Class Announcement

Fall 2011

Mindfulness Meditation: Personal, Clinical and Training Applications

SDS 6836 (Counselor Education Program)

Tuesdays, periods 9-11 (4:05-7:05)

Instructor: Dr. Michael Murphy mcmurphy@ufl.edu 392-1575

This class will introduce students to the principles of Mindfulness Meditation, both as a personal practice AND as it applies to clinical practice and training. Research over the past 20 years has shown Mindfulness Meditation to be a very powerful agent of change for a multitude of psychological and health-related concerns (e.g., anxiety, depression, substance abuse, trauma, headaches, ulcers, test/performance anxiety, etc.). The past few years there has been more and more emphasis placed on the value of Mindfulness Meditation in the counseling/psychotherapy setting. The value of this practice to both the patient AND the therapist has been convincingly demonstrated. An important aspect of its application in therapy is the effect it has on the therapist, the client AND the therapeutic relationship.

In this class students will:

- Learn about the principles and practice of Mindfulness Meditation. Students will be instructed in how to do Mindfulness Meditation and well be expected to practice it at home.
 We will also practice it in class each week. Learning Mindfulness Meditation at a personal level is essential to the application of it in therapy and/or training.
- Learn about the latest research on Mindfulness Meditation
- Learn about the application of Mindfulness Meditation to various clinical issues and populations.
- Learn about the application of Mindfulness Meditation in the training of counselors and therapists

If you have any questions about the class, please feel free to contact Dr. Murphy at 392-1575 or mcmurphy@ufl.edu. Dr. Murphy has had his own Mindfulness Meditation practice for over 20 years and he has trained with a number of teachers of this tradition, including Dr. Jon Kabat Zinn. He is very actively involved in exploring the application of Mindfulness Meditation in clinical and training settings.