

Justice Institute of British Columbia
COURSE OUTLINE

Course Code:	CCR510
Course Title:	Integrating Brain Science and Conflict (Blended)
Prerequisite Courses:	Baccalaureate degree, JIBC Certificate in Conflict Resolution or equivalent
School:	Community and Social Justice
Division/Academy/Centre:	Conflict Resolution
Previous Course Code & Title:	N/A
Course First Offered:	February 2011

# of Credits:	3.0
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Course Description:

In this course, you will focus on the inner workings of the brain in conflict situations. You will explore in detail how brain functioning is impacted by triggers, stress and competitive interactions. You will gain insight into the latest scientific research on neuroplasticity, mirror neurons, emotional regulation, and the link between mindfulness and healthy conflict resolution. You will apply this knowledge in analyzing your own unique brain patterns during conflict to design and implement a mindful approach to resolving conflict with others.

Course Goal(s):

The purpose of this course is to introduce learners to the mechanics (anatomy and functioning) of the human brain in conflict. The second and higher order purpose of this course is to support learners in using these brain basics to develop mindfulness approaches that support healthy conflict engagement and management.

Learning Outcomes:

Upon successful completion of this course, the learner will be able to:

1. Identify and use brain basics to understand, critique and modify own approaches to conflict management.
2. Analyze the impact of mindfulness on conflict management.
3. Evaluate personal level of mindfulness and assess the effect on own ability to manage conflict.
4. Develop a mindfulness plan and integrate mindfulness practices to support healthy conflict management attitudes and processes.
5. Consider and evaluate the implications of neuroscience on conflict management.

6. Hypothesize and critically analyze the impact of at least one element of the brain and/or mindfulness on conflict management.

Course Topics/Content:

- Brain basics: anatomy and functions of the brain
- Factors impacting stress responses – in utero to adulthood
- Impact of stress on brain functioning
- Triggering physiology
- Mindfulness theory and impact on the brain
- Mindfulness Practices- introduction to diverse mindfulness practices
 - Sense regulation
 - Meditation
 - Gratitude
 - Rhythmic regulation
 - Other
- Mirror Neurons
- Neural integration
- Integrating brain research and mindfulness with conflict management processes – negotiation and mediation.

Text and Resource Materials:

Required:

Carter, Rita. (2009) "The Human Brain Book: An Illustrated Guide to its structure, function and disorders". Dorling Kindersley Publishing: 375 Hudson Street NY 10014. Website: www.dk.com. ISBN: 978-0-7566-5441-2

Kabat-Zinn, Jon. (2006) "Mindfulness for Beginners". Sounds True: Louisville, CO. USA. (www.soundstrue.com) A 2 CD Package with a total running time of 2 ¼ hrs. ISBN: 1-59179-464-1

Recommended:

Bibliography available via online classroom

Course Level:

	First Year		Second Year		Third Year		Fourth Year
X	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC: None

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14			
Simulation/Lab				
Practicum/Fieldwork				
Online	28			
Correspondence				
Total Class Hours	42			

Comments on Delivery Methods:

As is usual with 3.0 credit 5th year courses, there are readings, research and assignments that will take place outside of classroom hours.

Course Grading System:

X	Letter Grades		Percentage		Pass/Fail
	Complete/Incomplete		Attendance Only		

Passing Grade:	C
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Evaluation Activities and Weighting:

Final Exam	%	Assignments	55%	Project	35%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	10%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

The Research Assignment paper is due on the last day of the course and is worth 40% of your final grade.

Papers submitted 1-7 days following the end of the course will be penalized 15%.

Paper submitted 8-14 days following the end of the course will be penalized 35%.

Research Assignment papers will not be accepted beyond the 14 day extension.

Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

Student Academic Integrity Policy
Academic Progression Policy
Admissions Policy
Academic Appeals Policy
Evaluation Policy
Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

Access Policy
Harassment Policy – Students
Student Records Policy
Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.