Mindful Relationships

People spend almost half of their waking hours thinking about something other than what they are doing, according to research. If our own minds wander so frequently, how can we be present with others? Mindfulness is the practice of noticing and accepting the current moment without judgment. Often viewed as a way of enhancing our inner lives, it also holds enormous potential to deepen connections with romantic partners, children, parents, friends, co-workers and almost anyone who crosses our path. Psychologist Michael Winters and meditation specialist Alejandro Chaoul blend Eastern and Western approaches to enhance presence and meaning in relationships. Individuals and couples are welcome in this supportive course that includes in-class exercises and optional weekly practices. No previous mindfulness experience is necessary.

The intent of this course is to offer a general educational overview of the topics described. If you are seeking specific therapeutic guidance, please consult with the mental health professional of your choosing.

Alejandro Chaoul, Ph.D., has trained with Tibetan lamas since 1989 and is an assistant professor and director of education in the integrative medicine program at The University of Texas MD Anderson Cancer Center. He is involved in research using Tibetan mind-body techniques with cancer patients and facilitates meditation for cancer patients and their caregivers, as well as staff and faculty. Dr. Chaoul is also associate faculty at the McGovern Center for Humanities and Ethics at The University of Texas Medical School at Houston. He holds a doctorate from Rice University focusing on Tibetan spiritual traditions.

Michael Winters, Ph.D., is a psychologist in private practice in Houston, former director of the Rice University Counseling Center and a frequent presenter at the Glasscock School of Continuing Studies. He is a diplomate in logotherapy—a meaning-centered psychotherapy—and has also taught courses at Rice University, Purdue University, the University of Houston and other higher education institutions.

SCHEDULE
Oct. 9–Nov. 13, 2017
Six Mondays
7-8:30 p.m.

FEE
$200
$190 if registering by Sept. 25
$180 for Rice alumni

CEUs
0.9

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