Emotional Healing & Happiness

CSPH 5541

2 Credit | Fall

For in person dates, visit onestop.umn.edu

Instructor: Merra Young

This course will introduce and provide in-depth, experiential training in the cultivation of happiness, emotional health and healing for multi-disciplinary professions. Students will learn ancient and contemporary highly effective methods for the transformation of afflictive emotions, unhealthy patterns, and behaviors. Students will learn how to increase positive emotions and mind states including: compassion, joy and equanimity. They will explore meditation and other integrative approaches that bring balance and well being to the mind. Students will practice and explore the applications of these modalities. Students will learn how to creatively apply and integrate them into their lives, relationships and work with a wide range of patient/client populations and settings.

This interdisciplinary course is open to graduate students at the University of Minnesota, undergraduate juniors and seniors, staff, and interested professionals from the community and other community members with instructor permission.

(Meetings are in the Mayo meditation space)

Visit z.umn.edu/CSPH5541 for more information.