Lesley University Mindfulness Studies Program

The Mindfulness Studies Program immerses students in the theory, practice, and history of mindfulness. The Program is especially suitable for health and wellness professionals, social entrepreneurs, counselors, life coaches, and educators.

The Study of Mindfulness, with roots in health care, is making significant contributions to the fields of communications, conflict resolution, leadership, psychology, cognitive science, and education. Numerous studies over the past 25 years have demonstrated positive effects of mindfulness on individual and interpersonal health and well-being. Rapidly expanding research shows beneficial impacts of mindfulness on attentional focus; cognitive, social and emotional learning; and compassion.

The program’s four 3-credit courses are offered on campus and can be:

- Completed as a graduate or undergraduate level certificate in Mindfulness Studies
- Incorporated as a Specialization in the Self Designed Master’s Degree Program.
- Can also be taken as individual courses.

For more information. Please visit www.lesley.edu/info/mind or contact Sarah Di Frances at 617.349.8300 | info@lesley.edu
Mindfulness and Professional Practice
In this course students examine the theory of mindfulness and engage deeply in the practice. Mindfulness draws on the innate wisdom of our minds and bodies to develop calm, concentration, and insight, and to foster personal growth. We will engage in several forms of mindfulness practice, and discuss related writings, including recent studies reporting new findings about the potential benefits of mindfulness practice to improve health and to promote equanimity and overall well-being, including enhancement of brain function. Students will focus on the application of these transformative practices in their own daily, academic, and/or professional lives. 
Usually offered fall semester.

Mindful Communications: Theory and Practice of Insight Dialogue
This Mindfulness Studies course is designed to examine and critique the theory, practice, and potential of Insight Dialogue, or interpersonal mindfulness, and its roots in the Buddhist concept of “right speech.” Implications of Insight Dialogue for enhancing communication, including in difficult conversations, will be examined. Insight Dialogue will be contextualized within examination of prominent philosophies of dialogue and dialogic practices intended to promote communication across race, class, gender, and ideology. Usually offered spring semester.

Principles of Mindful Leadership
This course provides students with an opportunity to explore how Buddhist ideas underlying mindfulness can be extended into the realm of leadership and engagement with the contemporary world. Students will gain a nuanced understanding of principles of mindful leadership through close readings of translations of classical Buddhist teachings and current mindfulness texts. Students will investigate the meaning of these teachings in direct experience and apply them to social, cultural, historical, organizational, and political case studies. Usually offered fall semester.

Intergroup Conflict Transformation
Focuses on identifying and developing the skills for effective intervention in conflict situations involving different cultural groups. Explores various conceptual frameworks for understanding conflicts. Usually offered spring semester.