

Justice Institute of British Columbia
COURSE OUTLINE

Course Code: COUN-3600
Course Title: Mindfulness, Mindsight and the Brain:
What is Mind and Mental Health?
Prerequisite Courses: N/A
School: School of Health, Community and Social Justice
Division/Academy/Centre: Centre for Counselling and Community Safety
Previous Course Code & Title: N/A
Course First Offered: 2015

# of Credits:	0
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Course Description:

Can we describe a 'healthy mind'? In everyday life, we feel and think, remember and perceive, based on the flow of energy and information. When we view the mind as a regulatory process, we are able to see how we can strengthen the mind and create mental health by stabilizing the way we sense energy and information flow, and the way we then shape that flow toward a process called "integration"—the linkage of different parts of a system. We can learn to create mental health by learning to monitor our emotions with more stability and modify our thinking toward integration with our actions.

Dr. Siegel will outline strategies to monitor and modify energy and information flow with more clarity and power, and will describes how this concept of integration can serve as an organizing principle that illuminates mindsight, harmony, resilience, and vitality.

Course Goal(s):

To offer a scientifically based understanding of the human mind and practical steps to strengthening the mind by creating resilience and well-being in the face of a range of challenges.

Learning Outcomes:

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

1. Integrate information about a range of sciences to explore a working definition of the human mind;
2. Adopt a new approach to clinical assessment examining ways that chaos and rigidity reveal impairments to mental health;
3. Apply a working definition of mental health as integration to a range of clinical and work situations.

Course Topics/Content:

- Can we describe a 'healthy mind'?
- What systems underpin psychological well-being?
- What do we understand by 'the embodied brain'?
- The healing power of emotion
- The psychological states of rigidity, chaos and non-integration
- The domains of integration
- Mindsight, the ability to sense the inner mental life of self and others and create integration
- The significance of neural integration in creating mental health
- What constitutes mental health?

Text and Resource Materials:

Required:

Recommended:

Course Level:

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

Equivalent Course(s) within the JIBC:

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				
Praxis Exercise				
Practicum/Fieldwork				
Online				
Correspondence				
Total Class Hours	14			

Comments on Delivery Methods:

Course Grading System:

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

Passing Grade:	
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Evaluation Activities and Weighting:

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

Comments on Evaluation Activities and Weighting:

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/about-jibc/governance/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.

Globally-Minded

Self-aware of own identity and culture, recognize the interconnectedness of world events and issues; interact respectfully and authentically across cultures; value multiple perspectives; utilize curiosity to learn with and from others.

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 ourselves; recognize and acknowledge the needs and emotions of others including those with diverse cultures, 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.