# http://www.ric.edu/webcommunications/images/SealWithText_Small_Black.pnggraduate COMMITTEE curriculum PROPOSAL FORM

## Cover page Scroll over blue text to see further [instructions](#instructions)

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| --- | --- | --- | --- | --- | --- | --- |
| A.1. [Course or program](#Proposal) | **SWRK 511 Yoga and Meditation in Social Work** | | | | |  |
| [Replacing](#Ifapplicable) | **n/a** | | | | |  |
| A.2. [Proposal type](#type) | **Course: creation** | | | | |  |
| A.3. [Originator](#Originator) | **Mimi Mumm, LICSW, PhD** | | [Home department](#home_dept) | | **Social Work** | |
| A.4. [Rationale](#Rationale)/Context | **The purpose of this proposal is to add an elective for students. Yoga and meditation are being heralded as a cure-all for many of the ailments of individuals and society. They are being recognized as alternative therapy for many medical conditions such as anxiety, depression and other mood disorders. This course is an introduction to yoga and meditation. The course deals with yoga and meditation techniques and the evidence of their efficacy with various populations and problems. Students will develop their own meditation and yoga practice and identify ways to apply these strategies to social work practice, reviewing relevant literature and the research on the use of yoga and meditation. Specific topics will be influenced by student interest. This course has been taught as a workshop for the last 3 summers, and has been enrolled. The course was able to be enrolled despite it not being a required course.** | | | | | |
| A.5. [Student impact](#student_impact) | **There are no known negative impacts on students. The positive is that this course will give another elective option to students on an important topic in mental and physical health.** | | | | | |
| A.6. Impact on other programs | **Other students in other departments are able to take this course.** | | | | | |
| A.7. [Resource impact](#Resource) | *[Faculty PT & FT](#faculty" \o "Need to hire new full-time or part-time faculty? This is where you indicate if this proposal will be affecting FLH in your department/program.)*: | **Current faculty will teach the course in the summer so as not impact current teaching demands.** | | | | |
|  | [*Library*:](#library) | **Students will be using the library and on-line resources to research papers and presentation.** | | | | |
|  | [*Technology*](#technology) | **Blackboard will be used and students may consult with IT staff if they have difficulties** | | | | |
|  | [*Facilities*](#facilities): | **Classroom space and recreation center space is needed. This is addressed in the spring prior to the summer session.** | | | | |
|  | Promotion/ Marketing needs | **n/a** | | | | |
| A.8. [Semester effective](#Semester_effective) | **Fall 2020** | A.9. Rationale if sooner than next fall | |  | | |

B. [NEW OR REVISED COURSES](#delete_if):

|  | Old ([for revisions only](#Revisions) – list only information that is being revised) | New |
| --- | --- | --- |
| B.1. [Course prefix and number](#cours_title) |  | **SWRK511** |
| B.2. Cross listing number if any |  | **SWRK411** |
| B.3. [Course title](#title) |  | **Yoga and Meditation in Social Work** |
| B.4. [Course description](#description) |  | The efficacy of yoga and meditation with various populations and problems is addressed. Students develop their own practice and identify ways to apply these strategies to social work practice. |
| B.5. [Prerequisite(s)](#prereqs) |  | **Graduate status** |
| B.6. [Offered](#Offered) |  | **Summer Annually** |
| B.7. [Contact hours](#contacthours) |  | **45 (20 face to face-remaining time on line)** |
| B.8. [Credit hours](#credits) |  | **3** |
| B.9. [Justify differences if any](#differences) |  | |
| B.10. [Grading system](#grading) |  | **Letter grade** |
| B.11. [Instructional methods](#instr_methods) |  | **Lecture | Small group | Individual | Studio |****[Hybrid](#hybrid" \o "Only select if you want the course to be listed in the catalog in this way; this selection means that this course can only be taught in this fashion. Courses that are occasionally hybrid/online only appear that way in the bulletin, not catalog.) (55/45%)** |
| B.12.[Categories](#required) |  | **Free elective |** |
| B.13. [How will student performance be evaluated?](#performance) |  | **Attendance | Class participation Presentations | Papers |**  **Class Work |** |
| B.14. [Redundancy with, existing courses](#competing) |  | Not in the graduate schools, undergraduate courses impacted: HPE 110 - Mind-Body Stress Reduction  HPE 120 - Beginning Yoga  HPE 121 - Restorative Yoga |
| B. 15. Other changes, if any |  | |

| B.16**.** [**Course learning outcomes**](#outcomes)**: List each outcome in a separate row** | [**Professional organization standard(s)**](#standards)**, if relevant** | [**How will the outcome be measured?**](#measured) |
| --- | --- | --- |
| 1. Learn definitions of the concepts related to yoga and meditation; |  | Class discussion and presentation/paper |
| 1. Learn the principles of yoga and meditation and apply them to social work practice |  | Class discussion and presentation/paper |
| 1. Learn the history and philosophy of the practice of yoga, yoga therapy and meditation |  | Class discussion |
| 1. Identify research on the psychophysiology of yoga and meditation how it relates to social work practice |  | Presentation |
| 1. Explore the fit between yoga, meditation, and the social work profession’s values, ethics, and mission |  | Class discussion and presentation/paper |
| 1. Learn to gather information using research and self-reflection |  | Journal and presentation/paper |
| 1. Demonstrate critical thinking by clearly indicating which techniques are evidence-based and which techniques have intuitive appeal |  | Presentation/paper |
| 1. Learn various yoga and meditation techniques to use as self-care strategies and in work with clients and constituents |  | Journal and Presentation/Paper |
| 1. Develop a self-care plan |  | Self Care Paper and Emergency Self Care Plan |

| B.17. [**Topical outline**](#outline)**: Do NOT insert a full syllabus, only the topical outline** |
| --- |
| **#1: Introduction to the course, to yoga, to yoga therapy and to meditation**  **Topics**:  Course Expectations  Definition of Terms  Benefits of Yoga and Meditation  Conscious Communication  Critical Thinking  Gentle Yoga  **#2: Types of Yoga and Meditation**  **Topics**:  Types of Yoga  Types of Meditation  Psychophysiology of Yoga  Yoga and Social Justice  Social Work Values and Ethical Principles  Yoga’s Yamas and Niyamas  Yoga Therapy  **#3: Meditation and Self-care**  **Topics**:  Establishing effective professional relationships  Empathic Communication  - Components of Empathetic Statements  - Developing Awareness of feelings  Conveying Empathy  - Authenticity and Self-disclosure  Facilitative Conditions  The impact that yoga and meditation have on the above  Self Care-Concepts and Definitions  Burnout  Developing a self-care strategy  The value of coaching and a self-care strategy  **#4: Application of Yoga and Meditation to special populations and situations**  **Topics**:  Determined by student interest typically includes physical and mental health issues, but also includes social problems.    **#5 Evaluation of changes**  The evaluation process  Measuring Outcomes |

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| **INSTRUCTIONS FOR PREPARING THE CATALOG COPY**: The proposal must include all relevant pages from the college catalog, and must show how the catalog will be revised. (1) Go to the “Forms and Information” page on the Graduate Committee website. Scroll down until you see the Word files for the current catalog. (2) Download ALL catalog sections relevant for this proposal, including course descriptions and/or other affected programs. (3) Place ALL relevant catalog copy into a single file. Put page breaks between sections and delete any catalog pages not relevant for this proposal. (4) Using the track changes function, revise the catalog pages to demonstrate what the information should look like in next year’s catalog. (5) Check the revised catalog pages against the proposal form, especially making sure that program totals are correct if adding/deleting course credits. |

## D. Signatures

* Changes that directly impact more than one department/program MUST have the signatures of all relevant department chairs, program directors, and relevant dean (e.g. when creating/revising a program using courses from other departments/programs).
* Proposals that do not have appropriate approval signatures will not be considered.
* Type in name of person signing and their position/affiliation.
* Send electronic files of this proposal and accompanying catalog copy to [graduatecommittee@ric.edu](mailto:graduatecommittee@ric.edu) and a printed or electronic signature copy of this form to the current Chair of Graduate Committee. Check Graduate Committee website for due dates.

##### D.1. Approvals: required from programs/departments/deans who originate the proposal. may include multiple departments, e.g., for joint/interdisciplinary prposals.

| Name | Position/affiliation | [Signature](#_Signature" \o "Insert electronic signature, if available, in this column) | Date |
| --- | --- | --- | --- |
| Jenn Meade | Chair of MSW Program |  |  |
| Jayashree Nimmagadda | Interim Dean of Social Work |  |  |
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##### D.2. [Acknowledgements](#acknowledge): REQUIRED from OTHER PROGRAMS/DEPARTMENTS IMPACTED BY THE PROPOSAL. SIGNATURE DOES NOT INDICATE APPROVAL, ONLY AWARENESS THAT THE PROPOSAL IS BEING SUBMITTED. List all other programs and departments affected by this proposal. Signatures from these departments are required in the signature section. CONCERNS SHOULD BE BROUGHT TO THE GRADUATE COMMITTEE MEETING FOR DISCUSSION.

| Name | Position/affiliation | [Signature](#Signature_2) | Date |
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