

## Courses in English Course Description

<b>Department</b>	11 Applied Social Sciences
<b>Course title</b>	<b>Meditation and Art in Social Work</b>
<b>Course number</b>	
<b>Hours per week (SWS)</b>	3
<b>Number of ECTS credits</b>	5
<b>Course objective</b>	To get to know the benefits of serious meditation practice. Becoming more aware of our own mental activities. Increasing our level of concentration. Learning to look at art in a more unselfconsciously and deeper way and to pass on this approach to other target groups like children, youth as well as adults.
<b>Prerequisites</b>	Stable mental constitution
<b>Recommended reading</b>	Hodge, S. (2018). The Short Story of Art. A Pocket Guide to Key Movements, Works, Themes & techniques. London: Laurence King Publishing. Goleman D. & Davidson, R. J. (2017). Altered Traits. Science Reveals How Meditation Changes Your Mind, Brain, and Body. New York: Avery. de Bruin, A. (2021). Mindfulness and Meditation at University. 10 Years of the Munich Model. Bielefeld: transcript.
<b>Teaching methods</b>	Practical exercises
<b>Assessment methods</b>	Credit earned through active participation, presentation and written assignment.
<b>Language of instruction</b>	English
<b>Name of lecturer</b>	de Bruin
<b>Email</b>	<a href="mailto:de-bruin@hm.edu">de-bruin@hm.edu</a>
<b>Link</b>	<a href="https://hm.edu/kontakte_de/contact_detail_866.de.html">https://hm.edu/kontakte_de/contact_detail_866.de.html</a>
<b>Course content</b>	Since the 1970's, neuroscientists have been particularly engaged in research on meditation and have found out that meditation not only relieves pressure on the mind and body, but can actually change brain functions. Meditation has a positive impact on concentration and supports unprejudiced perception. What can meditation imply when we are looking at a work of art? Which meditative techniques can be used in museums and galleries? And how can we learn to look at art in a more unselfconsciously and deeper way? The focus is on the Great Masters of painting.
<b>Remarks</b>	Location: Alte Pinakothek Munich