PEACEBUILDING THROUGH MINDFULNESS:
TRANSFORMATIVE DIALOGUE IN THE GLOBAL COMMUNITY

CSPH 5212
Blended Format | In-person meetings 6/2 (6pm-9pm), and 6/3, 6/10, 6/24 (9am-4pm)

Building true peace among individuals, communities, and nations is 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.

About the Instructor

Dr. Mark Umbreit is an internationally recognized practitioner and scholar with many years of experience as a mediator, peacemaker, trainer, teacher, researcher, and author of ten books and more than 200 other publications in the fields of restorative justice, mediation, spirituality, forgiveness, and peacemaking. He has conducted training seminars and lectures throughout the world, in Asia, Africa, Europe, the Mideast, and North and South America. Dr. Umbreit’s multi-site and multi-national research has contributed significantly to restorative justice policy development in the U.S. and other countries, as well as providing resource materials and guidance to practitioners. He is currently working as a Senior International Consultant with the United Nations Development Program and the ministry of Justice in Turkey. At the National Restorative Justice Conference in June of 2013, Dr. Umbreit was elected the founding President of the new National Association for community and Restorative Justice.

For more information or to enroll, contact Erin at fider002@umn.edu or 612-624-5166.