



MINDFULNESS & ACCEPTANCE-BASED THERAPY

The University of Toledo, Department of Psychology
College of Languages, Literature and Social Sciences (LLSS)

Instructor: Wesley Bullock, Ph.D.
Email: wesley.bullock@utoledo.edu
Office Hours: Tues & Thurs 12:00-1:00

Term: Summer II, 2016
Class Location: University Hall (UH), Rm. 1610
Class Day/Time: Tues & Thurs 9:20-12:00

(or arranged)

Office Location: University Hall (UH), Rm. 1420

Course Credit Hours: 3

Office Phone: 419-530-2719

COURSE DESCRIPTION / OVERVIEW

This course covers the domain of empirically-supported therapy interventions that incorporate mindfulness, meditation, and acceptance-based clinical treatments for psychological disorders. The

PREREQUISITES

Prerequisite: With rare exceptions, students entering this graduate seminar will have completed an graduate course in Psychopathology, and very often undergraduate courses in Personality and Clinical Psychology as well, all of which serve as good foundation for the graduate seminar in mindfulness and acceptance-based treatments.

REQUIRED TEXTS (workbook chapters to be completed as homework assignments, with daily email reflection log required to demonstrate comprehension/competency with workbook material).

empirical research in using the empirically supported therapy techniques that have been developed

for mindfulness and acceptance-based therapies. Students are expected to participate in workshop

to learn to use the empirically supported techniques of mindfulness meditation/ACT skill

COURSE SCHEDULE

(draft version dated: 6-28-2016...will be adjusted as schedule dictates)