

Mindfulness and Psychodynamic Treatment (901)

Wednesdays, 8 Wednesdays, March 17 – May 12, 2021, 7 – 8:30 pm EDT (no class March 24)

Category: Courses

Mindfulness and Psychodynamic Treatment (901)

Instructor: Alan Stern, PhD

Required Texts:

1. Germer, C. K., Siegel, R. D., and Fulton, P. R. (Eds). (2005) *Mindfulness and psychotherapy*. New York, NY: The Guilford Press. Second edition.
2. Liebenson, Narayan Helen. (2019) *The Magnanimous Heart: Compassion and Love, Loss and Grief, Joy and Liberation*. Somerville, MA: Wisdom Publications.
3. Safran, Jeremy S. (Ed).(2003). *Psychoanalysis and Buddhism: An unfolding dialogue*. Boston, MA: Wisdom Publications.

Note: Reading from these books are to be assigned as the students proceed through the course.