Mindful Awareness Practices for Daily Living (MAPs)

Overview

Mindful Awareness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being. Mindful Awareness Practices (MAPs) is a course developed by the UCLA Semel Institute for Neuroscience and Human Behavior Mindful Awareness Research Center and offers tools and exercises such as mindfulness meditation to develop greater mind-body awareness and promote mindfulness in daily life. This six-week class series is open to all UC Davis staff and faculty. The classes lay the foundation for participants to:

- understand basic principles of mindfulness,
- develop a personal meditation practice, and
- apply the principles in their daily life on an ongoing basis.

Each class sessions will consist of mindfulness practices, experiential exercises, lectures and group discussions in a supportive community environment. This course is well suited for beginners and those who wish to revitalize their mindfulness practice. This course will be taught by Neesha Patel, PhD

*Please note that this course is an educational program and not intended to serve as clinical treatment. Please consult with your health care provider to determine the appropriateness of this course for you.*
Class Structure

The MAPs class meets weekly for two hours per week for six weeks. Students will be offered daily home practice meditation assignments starting at five minutes a day and working up to 20 minutes daily by the end of the course.

The class will explore the following topics:

- Overview of Mindfulness
- Mindfulness of the Body
- Challenges to Mindfulness
- Mindfulness with Physical Pain
- Mindfulness with Difficult Emotions
- Cultivating Positive Emotions
- Mindfulness with Difficult Thoughts
- Mindful Interactions

Students will also learn a variety of mindfulness practices so that the student can discover which practice is useful to them. Practices taught include:

- Sitting meditation
- Eating meditation
- Daily life meditations
- Relational mindfulness
- Walking meditation
- Standing meditation
- Movement meditation
- Practices to develop positive emotions
Fees

The regular fee for the MAPs course is $200. However, this course is being offered by Staff and Faculty Health and Well-being at no cost to participants who meet the following eligibility requirements:

- Ability to attend all 6 sessions for the full 2 hours.
  - **Dates**: Sep 10, 17, 24, Oct 1, 8, 15
  - **Day & Time**: Mondays, 5:15-7:15pm.
  - **Location**: Davis Campus (details provided at registration)
- Ability to dedicate up to 20 minutes/day for home practice.

Optional Continuing Education Units (CEU)*

This course provides 18 continuing education credits through UCLA for professionals as described below. The fee for the CEUs is $50. For those who are interested, information about signing up for CEUs will be provided at the first class meeting.

The Semel Institute at UCLA is an accredited provider for Continuing Education Credits (BBS) for LCSWs and MFCCs/MFTs, (CME) for Physicians and Psychologists (provider # PCE 378), and Registered Nursing (RN). The MAPs course meets the qualifications for 18 hours of continuing education credit as required by the California Board of Behavioral Sciences (BBS), Continuing Medical Education (CME) and Registered Nurse (RN).

Please click here to find out whether this is the right class for you and the right time for you to attend.

Application Process

We will be sending out an announcement in August with information on how to apply for this course. Space is limited and participants will be selected by a lottery system, so please stay tuned.

More questions? Please contact us at wellbeing@ucdavis.edu.