.D. R.Psych.	Lecture Location:	Use these columns
Phone:	403-944-4804	Lecture Days/Time:	Mondays 5-7:50pm
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Office:	Foothills Medical Centre		
Office Hours:	By appointment only		

Course Description and Goals

This course will endeavor to survey historical and current theory related to mindfulness and acceptance based interventions. The course will include didactic and experiential components that invite students to both learn more about mindfulness and acceptance based theory, but also to experience and practice mindfulness at a personal level. Students will be asked to keep a log of their experience of mindfulness on a weekly basis. The course will also offer the opportunity for students to apply mindfulness and acceptance based theory to an area of their own interest in the form of a presentation to the class as well as paper summarizing and extending the presentation content. At the end of the course, it is hoped that students will have a broader understanding of the current theoretical basis of mindfulness and acceptance based interventions and will have a greater depth of understanding of mindfulness from an experiential base.

Prerequisites

Psyc 200 – Principles of Psychology I
Psyc 201 – Principles of Psychology II
Psyc 385 – Abnormal Psychology

Required Text

Mindfulness and Acceptance: Expanding the cognitive-behavioural tradition (2011)
Ed. S.C. Hayes, V.M. Follette, & M.M. Linehan. The Guilford Press, NY.
ISBN: 978-1609189891 (Ordered through Bookstore)

Evaluation

Evaluation in this course will include a midterm exam as well as student presentations and a paper on a subject related to mindfulness and / or acceptance based theory or interventions. The final topic will be discussed and finalized with the instructor during the first section of the course. The midterm will be 35% of the final grade (Multiple Choice and short answer format) that will cover lectures and readings to date. The presentation will likely be in pairs (dependent upon enrollment in the course) and will constitute 26% of the final course grade. The written paper will be authored individually and will constitute 26% of the final course grade. Each class will also include an experiential component of

mindfulness and students will be required to submit a diary of the experience of their own practice of mindfulness. Each week's submission will constitute 1% (13% in total) of the final grade. More details will be provided in the first class.

Department of Psychology Criteria for Letter Grades

Psychology professors use the following criteria when assigning letter grades:

A+ grade: *Exceptional Performance.* An A+ grade indicates near perfect performance on multiple choice and short answer exams. For research papers/essays/course projects/presentations, an A+ grade is awarded for exceptional work deserving of special recognition and is therefore not a common grade.

A, A- Range: *Excellent Performance.* Superior understanding of course material. Written work is very strong in terms of critical and original thinking, content, organization, and the expression of ideas, and demonstrates student's thorough knowledge of subject matter.

B Range: *Good Performance.* Above average understanding of course material. Written work shows evidence of critical thinking and attention to organization and editing but could be improved in form and/or content.

C Range: *Satisfactory Performance.* Adequate understanding of course material. Knowledge of basic concepts and terminology is demonstrated. Written work is satisfactory and meets essential requirements but could be improved significantly in form and content. Note: All prerequisites for courses offered by the Faculty of Arts must be met with a minimum grade of C-.

D range: *Marginally meets standards.* Minimal understanding of subject matter. Written work is marginally acceptable and meets basic requirements but requires substantial improvements in form and content. Student has not mastered course material at a level sufficient for advancement into more senior courses in the same or related subjects.

F grade: *Course standards not met.* Inadequate understanding of subject matter. Written work does not meet basic requirements. Student has not demonstrated knowledge of course material at a level sufficient for course credit.

Grading Scale

A+	96-100%	B+	80-84%	C+	67-71%	D+	54-58%
A	90-95%	B	76-79%	C	63-66%	D	50-53%
A-	85-89%	B-	72-75%	C-	59-62%	F	0-49%

As stated in the University Calendar, it is at the instructor's discretion to round off either upward or downward to determine a final grade when the average of term work and final examinations is between two letter grades.

In this course there will be no rounding up of final grades, especially in light of the opportunities students have to increase their final grade via research participation.

Tentative Lecture Schedule

Date	Topic/Activity/Readings/Due Date
W Jan 8	Winter term lectures begin.
M Jan 13	Intro to course and mindfulness; History and Traditions (Ch.1)
F Jan 17	Last day to drop Winter Term half-courses.
M Jan 20	Last day to add or swap Winter Term half courses. Last day for change of registration from audit to credit or credit to audit. Mindfulness Based Stress Reduction
F Jan 24	Fee payment deadline for Winter Term fees.
M Jan 27	Acceptance and Commitment therapy Mindfulness Based Cognitive Therapy (Ch. 3 & 5))
M Feb 3	Mindfulness Based Cognitive Therapy/Acceptance based Behavioural Therapy (Ch. 4 & 6)
M Feb 10	Dialectical Behavioural Therapy (Ch. 2)
Feb 16-23	Reading Week. No lectures. University open (except Family Day).
M Feb 17	Alberta Family Day, University closed (except Taylor Family Digital Library, Law, Medical, Gallagher and Business Libraries). No lectures.
M Feb 24	Positive Psychology and Mindfulness (Reading to be assigned)
M Mar 3	Neuroplasticity and Mindfulness (Reading to be assigned)
M Mar 10	Midterm (35%)
M Mar 17	Student Presentations
M Mar 24	Student Presentations
M Mar 31	Student Presentations
M Apr 7	Student presentations
M Apr 14	Review; Papers due. Last experiential session. Winter Term Lectures End. Last day to withdraw from full courses and Winter Term half courses.
Apr 19-29	Winter Term Final Examinations.

Reappraisal of Grades

A student who feels that a piece of graded term work (e.g., term paper, essay, test) has been unfairly graded, may have the work re-graded as follows. The student shall discuss the work with the instructor within 15 days of being notified about the mark or of the item's return to the class; no reappraisal of term work is permitted after the 15 days. If not satisfied, the student shall immediately take the matter to the Head of the department offering the course, who will arrange for a reassessment of the work within the next 15 days. The reappraisal of term work may cause the grade to be raised, lowered, or to remain the same. If the student is not satisfied with the decision and wishes to appeal, the student shall address a letter of appeal to the Dean of the faculty offering the course within 15 days of the unfavourable decision. In the letter, the student must clearly and fully state the decision being appealed, the grounds for appeal, and the remedies being sought, along with any special circumstances that warrant an appeal of the reappraisal. The student should include as much written documentation as possible.

Plagiarism and Other Academic Misconduct

Intellectual honesty is the cornerstone of the development and acquisition of knowledge and requires that the contribution of others be acknowledged. Consequently, plagiarism or cheating on any assignment is regarded as an extremely serious academic offense. Plagiarism involves submitting or presenting work in a course as if it were the student's own work done expressly for that particular course when, in fact, it is not. Students should examine sections of the University Calendar that present a Statement of Intellectual honesty and definitions and penalties associated with Plagiarism/Cheating/Other Academic Misconduct.

Academic Accommodation

It is the student's responsibility to request academic accommodations. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 403-220-8237. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation. You are also required to discuss your needs with your instructor no later than 14 days after the start of this course.

Absence From A Test/Exam

Makeup tests/exams are NOT an option without an official University medical excuse (see the University Calendar). A completed Physician/Counselor Statement will be required to confirm absence from a test/exam for health reasons; the student will be required to pay any cost associated with this Statement. Students who miss a test/exam have 48 hours to contact the instructor and to schedule a makeup test/exam. Students who do not schedule a makeup test/exam with the instructor within this 48-hour period forfeit the right to a makeup test/exam. At the instructor's discretion, a makeup test/exam may differ significantly (in form and/or content) from a regularly scheduled test/exam. Except in extenuating circumstances (documented by an official University medical excuse), a makeup test/exam must be written within 2 weeks of the missed test/exam.

Travel During Exams

Consistent with University regulations, students are expected to be available to write scheduled exams at any time during the official December and April examination periods. Requests to write a make-up exam because of conflicting travel plans (e.g., flight bookings) will NOT be considered except under exceptional circumstances. Students are advised to wait until the final examination schedule is posted before making any travel arrangements.

Freedom of Information and Protection of Privacy (FOIP) Act

The FOIP legislation disallows the practice of having student's retrieve tests and assignments from a public place. Therefore, tests and assignments may be returned to students during class/lab, or during office hours, or via the Department Office (Admin 255), or will be made available only for viewing during exam review sessions scheduled by the Department. Tests and assignments will be shredded after one year. Instructors should take care to not link students' names with their grades, UCIDs, or other FOIP-sensitive information.

Course Credits for Research Participation (Max 2% of final grade)

Students in most psychology courses are eligible to participate in Departmentally approved research and earn credits toward their final grades. **A maximum of two credits (2%) per course, including this course,**

may be applied to the student's final grade. Students earn 0.5% (0.5 credits) for each full 30 minutes of participation. The demand for timeslots may exceed the supply in a given term. Thus, students are not guaranteed that there will be enough studies available to them to meet their credit requirements. Students should seek studies early in the term and should frequently check for open timeslots. Students can create an account and participate in Departmentally approved research studies at <http://ucalgary.sona-systems.com>. The last day to participate in studies and to assign or reassign earned credits to courses is **April 14, 2014**.

Evacuation Assembly Point

In case of an emergency evacuation during class, students must gather at the designated assembly point nearest to the classroom. The list of assembly points is found at <http://www.ucalgary.ca/emergencyplan/assemblypoints>. Please check this website and note the nearest assembly point for this course.

Student Organizations

Psychology students may wish to join the Psychology Undergraduate Students' Association (PSYCHS). They are located in Administration 170 and may be contacted at 403-220-5567.

Student Union VP Academic: Phone: 403-220-3911 suypaca@ucalgary.ca
Student Union Faculty Rep.: Phone: 403-220-3913 socialscirep@su.ucalgary.ca

Student Ombudsman's Office

The Office of the Student Ombudsmen provides independent, impartial and confidential support for students who require assistance and advice in addressing issues and concerns related to their academic careers. The office can be reached at 403-220-6420 or ombuds@ucalgary.ca (<http://www.su.ucalgary.ca/services/student-services/student-rights.html>).

Safewalk

The safewalk program provides volunteers to walk students safely to their destination anywhere on campus. This service is free and available 24 hrs/day, 365 days a year.
Call 403-220-5333.

Important Dates

The last day to drop this course with no "W" notation and **still receive a tuition fee refund** is **January 17th, 2014**. Last day for registration/change of registration is **January 20th, 2014**. The last day to withdraw from this course is **April 14th, 2014**.