

## Mindfulness in psychotherapy (PSY 545)

*Volitelný kurz vyučovaný v rámci magisterského studia psychologie v anglickém jazyce*

**Garant:** PhDr. Roman Hytych, Ph.D. (e-mail: romhyt@seznam.cz)

**Typ studijního předmětu:** povinně volitelný

**Rozsah předmětu:** kredity 5 ETCS

**Forma výuky předmětu:** 1 přednáška a 1 seminář

**Způsob ukončení:** zkouška

**Počet studentů:** max 20

### Basic characteristic

Students should be able to use mindfulness skill for improving their well-being as well as apply it in the psychotherapeutic context. They will explore possibilities and limits of contemporary measurement instruments. They will get basic overview of recent research findings and clinical application.

**Form of the course:** 1 lecture, 1 seminary (every week).

### Conditions for passing the course:

1. The attendance on the seminar is compulsory (75%), as well as a keeping a research diary, where students will record their experiences from the cultivation of mindfulness,
2. Systematic training of mindfulness (at least 5 times a week), students are keeping a research diary (see file named "ResearchDiary"). Every Monday you will upload your research diary into Information system. You will get feedback every week on those records you will permit to share within the group.
3. Written Assignment based on a research diary (8 pages). In the essay students will reflect their experience with training and application of mindfulness in relation to their goals, which are formulated at the beginning of the course (3rd lesson). Integral part should be methodological reflection how you used your research diary as a source of introspective facts. An important aspect of the text is naming personal gains as well as the limits of the method. Personal reflection is the basis for discussion with information from relevant literature (at least two books and two articles should be cited).

### Content of the course:

1. *Introduction*
2. *What is mindfulness? Introspection as a tool for psychic process discrimination*
3. *What you can expect from mindfulness training: Benefits of mindfulness (Formulation of the personal goals – submitted in writing to the Information System)*
4. *Is the mindfulness only skill we train? (Five mind faculties and their balancing)*
5. *Cultural and historical context of the mindfulness cultivation (Four foundation of mindfulness)*
6. *Applying mindfulness in psychotherapy – MBSR, MBCT*
7. *Application of mindfulness in psychotherapy and psychology research: measurement instruments, overview of research findings.*
8. *Self-support group – opportunity to meditate and share without lecturer*
9. *Understanding of No-self – Dynamic identity*
10. *Applying mindfulness in psychotherapy – DBT, ACT*
11. *Conditionality in the Abhidhamma system and application in the psychotherapy*
12. *Applying mindfulness in psychotherapy – sati therapy and others psychotherapeutic approaches*
13. *Reviewing of the course; why should health care professionals practice mindfulness?*

### Literature:

- Baer, R. A. (Ed.). (2014). *Mindfulness-Based Treatment Approaches: Clinician's Guide to Evidence Base and Applications*. London: Elsevier.
- Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of personality and social psychology*, 84(4), 822.
- Brown, K. W., Ryan, R. M., Creswell, J. D. (2007). Mindfulness: Theoretical Foundations and Evidence for its Salutary Effects. *Psychological Inquiry*, 18, 211–237.

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Didonna, F. (Ed.). (2008). *Clinical Handbook of Mindfulness*. New York: Springer.

Fryba, M. (1995). *The Practice of Happiness*. Boston: Shambala.

Germer, C. K., Siegel, R. D., Fulton, P. R. (Eds.). (2005). *Mindfulness and Psychotherapy*. New York, London: The Guilford Press.

Gilbert, P. (2009). *The Compassionate Mind*. London: Constable.

Kabat-Zinn, J. (1990). *Full Catastrophe Living*. New York: Dell.

Naranjo, C. (2006). *The way of silence and the talking cure*. Nevada City: Blue Dolphing Publ.

Vogt, B. (1999). *Skill and Trust*. Amsterdam: Amsterdam University Press.

Varela, F., Shear, J. (Eds.) (1999). *The View from Within: First-Person Methodologies*. London: Imprint Academic.