



Psyc 88
Learning Sustainable Wellbeing:

Compassion for Self and Others

This experiential course teaches the art of practicing psychological well-being, based on principles from Eastern and Western philosophies (e.g., Mindfulness, Positive Psychology, Cognitive Therapy, and Neuroscience).

Each week, there is a short lecture on a given topic, combined with workshop style exercises, facilitated by the instructor and assistants!

TH 9:30a-10:50a
Dr. Karen Dobkins
McGil 1350

TU 2:00p-3:20p
Dr. Janna Dickenson
McGil 1350