CSPH 5212 (3 Credits)

PEACE BUILDING THROUGH MINDFULNESS: TRANSFORMATIVE DIALOGUE IN THE GLOBAL COMMUNITY

Blended  |  Instructor: Mark Umbreit

COURSE DESCRIPTION

Building true peace among individuals, communities, and nations in ultimately a journey of the heart. It requires a more contemplative and mindfulness-based approach grounded in open-hearted moment by moment non-judgmental awareness. Students will experience the circle process of learning the wisdom shared by guest speakers of diverse cultures and perspectives, the basic practices of mindfulness meditation and deep listening. Students will bear witness to the strength and resilience of the human spirit through stories and films that Dr. Umbreit will share from his work in more than 23 countries. The core principles and skills of restorative and transformative dialogue will be offered along with a review of empirical data on their effectiveness.

COURSE OBJECTIVES

By the end of the course, students will:

- An understanding of the energy, dynamics, and substance of conflict
- The ability to practice a mindfulness-based approach to peacebuilding within families, among friends, in the broader global community
- Knowledge of conventional Western approaches to conflict through negotiation and mediation in multiple settings
- Knowledge of the difference between resolving disputes and building peace between individuals in conflict or within one’s self within the context of intense conflicts
- An understanding of a humanistic approach to mediation and restorative dialogue
- Knowledge of the difference between conflict management and conflict transformation
- An awareness of specific examples of peacebuilding and conflict transformation in response to inter-personal and organizational conflict
- An awareness of specific examples of peacebuilding and conflict transformation in response to civil conflict and political violence
- An awareness of how the principles of peacebuilding and conflict transformation that are grounded in non-western traditions can be adapted for use within Western European culture
- Ability to practice techniques that contribute to peacebuilding and conflict transformation within the context of intense conflicts one is faced with in multiple settings

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