

## **Sabbatical Leave Proposal for Sile Bassi, Spring 2023**

**Name:** Sile Bassi

**Position:** Learning Disability Specialist/ Instructor, ACCESS Moorpark College

**Email:** slbassi@vcccd.edu

**Full-time hire date:** August 2007

**Part-time hire date:** August 1999

**Previous Sabbaticals:** 0

### **Sabbatical Proposal**

**Participating in Mindful Awareness Practices Classes (MAPs I and MAPs II) at the Mindful Awareness Research Center (MARC) which is a partner of the Norman Cousins Center for Psychoneuroimmunology within the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA and apply the knowledge from these classes to develop disability and topic specific mindfulness workshops for both students enrolled in ACCESS and students taking Learning Skills math courses.**

#### **I. Faculty Background**

I have been working as a Learning Disability Specialist/ Learning Skills Instructor in ACCESS since Fall 1999. In Fall 2007, I went from a 60% part time position to a full-time tenure track Learning Disability Specialist/ Instructor. Since Fall of 1999, I have served in many roles. I have developed our very successful Learning Skills math courses, assessed and qualified many students for Learning Disabilities, welcomed countless new students with disabilities to Moorpark College and set them up with accommodations, served on many committees ranging from Curriculum to Campus Environment, and many other vital support services. I plan to remain at Moorpark College in ACCESS for at least another 14+ years where I can continue to grow and support the program.

I have never taken a previous sabbatical leave. In all honesty, I didn't want to leave our students without math support in our Learning Skills program. I have worked so hard to develop a math program that helps students with math anxiety learn math. I have seen so many math fearful students learn to love and embrace math. I teach "how to learn math" in the context of learning math.

I don't believe any faculty members in ACCESS have taken a sabbatical leave since Melanie Masters took hers in Spring of 2007.

## **II. Current Status and Perceived Need**

Over the past 22 years, I have worked with students with all types of disabilities. In the last ten or so years, there seems to be three categories of disabilities that have grown significantly: mental health, ADHD and Autism Spectrum Disorders. I am concerned that the current pandemic is going to increase our students with Mental Health Disabilities. Before the start of this semester, I polled my current students in my asynchronous online class and asked if they wanted an on-ground version of this class. Out of 14 respondents, 12 said they did not want an in-person class and the 2 remaining wanted a hybrid schedule. The surprising part was that students told me why they wanted the class asynchronous. Some students were full time parents, workers, or lived far away, but the majority said they struggled with social anxiety and didn't want to be in person. I couldn't help but wonder if situations had gotten worse since the Pandemic. I have always taught my classes like a supportive family. I go out of my way to make sure my students feel valued and important. Many of my students have spent years of their education feeling "less than". A huge part of my teaching involves building self esteem in math. I teach them math can be fun and they can do it. I also try to impart these same skills in my counseling students and servicing students with disabilities. In ACCESS we need to be prepared to support students who may have had their disabilities exasperated by the pandemic. I know we have mindfulness workshops available through our health center, but I feel that we need to have an in-house support system embedded in ACCESS. We have drop in hours where students often come in to share their struggles and come seeking support. I would love to offer mindfulness drop in times for our students or small group workshops for students who have similar struggles (e.g. focus, attention, anxiety, etc.). I would also love to embed mindfulness practices in our Learning Skills math courses.

## **III. Proposal**

**My one semester sabbatical proposal/project will be to take four online Mindful Awareness Practices Classes (MAPs I and MAPs II) through the Mindful Awareness Research Center (MARC) which is a partner of the Norman Cousins Center for Psychoneuroimmunology within the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA and apply the knowledge from these classes to develop disability and topic specific mindfulness workshops for both students enrolled in ACCESS and students taking Learning Skills math courses.**

I am requesting a 1-semester sabbatical leave – during the Spring Semester 2023.

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 I course meets the qualifications for 20 hours of continuing education credit as required by the California Board of Behavioral Sciences (BBS), Continuing Medical Education (CME) and Registered Nurse (RN)

According to the Mindful Awareness Research Center, science indicates Mindful Awareness can reduce worry, anxiety, forgetfulness, impulsive reactions, and hypersensitivity. With training and practice, you can fine tune your brain to reduce tardiness, fogginess, and confusion. You are naturally present and learn to harness this natural strength of being present.

Mindful Awareness Practices are the evidence based educational programs of the Mindful Awareness Research Center. These six-week class series lay the foundation for students to understand basic principles of mindfulness, develop a personal meditation practice, and to apply the principles in their daily life on an ongoing basis. Each class is a combination of lecture, practice, and group feedback and discussion. MAPs classes meet weekly for two hours per week for six weeks. Students will complete some daily meditation practice starting at five minutes a day and working up to 20 minutes daily by the end of the course.

As a part of my sabbatical proposal, I plan to take four six week courses in MAPs I and MAPs II programs. These programs are offered online. MAPs I has one introductory course that is required to take any of the MAPs II courses. There are a total of eleven MAPs I, MAPs II, MAPs III, and MAPs Application courses. Depending on the class schedules, I will try to take two MAPs courses every six weeks. The following describes the four courses I would like to take; however, if one isn't offered, I will substitute it for another MAPs II course. I have provided a link, as well as a sample schedule at the end of this proposal, to a sample course schedule for Summer/ Fall 2021 at the beginning of the Timeline section of this proposal.

1. MAPs I course- is an introduction to mindfulness for beginners. MAPs I provides insight into the basics of mindfulness, how to develop a mindfulness meditation practice, and how mindfulness can be applied in daily life.
2. MAPs II: Working with Difficult Emotions. Many of us struggle with anxiety, depression and anger. These natural human emotions can be a source of suffering

that can negatively impact quality of life. Mindfulness has been shown to promote more states of well being and happiness and has been incorporated into a variety of clinical treatments for mental health issues such as anxiety and depression. But whether or not you have a mental health concern or simply struggle with the challenges of 21st century living and the anxiety, stress, and frustration of life, this class can support you in finding more ease, balance, and happiness. In the class we will work weekly with each emotion, exploring how to bring mindfulness to it and include other approaches to working with it. You will also learn practices that antidote difficult emotions such as equanimity or balance, compassion, and loving kindness.

3. MAPs II: Cultivating Self-Compassion. Many of us struggle with issues of self-judgment and self-criticism. People of all ages suffer from painful thoughts such as, "I'm not good enough," "I messed that up again," and "I hate my body." Although these thoughts may feel overwhelming and intractable, we can learn how to work with and lessen them. Science has shown that you can actually change your brain through mindfulness and the cultivation of positive emotional states. In this class, we will explore mindfulness practices to work with self-critical thoughts, and self-compassion practices to nurture kindness and compassion for ourselves and others. This class will include sitting and walking mindfulness and kindness meditations, periods of silence, personal exploration, and discussion to help cultivate and encourage more self-compassion.
4. MAPs Applications Course: Introduction to Mindfulness for Adult ADHD. There are perfectly good reasons (no, not being defective) that you ignore tasks, leave them unfinished, don't put things back where they belong, act impulsively, lose interest, become bored, anxious, are hyper-sensitive to blame, have no sense of time, forget important things, and can't stick with things to the finish line. Through years of work with thousands of clients Dr. William Dodson, psychiatrist, tells us the ADHD brain simply functions differently than the 80% - 90% of the society who are "Neurotypicals." For example, you become motivated, engaged, focused and on top of things in 4-5 completely unique ways than others do. This can cause you to be hyper focused or not engaged. There are several other differences. Unfortunately, most tips, including regular Mindfulness aimed to fix these issues have failed, leaving the ADHD adult hopeless and stuck. This class helps you understand how the ADHD brain works and develop the skills to do things accordingly, you can reduce almost all of the challenges mentioned above and live a successful happy life. In this course, you learn about the brain's unique qualities and natural strengths and pick up a few modified Mindfulness tools. This is an educational course

designed with Mindfulness techniques for the ADHD nervous system. We offer practices appropriate to the way the ADHD brain can absorb. We encourage teachers, therapists, coaches and trainers to attend to learn in order to support the ADHD individual effectively.

#### **IV. Sabbatical objectives**

##### **1. Education- Specialization.**

To become educated in mindfulness practices by taking four 6 week MAPs courses through UCLA's MARC Center.

##### **2. Development.**

To develop mindfulness workshops for ACCESS students with specialized topics/ disability focus. For example, mindfulness workshops on attention, anxiety reduction, and self kindness. I would like to start offering these workshops on a monthly basis and then increase if the need arises. I will advertise by sending out notifications to all ACCESS students. I will also post on the Learning Skills math CANVAS page. I will also share with colleagues so they can share with students and other Learning Skills courses. In addition, I will embed mindfulness practices into Learning Skills math courses with a focus on reducing math/ test anxiety. I will offer additional support before each exam.

##### **3. Implementation.**

To apply skills and techniques learned in MAPs I and II courses to workshop development for Learning Skills math courses and ACCESS students.

#### **V. Value to Students, Moorpark College, Faculty member, District and College Mission and Vision Statement**

##### **Value to the Students -**

- By having a specialist on staff in ACCESS who is trained in mindfulness practices, students will get support and guidance directly through our office.
- By having disability/ topic specific mindfulness workshops, students will be able to gain practical skills based on their individual needs.
- All students (both ACCESS and non-ACCESS) who enroll in Learning Skills math classes will have mindfulness principles embedded in the math curriculum. Students in LS math courses often come from math fearful backgrounds. The

anxiety around their past math experiences often blocks their math learning. Mindfulness strategies have been shown to reduce math anxiety.

#### **Value to the Moorpark College -**

- Research has shown that mindfulness helps students mental and cognitive health. Students that feel supportive will do better in classes and can matriculate quicker through the community college.
- Having a mindfulness expert in ACCESS can help students that may struggle with increased Mental Health disabilities, ADHD, and other disabling conditions that respond positively to mindfulness practices.
- If faculty members see students in their classes struggling with organization, focus, mental health, or other issues, they can refer them to ACCESS for support. It is important for faculty to feel they have resources that they can refer students to.
- The faculty member will be able to share tools learned in MAPs courses with Moorpark College faculty and staff.

#### **Value to the Faculty member -**

- The faculty member will learn and develop mindfulness tools to support students with disabilities.
- In the helping profession, it is important for helpers to take care of themselves so they can best help others. Learning mindfulness strategies will help the faculty member learn and apply self care in order to best support students.

#### **Value to the District -**

- When students feel supported and are given strategies that help with success, they often stay in school and persist. As a result, this will help the district by providing services that help students graduate from the community college system. ACCESS is already an amazing support for so many students. By adding a specialist in mindfulness, it will only serve to enrich the student experience and success and in turn benefit the district.
- I would also be happy to share workshop ideas with colleagues in the EAC program at both Oxnard and Ventura College.

#### **College Vision-**

One of our Moorpark College vision statements is to promote wellness through self-awareness, self-care, and support of one another to establish and maintain healthy lifestyles. Teaching students about mindfulness in relation to disabilities and specific

needs will help support this vision statement. Mindfulness skills help promote self awareness, self-care, and will help support and maintain a healthy lifestyle.

**Feasibility of Implementation-** I will complete the required coursework through UCLA's MARC program prior to developing the ACCESS disability and topic specific mindfulness workshops. I hope to have the workshops developed and ready for implementation by early Fall 2023. Since I will be taking four 6 week courses and then developing ACCESS focused mindfulness workshops, I will need the time to learn and then develop. This is more than time allotted for professional development. I will need time to practice what I have learned in order to teach these new skills to ACCESS students. I have also discussed my proposal with other members of the ACCESS team and they agree that ACCESS students will benefit from mindfulness workshops focused on their specific needs. The reactions to my proposal have been very positive and they see the need for our students and department.

## **VI. Timeline of project**

### **January - February 2023**

Depending on MARC's course schedule, begin taking the first MAPs I 6 week course- an introduction to mindfulness for beginners.

### **February - March 2023**

Depending on MARC's course schedule, continue with the next two 6 week courses: MAPs II: Working with Difficult Emotions and MAPs II: Cultivating Self-Compassion.

### **March - April 2023**

Depending on MARC's course schedule, take the 4 week MAPs Applications Course: Introduction to Mindfulness for Adult ADHD.

### **April - May 2023**

With the knowledge gained in the MARC's coursework, develop mindfulness disability/ topic specific workshops on attention, anxiety reduction and self kindness.

### **August - December 2023**

Offer topic specific mindfulness workshops to ACCESS students and students enrolled in Learning Skills math courses.



APPENDIX A:



MOORPARK COLLEGE

Moorpark College  
7075 Campus Road  
Moorpark, CA 93021  
[www.moorparkcollege.edu](http://www.moorparkcollege.edu)  
805 378 1400

October 25, 2021

Dear Sabbatical Committee:

I am writing to express my support of Sile Bassi's Sabbatical Proposal for 2022. Sile Bassi has been an remarkable asset to our department as a Learning Disabilities Specialist and Learning Skills instructor. She is incredibly devoted to our students, always wanting to do what is in their best interest. She has dedicated 22 years to ACCESS, 14 of which have been full time without taking a sabbatical.

Her plan to learn about Mindful Awareness, which can reduce worry, anxiety, forgetfulness, impulsive reactions, and hypersensitivity seems incredibly relevant for our current students and for the many future students who are living through this current pandemic. As Learning Skills instructors, we are tasked with teaching the subject, but also looking at students holistically and finding ways for them to succeed when faced with limitations from their disability. By taking these MAPs courses, Sile will be able to develop a deeper understanding of the students and hopefully help support them using new practices. Her plan for personal growth, workshop development, and LS course improvement seems to be a perfect fit for our program, college, and district. Please let me know if you would like any additional information.

Sincerely,

A handwritten signature in blue ink, appearing to read "Jolie Herzig".

Jolie Herzig, ACCESS Counselor

[Jherzig@vcccd.edu](mailto:Jherzig@vcccd.edu)

APPENDIX B:

[Sample MARC's Course Schedule for MAPs I and MAPs II courses for Summer/  
Fall 2021](#)

Summer/Fall 2021 Class Schedule:

MAPs I for Daily Living

The MAPs I course is an excellent introduction to mindfulness for beginners. MAPs I provides insight into the basics of mindfulness, how to develop a mindfulness meditation practice, and how mindfulness can be applied in daily life. It is also appropriate for experienced practitioners who wish to revitalize their practice.

MAPs I- for Daily Living is an excellent introduction to mindfulness for clinicians, who are welcome to take it for credit.

Classes begin every Monday	Pre-Recorded Online	Cost: \$125*
8-Weeks of access to	Instructor: <a href="#">Diana Winston</a>	UCLA Students**/ ◇ TMF/ IPP: \$0
Pre-Recorded Class Video		<b>No CEs</b>
		<b>REGISTER</b>

<p>Tuesdays</p> <p>Sept 7 - Oct 12</p> <p>11:00 AM - 1:00 PM, PST</p>	<p>Live Online</p> <p>Instructor: <a href="#">Vy Le</a></p>	<p>Regular Rate: \$200</p> <p>Covid Rate: \$165</p> <p>◇ TMF/ IPP: \$0</p> <p><a href="#">CEs Available</a></p> <p><b>REGISTER</b></p>
<p>Thursdays</p> <p>Sept 9- Oct 14</p> <p>6:30 PM - 8:30 PM, PST</p>	<p>Live Online</p> <p>Instructor: <a href="#">Kelly Barron</a></p>	<p>Regular Rate: \$200</p> <p>Covid Rate: \$165</p> <p>UCLA Students**/ ◇ TMF/ IPP: \$0</p> <p><a href="#">CEs Available</a></p> <p><b>REGISTER</b></p>

<p>Mondays</p> <p>Sept 20- Oct 25</p> <p>4:00 PM - 6:00PM, PST</p> <p>5:00 PM-7:00 PM, MDT</p>	<p>Live Online</p> <p>Instructor: <a href="#">Bhanu Joy Harrison</a></p>	<p>Regular Rate: \$200</p> <p>Covid Rate: \$165</p> <p>◇ TMF/ IPP: \$0</p> <p><a href="#">CEs Available</a></p> <p><b>REGISTER</b></p>
<p>Mondays</p> <p>Sept 27 - Nov 1</p> <p>10:00 AM - 12 Noon, PST</p>	<p>Live Online</p> <p>Instructor: <a href="#">Marvin G. Belzer</a></p>	<p>Regular Rate: \$200</p> <p>Covid Rate: \$165</p> <p>UCLA Students**/◇ TMF/ IPP: \$0</p> <p><a href="#">CEs Available</a></p> <p><b>REGISTER</b></p>

Sundays	Live Online	Regular Rate: \$200
Oct 17-Nov 28	Instructor: <a href="#">Dr. Ali</a>	Covid Rate: \$165
(No Class Oct 7)	<a href="#">Mossaver-Rahmani</a>	UCLA Students**/◇ TMF/
10:00 AM - 12:00		IPP: \$0
Noon, PST		<a href="#">CEs Available</a>

## MAPs II: Next Steps - Improve Your Meditation

**In this follow up class to MAPs I, we will focus on maintaining and sustaining a daily mindfulness practice, how to bring mindfulness into our daily activities, how to develop more concentration, and how more confidence and wisdom can arise in our practice.**

**Pre-requisite: Attendance in any introductory MAPs I series or equivalent mindfulness introductory class with permission from our instructor. If you have not taken a MAPs I class at MARC, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**

<p>Classes begin every Monday</p> <p>8-Weeks of access to Pre-Recorded Class Audio</p> <p><a href="#">Learn more about Pre-Recorded Classes</a></p>	<p><b>Pre-Recorded Online</b></p> <p><b>Instructors:</b> <a href="#">Diana Winston</a></p>	<p><b>Cost: \$125*</b></p> <p>UCLA Students**/◇ TMF/IPP: \$0</p> <p><b>No CEs</b></p> <p><b>REGISTER</b></p>
<p>Wednesdays</p> <p>Sept 8 - Oct 13</p> <p>7:30 PM - 9:30 PM, PST</p>	<p><b>Live Online</b></p> <p><b>Instructor:</b> <a href="#">Vy Le</a></p>	<p><b>Regular Rate: \$200</b></p> <p><b>Covid Rate: \$165</b></p> <p>◇ TMF/ IPP: \$0</p> <p><b>No CEs</b></p> <p><b>REGISTER</b></p>

## MAPs II: Working with Difficult Emotions

Many of us struggle with anxiety, depression and anger. These natural human emotions can be a source of suffering that can negatively impact quality of life. Mindfulness has been shown to promote more states of well being and happiness and has been incorporated into a variety of clinical treatments for mental health issues such as anxiety and depression. But whether or not you have a mental health concern or simply struggle with the challenges of 21st century living and the anxiety, stress, and frustration of life, this class can support you in finding more ease, balance, and happiness.

In the class we will work weekly with each emotion, exploring how to bring mindfulness to it and include other approaches to working with it. We will also learn practices that antidote difficult emotions such as equanimity or balance, compassion, and loving kindness.

This class may be particularly relevant for mental health clinicians, but is open to anyone.

**Pre-requisite:** Attendance in any introductory MAPs I series or equivalent mindfulness introductory class with permission from our instructor. If you have not taken a MAPs I class at MARC, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.

<b>Classes begin every Monday</b>	<b>Pre-Recorded Online</b>	<b>Cost: \$125*</b>
<b>8-Weeks of access to</b>	<b>Instructors: <a href="#">Diana</a></b>	UCLA Students**/ ◇ TMF/
<b>Pre-Recorded Class Video</b>	<b><a href="#">Winston</a></b>	IPP: \$0
		<b>No CEs</b>

<p><a href="#">Learn more about Pre-Recorded Classes</a></p>		
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## MAPs II: Cultivating Positive Emotions

**In this follow up class to MAPs I, we will learn how to cultivate loving kindness, compassion, equanimity, joy, gratitude, and forgiveness.**

**We will learn new meditations to develop these qualities, tools to work with when we find them ourselves stuck and not feeling positive emotions, and practical exercises to incorporate them into our daily life. This is a helpful expansion to our basic mindfulness practice.**

**Pre-requisite: Attendance in any introductory MAPs I series or equivalent mindfulness introductory class with permission from our instructor. If you have not taken a MAPs I class at MARC, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**



<p>Classes begin every Monday</p> <p>8-Weeks of access to</p> <p>Pre-Recorded Class Audio</p> <p><a href="#">Learn more about Pre-Recorded Classes</a></p>	<p><b>Pre-Recorded Online</b></p> <p><b>Instructors:</b> <a href="#">Diana Winston</a></p>	<p><b>Cost: \$165*</b></p> <p>UCLA Students**/◇ TMF/ IPP: \$0</p> <p><b>No CEs</b></p> <p><b>REGISTER</b></p>
<p><b>Sundays</b></p> <p><b>Sept 12- Oct 17</b></p> <p><b>9:00 AM - 11:00 AM, PST</b></p>	<p><b>Live Online</b></p> <p><b>Instructor:</b> <a href="#">Vy Le</a></p>	<p><b>Regular Rate: \$200</b></p> <p><b>Covid Rate: \$165*</b></p> <p>UCLA Students**/ ◇ TMF/ IPP: \$0</p> <p><b>No CEs</b></p>

		<a href="#">REGISTER</a>
<b>Tuesdays</b>	<b>Live Online</b>	<b>Regular Rate: \$200</b>
<b>Sept 14-Oct 19</b>	<b>Instructor: <a href="#">John Kneedler</a></b>	<b>Covid Rate: \$165*</b>
<b>5:30 PM - 7:30 PM, PST</b>		UCLA Students**/ ◇ TMF/ IPP: \$0
		<b>No CEs</b>

## MAPs II: Cultivating Self-Compassion

**Many of us struggle with issues of self-judgment and self-criticism. People of all ages suffer from painful thoughts such as, "I'm not good enough," "I messed that up again," and "I hate my body." Although these thoughts may feel overwhelming and intractable, we can learn how to work with and lessen them. Science has shown that you can actually change your brain through mindfulness and the cultivation of positive emotional states.**

**In this class, we will explore mindfulness practices to work with self-critical thoughts, and self-compassion practices to nurture kindness and compassion for ourselves and others. This class will include sitting and walking mindfulness and kindness meditations,**

periods of silence, personal exploration, and discussion to help cultivate and encourage more self-compassion. The material in this class is very powerful. We encourage you to have a consistent daily meditation practice before attending this class.

**Pre-requisite: Attendance in any introductory MAPs I series or equivalent mindfulness introductory class with permission from our instructor. If you have not taken a MAPs I class at MARC, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**

<b>Saturdays</b>	<b>Live Online</b>	<b>Regular Rate: \$200</b>
<b>Sept 11- Oct 16</b>	<b>Instructor: <a href="#">Vy</a></b>	<b>Covid Rate: \$165*</b>
<b>8:30 AM - 10:30 AM, PST</b>	<b><a href="#">Le</a></b>	UCLA Students**/ ◇ TMF/ IPP: \$0
		<b>No CEs</b>

## MAPs II: Cultivating Self-Compassion

Many of us struggle with issues of self-judgment and self-criticism. People of all ages suffer from painful thoughts such as, "I'm not good enough," "I messed that up again," and "I hate my body." Although these thoughts may feel overwhelming and intractable, we can learn how to work with and lessen them. Science has shown that you can actually change your brain through mindfulness and the cultivation of positive emotional states.

In this class, we will explore mindfulness practices to work with self-critical thoughts, and self-compassion practices to nurture kindness and compassion for ourselves and others. This class will include sitting and walking mindfulness and kindness meditations, periods of silence, personal exploration, and discussion to help cultivate and encourage more self-compassion. The material in this

class is very powerful. We encourage you to have a consistent daily meditation practice before attending this class.

**Pre-requisite: Attendance in any introductory MAPs I series or equivalent mindfulness introductory class with permission from our instructor. If you have not taken a MAPs I class at MARC, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**

<b>Saturdays</b>	<b>Live Online</b>	<b>Regular Rate: \$200</b>
<b>Sept 11- Oct 16</b>	<b>Instructor: <a href="#">Vy</a></b>	<b>Covid Rate: \$165*</b>
<b>8:30 AM - 10:30 AM, PST</b>	<b><a href="#">Le</a></b>	UCLA Students**/ ♦ TMF/ IPP: \$0
		<b>No CEs</b>

## MAPs II: Opening to Joy

The latest science shows us that the practice of mindfulness leads to states of joy and well-being. Join us for a class where we focus on cultivating states of joy. We will explore what gets in the way of joy, how joy arises in meditation practice, and how to bring more happiness and well-being into our daily lives. We will also learn the practice of appreciative joy—taking delight in other’s good fortune. This practice is an excellent antidote to jealousy and covetousness. The class will include guided sitting and walking meditations, lectures and discussion, and relational practices, which all cultivate positive emotions and greater states of well-being.

**Pre-requisite: Attendance in any introductory MAPs I series or equivalent mindfulness introductory class with permission from our instructor. If you have not taken a MAPs I class at MARC, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**

Wednesdays	Live Online	Regular Rate: \$200
Sept 8- Oct 13	Instructor: <a href="#">Gloria Kamler</a>	Covid Rate: \$165*
12:00 PM - 2:00 PM, PST		UCLA Students**/ ◇TMF/ IPP: \$0
		No CEs

## MAPs III: Mindfulness and Self-Care Cultivating a Healthy Body, Mind and Heart

**This class is for students who have taken MAPs I and MAPs II classes and wish to deepen their mindfulness practice.**

**We will cultivate mindful attention through sitting, walking, stretching and alternative mindfulness meditation techniques to enhance practice on the cushion and in daily life.**

**This class will also include lecture and discussion.**

**Sometimes in meditation and in life we find our bodies are uncomfortable or tense. Since ease and relaxation serve our meditation practice, this class will devote significant time to mindful movement, called "Easy Stretching Postures." These postures are helpful for relaxed awareness, ease in the body and an open heart.**

**Note: Please wear loose fitting clothing and bring a mat or blanket to lie down on.**

**Pre-requisite: MAPs I and at least two MAPs II classes, or permission from instructor. If you have not taken these classes at**

**MARC but have equivalent experience, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**

<b>Tuesdays</b>	<b>Live Online</b>	<b>Regular Rate: \$200</b>
<b>Sept 7 - Oct 12</b>	<b>Instructor: <a href="#">Gloria Kamler</a></b>	<b>Covid Rate: \$165*</b>
<b>4:00 PM - 6:00 PM, PST</b>		UCLA Students**/ ◇ TMF/ IPP: \$0
		<b>No CEs</b>

### [MAPs III: Opening to Forgiveness](#)

**This class is for students who have taken MAPs I and MAPs II classes and wish to deepen their mindfulness practice.**

**So many of us carry resentment, anger, hurt, and disappointment towards individuals, groups, and even the world. These emotions burden us and we can carry them for a lifetime. We suffer from the ways others have hurt us, but we also suffer from the memory of the pain we have caused to others. Often the hardest is the blame and hurt we carry towards ourselves.**

**Forgiveness is a conscious, deliberate decision to release these feelings. It is tremendously joyful and helpful when we touch into it, even briefly.**

**Through the transformative power of mindfulness and specific forgiveness practices, we can learn how it is possible to give up the**

resentments, let go of the hurt and anger, and move towards forgiveness for others, from others, and towards ourselves.

**Pre-requisite: MAPs I and at least two MAPs II classes, or permission from instructor. If you have not taken these classes at MARC but have equivalent experience, please email us a brief description of your equivalent experience to [marcinfo@ucla.edu](mailto:marcinfo@ucla.edu) before class start date.**

<b>Thursdays</b>	<b>Live Online</b>	<b>Regular Rate: \$200</b>
<b>Sept 9 - Oct 14</b>	<b>Instructor: <a href="#">Diana Winston</a></b>	<b>Covid Rate: \$165*</b>
<b>10:00 AM - 12:00 PM, PST</b>		UCLA Students**/ ◇ TMF/ IPP: \$0
		<b>No CEs</b>

## MAPs Applications: Introduction to Mindfulness for Adult ADHD

**As an ADHD adult you are brilliant, full of great ideas and insights and definitely able to be present and attentive.**

**There are perfectly good reasons (no, not being defective) that you ignore tasks, leave them unfinished, don't put things back where they belong, act impulsively, lose interest, become bored, anxious, are hyper-sensitive to blame, have no sense of time, forget important things, and can't stick with things to the finish line.**

**Through years of work with thousands of clients Dr. William Dodson, psychiatrist, tells us the ADHD brain simply functions differently than the 80% - 90% of the society who are "Neurotypicals." For example, you become motivated, engaged, focused and on top of things in 4-5 completely unique ways than others do. This can cause you to be hyper focused or not engaged. There are several other differences.**

**Most doctors are not educated about these differences and treat according to old paradigms. Unfortunately, most tips, including regular Mindfulness aimed to fix these issues have failed, leaving the ADHD adult hopeless and stuck.**

**When you understand how the ADHD brain works and develop the skills to do things accordingly, you can reduce almost all of the challenges mentioned above and live a successful happy life.**

**In this four weeks introductory course, you learn about your brain's unique qualities and natural strengths and pick up a few modified Mindfulness tools. This is an educational course designed with Mindfulness techniques for the ADHD nervous system. We offer practices appropriate to the way the ADHD brain can absorb.**

**Science indicates Mindful Awareness can reduce worry, anxiety, forgetfulness, impulsive reactions, and hypersensitivity. With training and practice, you can fine tune your brain to reduce tardiness, foginess, and confusion. You are naturally present. Learn to how harness this natural strength of being present.**

**Who should attend: Ages 16+ who believe are ADD/ ADHD. We encourage spouses, family members, teachers, therapists, coaches**



and trainers to attend to learn in order to support the ADHD individual effectively.

**Course Format:**

- **Appropriate meditation techniques (Mindfulness, Loving Kindness, self-compassion, etc.)**
- **Education**
- **In-class group discussions and practice**
- **Home practices**

**About the Instructor:**

**Dr. Manijeh Motaghy is an Organizational Psychologist, she is a Certified Mindfulness Facilitator and UCLA MARC Affiliate Mindfulness Teacher and three certificates from the InnerMBA by Mindful NYU. She is the Founder of Perfectly Here and Mindful Business Institute. She has over 15 years of Mindfulness practice and long-retreat experience internationally. Manijeh has designed and taught hundreds of Mindfulness curricula to thousands of people, trained corporations and executives. Manijeh has endured and overcome the debilitating challenges of her own ADD brain, developed customized Mindfulness courses and helped train many of her adult ADHD students to understand, develop and overcome their own sensitivities and ADHD related challenges.**

<b>Mondays</b>	<b>Live-Online</b>	<b>Regular Rate: \$200</b>
<b>Sept 20-Oct 11</b>	<b>Instructor: <a href="#">Dr. Manijeh Motaghy</a></b>	<b>Covid Rate: \$165*</b>
<b>4:00 PM-6:00 PM PST</b>		UCLA Students**/ ◇ TMF/ IPP: \$0

		No CEs
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## Cultivating Forgiveness (5-weeks, PRE-RECORDED ONLINE)

MARC has teamed up with Mindful to present a new online course: Cultivating Forgiveness.

In this class, Diana Winston guides us on a journey of forgiveness - a journey that includes forgiving others as well as ourselves. Diana teaches with empathy, kindness and gentleness, encouraging us to release the pain, anger and self-blame that we may be holding in our hearts to find a renewed sense of inner release and freedom.

### **You'll learn how to:**

- **Deepen these ideas through formal and informal meditation practices that you can apply every day, for the rest of your life**
- **Transform pain and resentment into an abiding sense of well-being and freedom**
- **Understand forgiveness as a kindness to yourself, rather than an act of condoning others' harmful actions**
- **Cultivate forgiveness for others, for actions you've done that have harmed others, and towards yourself**

**Pre-requisite: Mindfulness experience is a plus, but not a must.**

<p><b>Self-paced- Begin at any time</b></p>	<p><b>Online</b></p> <p>Instructors: <a href="#">Diana Winston</a></p>	<p><b>Cost: <del>\$160</del> \$64** new discount price</b></p> <p><b>****Register Now with MARC for 60% Off!</b></p> <p><b>No CEs</b></p> <p><b><a href="#">REGISTER</a></b></p>
<p><b><a href="#">Jump to Class Notes &amp; Policies</a></b></p>		

### **Class Notes & Policies**

- **MARC classes are educational programs, not a clinical treatment.**
- **Please avoid wearing restrictive clothing or jewelry to our workshops, classes, and daylongs. Please avoid wearing heavy fragrances and perfumes as well, since this may disturb the practice of others around you.**
- **All MARC events are subject to audio and/or video recording.**
- **Please review the [Missed Class Policy](#)**

**Technical Recommendation: For optimal experience, we encourage you to access the course with a Google Chrome or Mozilla Firefox browser on a desktop/laptop with secure internet connection. UCLA's online course website is also mobile responsive, so you can access it on a phone or tablet as necessary.**

### **CE Policy**

**MAPS are an excellent introduction to mindfulness for clinicians, who are welcome to take it for credit. The cost for the CEs is \$50.**

**Psychologists: Continuing Education Credit for this program is provided by UC San Diego Center for Mindfulness. The UC San Diego Center for Mindfulness is approved by the American Psychological Association to sponsor continuing education for psychologists. The UC San Diego Center for Mindfulness maintains responsibility for this program and its content. This course offers 10 hours of credit.**

**California licensed MFTs, LPCCs, LEPs, LCSWs: Continuing Education Credit for this program is provided by UC San Diego Center for Mindfulness. The UC San Diego Center for Mindfulness is approved by the American Psychological Association to sponsor continuing education for psychologists 10 contact hours may be applied to your license renewal.**

**Nurses: UC San Diego Center for Mindfulness is approved by the California Board of Registered Nursing, Provider Number CEP16351, for 12 contact hours.**