Emotional Roots of Development

A study of emotional development from Western and Eastern sources, as an access point to engaging one’s spirituality. Course material encourages teachers to cultivate an empathic appreciation of emotional challenges inherent in humanity across the lifespan. The course covers three aspects: (1) emotion; (2) meaning making; and (3) self-reflection. The approach is to explore these topics across development, appreciating how changes in the physical body and the cognitive mind influence core features of development and vice versa. Observation practices are used to expand awareness and apply understanding. Prerequisites: A teaching practice and experience with meditation. Students who are not matriculated in the MA program must receive permission of the instructor to register.

Course Number: EDU530E
Unit: 3.0
Program: Contemplative Education