Learning Sustainable Well-Being (Psych 88):
“Principles of Clarity”
Fall Quarter, 2019

Professor: Dr. Karen Dobkins, Ph.D.
5117 McGill Hall       e-mail: kdobkins@ucsd.edu

Class Meetings: Thursdays, 3:30 – 4:50 pm, Hojel Auditorium, Institute of the Americas

Purpose: The principles taught in this class are based on Mindfulness, Positive Psychology and Cognitive Therapy (as well as Buddhism and Neuroscience). The focus is on how to live a life where our actions are aligned with our core values, get straight to the heart of a matter, identify the issues, discriminate between real threats vs. the “stories” we tell ourselves, move away from “shoulds”, take responsibility for our choices, not go into “victim mentality”, communicate needs effectively, bring love, mindfulness and compassion to all situations, and live wholeheartedly, without apology. The goal is to give you the tools you need to feel empowered and to live a life you love, with purpose and clarity.

Format: Each week, there is a short lecture on a given topic, combined with workshop style exercises. The exercises include: 1) private reflection, 2) group discussion, 3) didactic discourse between the instructor and students, 4) partnering up, students taking turns facilitating each other on an exercise. The goal is to break free of the limiting concepts we place on ourselves and others, to speak with truth, and move forward with love. Before or after each class, the instructor sends assignments to prepare for the week (for example, writing out a statement of core values, discussing one’s greatest weakness with a friend).

Grading: Grading is Pass/Not Pass, and is based on attendance, class discussion and participation. Attendance is tracked with clickers, and only one absence is allowed to pass the class, but please try to make all classes! (If you get sick, or have an emergency, please let me know and I will understand).

1) Sept 26: Introduction to Practicing Mindfulness and Well-Being

YOUR RELATIONSHIP WITH YOURSELF

2) Oct 3: Who Are You?: How do you Talk/Think about Yourself?
3) Oct 10: Accepting All of You: the Good, the Bad and the Ugly
4) Oct 17: Manifesting What you Want: Tackling Worry, Doubt and Fear

YOUR RELATIONSHIP WITH OTHERS

6) Oct 31: Who Are They (i.e., Other People)? (Part 1)
7) Nov 7: Who Are They (i.e., Other People)? (Part 2)
8) Nov 14: Working it Out with Other People (Part 1)
9) Nov 21: Working it Out with Other People (Part 2)
10) Dec 5: Summary, Tips for Practicing Clarity and Meditation

NOTE: This class is, in part, about learning how to be open and truthful. It can get therefore get emotional sometimes, with people sharing heavy stories and/or issues. Please know that you are never required to share anything in this class, but you should be prepared that others will. Also, know that mental health resources (CAPS) are available on the UCSD campus, if you think you might benefit from a visit: 858-534-3755.