Psychology 263: Science of Mindfulness
Winter, 2016

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Class Meetings: Wednesdays, 9:00 am – 11:50 am
Crick Conference Room, McGill Hall

Supplementary Text: Science of Mindfulness, Ronald D. Siegel

Week 1 (Jan 6): Introduction

Week 2 (Jan 13): Psychological Mechanisms of Mindfulness
2) Shapiro et al., 2006. Mechanisms of Mindfulness.
4) Optional: Fennell and Segal. (2011). Mindfulness-based cognitive therapy - culture clash or creative fusion?

Week 3 (Jan 20): Happiness (and is this different from Mindfulness?)
2) Myers & Diener, 1995. Who is happy?
3) Kahneman et. al., 2004. Toward national well-being accounts.
4) Optional: The movie “Happy” and Ted talk by Robert Waldinger

Week 4 (Jan 28): Gratitude and Positive Psychology
3) Jamieson, 2011. Turning the knots in your stomach into bows.
4) Chen, 2012. Does gratitude always work?

Week 5 (Feb 3): Interoception and Pain
2) Fox, 2012: Meditation Experience Predicts Introspective Accuracy.
3) Sze, 2010: Coherence Between Emotional Experience and Physiology: Does Body Awareness Training Have an Impact?
4) Zeidan et al., 2012: Mindfulness meditation-related pain relief: Evidence for unique brain mechanisms in the regulation of pain.

Week 6 (Feb 10): Compassion and Empathic Accuracy
3) Condon, 2013. Meditation increases compassionate responses to suffering
4) Lutz, 2008. Regulation of the Neural Circuitry of Emotion by Compassion Meditation
5) Zaki, 2015. It Takes Two-The Interpersonal Nature of Empathic Accuracy
Week 7 (Feb 17): (Default Mode Network)
1) Buckner, 2008- DMN. REVIEW
2) Brewer, 2011-Meditation Experience Is Associated with Differences in Default Mode Network Activity and Connectivity
3) Optional: Hasenkamp, 2012-Mind wandering and attention during focused meditation-a fine-grained temporal analysis of fluctuating cognitive states

Week 8 (Feb 24): Prefrontal Cortex, the Amygdala and the Interaction between the Two
1) Davidson and Irwin, 1999 - The functional neuroanatomy of emotion and affective style.
2) Manna 2010. Neural correlates of focused attention and cognitive monitoring in meditation

Week 9 (Mar 2): Studies on the Effects of Meditation
TBD

Week 10 (Mar 9): Oxytocin and the “Tend and Befriend” System
1) Trumble, 2016-Evolving the neuroendocrine physiology of human and primate cooperation and collective action.
2) Bartz, 2010. Oxytocin Selectively Improves Empathic Accuracy
3) Kirsch, 2005- Oxytocin Modulates Neural Circuitry for Social Cognition and Fear in Humans
4) Kosfeld 2005-Oxytocin increases trust in humans
5) Theodoridou,2009-Oxytocin and social perception: Oxytocin increases perceived facial trustworthiness and attractiveness
6) Optional: Heinrichs, 2003-Social Support and Oxytocin Interact to Suppress Cortisol and Subjective Responses to Psychosocial Stress
7) Optional: Shamy-Tsoory, 2009-Intranasal Administration of Oxytocin Increases Envy and Schadenfreude (Gloating)