CSPH 5541 (2 Credits)
EMOTIONAL HEALING
AND HAPPINESS:
EASTERN AND WESTERN APPROACHES
TO TRANSFORMING THE MIND
In Person | Instructor: Merra Young

COURSE DESCRIPTION
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 afflicitive 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.

Visit z.umn.edu/CSPH5541 or contact us at csh-academics@umn.edu for more information.

COURSE OBJECTIVES
By the end of the course, students will be able to:
• Demonstrate the skills of compassionate presence and mindful listening and speaking
• Learn about the integration of eastern and western approaches to emotional health and healing
• Develop competency in helping empower patients/clients by reframing obstacles and difficulties
• Learn how to develop body awareness and listen to their own bodies for cues in working with other people
• Understand the ethical issues and discuss healthy boundaries and professional relationships within an eastern and western integrative model
• Learn about the of use ritual, drawing, journaling, guided imagery, movement and other creative methods with patients/clients including benefits and precautions
• Learn non-sectarian approaches to introduce general Buddhist principles and practices
• Gain an overview and understand the significance of neuroscience research on destructive/afflicitive emotions and happiness and other positive emotions and the mind