

Justice Institute of British Columbia COURSE OUTLINE

Course Code: SPE225

Course Title: Psychotherapy from the Inside Out: The Brain of the Mindful Therapist

Prerequisite Courses:

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

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
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Course Description:

As we continue to discover more about the deeply social nature of the brain, human service professionals are moving towards remarkable new insights into what traditional notions of “mindfulness” mean in the context of human relationships. It is becoming ever clearer that it is the clinician’s own level of awareness and neural integration that is at the heart of the therapeutic process. Dr. Daniel Siegel will focus on how neuroscience can complement traditional contemplative practices and explore how to enhance deeper levels of integration in ourselves and in those care for professionally. You will learn about the nine levels of neural integration and how to work at each level, both in your own self-development and with others. You will explore the new findings about the mirror neuron system and how the various circuits involved in emotional resonance and empathy can enhance your understanding of others and of yourself. Dr. Siegel will pay special attention to the role of “mindsight” – the interweaving of insight and empathy – and how it leads to changes in self-regulation, attuned communication, and mental well-being. This presentation is for psychologists, social workers, counselors, medical professionals, social service workers, mediators, and others who work in the helping professions. It 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:

- 1.
- 2.

Course Topics/Content:

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

Required:

Recommended:

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	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				
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours				

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:

	Letter Grades		Percentage		Pass/Fail	X	Credit/No Credit
	Complete/Incomplete		Attendance Only		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	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67

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

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