

The Role of Mindfulness Training in Intercultural Education

Forum on Education Abroad Conference

Friday, April 4, 2014, 1:45-3pm

Summary

This session explores how Mindfulness techniques may be applied to enhance the Study Abroad experience. These methods can aid the student in developing an improved capacity for self-reflection, and the ability to encounter a new cultural environment in a positive way that will lead to increased intercultural sensitivity

Panelists

Robert Pryor, Professor of Buddhist Studies with Antioch Education Abroad, designed the Antioch Buddhist Studies Program, and since 1979 has taken groups of students to India as Program Director. He served as consultant for the BBC documentary, *In the Footsteps of the Buddha*, and collaborated on the book *Living This Life Fully: Stories and Teachings of Munindra*. His interests include: Intercultural Education, Pilgrimage, the History of Indian Buddhism, Meditation and Buddhism in the West.

Jamie Robinson, M.A. is a licensed Marriage and Family Therapist with a practice based out of San Francisco, CA. She works as Health and Safety Advisor for CEA Global Education, providing crisis management, training and pre-departure support for students and staff. Ms. Robinson also works as Primary Clinician at Langley Porter, UCSF. Having lived and studied abroad herself, she is very aware of issues students can face when out of their own culture.

Mattie Clark, serves as a Leadership Development Coach and Program Coordinator for CIMBA's undergraduate study abroad program in northern Italy. She is simultaneously earning her MBA (emphasizing the neuroscience of personal development) through CIMBA. Her transformative study abroad experiences in an immersive language program in Italy and comparative program in India and China motivated her desire to work in international education.

Denise Cope, M.A., is an intercultural educator and trainer. She designed and taught a course at Regis University called Ethics and Interculturalism and also co-designed contemplative approaches to intercultural programming at Naropa University. She currently is the Director of the Office of International Education at the University of Denver.

A Selection of Resources For Bringing Mindfulness Techniques to Study Abroad

I. Training:

A. MBSR: Mindfulness Based Stress Reduction
Center for Mindfulness, University of Massachusetts Medical School
www.umassmed.edu/cfm/stress/index.aspx

Center for Mindfulness Professional Training Institute
University of San Diego
cme.ucsd.edu/mindfulness

B. Meditation Retreats in the Insight or Vipassana tradition
Insight Meditation Society
Barre, Massachusetts
www.dharma.org

Spirit Rock Meditation Center
Woodacre, California
www.spiritrock.org

II. Books:

Jon Kabat-Zinn. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness*, Random House, New York, 2005.

Joseph Goldstein. *Mindfulness: A Practical Guide to Awakening*, Sounds True, Boulder, 2013.

Berry Boyce, ed. *The Mindfulness Revolution*, Shambhala Publications, Boston, 2011.

Daniel P. Barbezat & Mirabai Bush. *Contemplative Practices in Higher Education*, John Wiley & Sons, San Francisco, 2014

Tan Chade-Meng. *Search Inside Yourself*, HarperOne, New York, 2012.

III. Periodicals:

The Journal of Contemplative Inquiry, a peer-reviewed online journal published by the Center for Contemplative Mind in Society for all who design, research, teach, and assess contemplative and introspective methods and practices in college and university settings.
<http://www.contemplativemind.org/journal>

Mindful: Taking Time for What Matters, published by the Foundation for a Mindful Society. www.mindful.org

IV. Association:

The Association for Contemplative Mind in Higher Education
www.contemplativemind.org/programs/acmhe