

# Interested in learning more about Mindfulness?

Discover how mindfulness is applied to the fields of Arts, Activism, Behavioral Sciences, Business, Education, Environmentalism, Health Care, Humanities, Leadership, Social Justice, and more!

Take the new APPLIED MINDFULNESS course this Spring'23

## **SOCW 392L-200**

### **ST: Applied Mindfulness - SP23**

Thursdays 6:30–9:00pm 3 credits

Banner# 12763, 12892, 12904

Cross listed with Sociology (SOC392)  
and Psychology (PSY392).

Will satisfy the Social Science Core

 Requirement for non-SBS majors!

This course offers a unique opportunity to develop foundational skills in mindfulness practices inspired by wisdom traditions and current academic research. Students will explore applications of mindfulness based techniques in behavioral science, education, health care, business, humanities, fine arts, leadership and activism. Practicum and data collection will involve project planning, intentional facilitation, and presenting findings for shared learning. Course performance is based on in-person lecture and discussion, recommended reading and reflection, and demonstration of applied mindfulness skills. The Applied Mindfulness course was developed in collaboration with the Marist Mindfulness Collective (A.Ortega-Johnson, B.Loh, C.Chaterdon, M.Stone, M.Undici) and BSW Program Director D.Hanssen.

Instructor: Matteo Undici, MSW, LCSWR, CSSW

Questions? Please email: [matteo.undici@gmail.com](mailto:matteo.undici@gmail.com)