

Justice Institute of British Columbia COURSE OUTLINE

Course Code: SPE150

Course Title: The Importance of Social and Emotional Intelligence in Everyday: The Clinical Application of Interpersonal Neurobiology

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

# of Credits:	1.0
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Course Description:

Compassion is the fundamental way we feel the inner experience of others and bring kindness in our interactions. Outward directed compassion builds upon the foundation of feeling another's feelings and honoring the inner world beyond just reacting to outward manifestations of behaviors. This inner world includes the domain of the mind: When we see the mind, when we have "mindsight," we come to sense and respect the subjective world of others, and of ourselves.

In this two-day immersion, we will explore the ways in which science illuminates the nature of compassion and shows us the ways in which we can develop kindness toward others and our selves. By envisioning a triangle of human experience that includes the mind, relationships, and the brain, we can build a comprehensive view of development within the individual, families, schools, and communities. Promoting mindsight in our personal and professional lives can foster the emergence of compassion and empathy that promote well-being in these important aspects of our lives.

This intensive course is designed for all professionals who work to promote the healthy development of children, adolescents, and adults. Clinicians from various mental and medical health professions, educators from pre-school to university level, policy-makers involved in creating programs for promoting well-being, attorneys and judges involved in family and child issues, and other professions will find this work both accessible and helpful.

You will learn how social experiences shape the regulatory circuits of the brain and what this means for shaping health-promoting relationships throughout the lifespan. You will also find the framework of "interpersonal neurobiology" presented here to be of use in exploring the nature of human development and the cultivation of well-being. In addition, the concept of mindsight will serve as a grounding principle that can help with professional, and personal, efforts to create a more compassionate and kinder world of relationships in which you live.

This course is offered in partnership with the BC Association of Clinical Counsellors and City University.

Course Goal(s):

Course Learning Objectives:

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

Course Topics/Content:

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

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

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input type="checkbox"/>	Pass/Fail	<input checked="" type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Credit Granted
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

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

Comments on Evaluation:

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records