

FINAL REPORT - UFV-FIT PROJECT

Project Title: Integrating Mindfulness-Based Teaching and Learning (MBTL) as a High Impact Educational Practice to Impact Student Success as Wellbeing

Project Lead: Seonaigh MacPherson, Ph.D., Associate Professor and Head, Department of Adult Education, University of the Fraser Valley

Summary of Learning Activities

This project was designed to foster mindfulness at UFV as a high-impact educational practice to enhance student success as wellbeing using a three-fold strategy:

1. supporting faculty and staff development in mindfulness and MBTL;
2. introducing students to mindfulness in a range of courses and programs; and
3. promoting mindful community networks focused on applying this innovative approach to lifelong learning, health promotion, and wellbeing.

All three of these objectives were met through a range of activities and initiatives undertaken between 2017-2018. The final outcome was not explicitly funded by the FIT grant, yet we accomplished many facets of this outcome as well.

Table 1: Activities and Impact

Planned	Undertaken	Impact
<p>Participate in professional development and emerging networks aimed at integrating evidence-based approaches to mindfulness-based teaching, learning, and curriculum development.</p>	<p>2017-2018: Faculty Study Group in MBTL co-facilitated by Dr. Pat Rockman of the University of Toronto's Faculty of Medicine and Dr. MacPherson. Five faculty from UFV and two from U. of Calgary attended some or all of the four 2.5 hr sessions, which were recorded and Included readings and a Blackboard platform.</p> <p>UFV Faculty and staff Certification in MBSR and MBCT facilitation initiatives were partially funded by the FIT and conducted as part of the wider initiatives.</p> <p>Feb. 2018: MBSR Core Concepts 1-day workshop with Dr. Evan Collins, a psychiatrist from Toronto, at CEP's Gathering Place. UFV faculty, staff and students were offered the workshop at a reduced rate of \$50 (regular \$225).</p>	<p>Six of seven faculty participants continued on to do the MBSR Core Concepts session with Dr. Evan Collins and the 6-Day MBSR Facilitator Training in Jun 24-29, 2018 at CEP.</p> <p>MacPherson - completed MBSR Level 2 Burkholder - completed MBCT Level 1 (partial 2) Campbell, Lawrence, Wilbur MBSR facilitator certification in progress. 5 UFV Faculty 3 UFV Staff 7 UFV Students 30 External - U. of C. professors and community</p>

	<p>May 2018 5-Day Silent Retreat hosted at the UBC Loon Lake retreat centre in Mission. Led by Dr. MacPherson, this silent retreat is required as part of MBSR certification.</p>	<p>Seven participants, all UFV faculty or student participants</p>
<p>Collaborate to deliver a range of new mindfulness-based undergraduate courses and to infuse mindfulness in existing courses.</p>	<p>New Courses: Three new courses were developed and delivered in Adult Education and taken by students from across disciplines: ADED 421 Advanced Studies in MBCT; ADED 422 Wellbeing and Lifelong Learning; ADED 423 Advanced Studies in MBSR.</p> <p>Infused: Mindfulness projects were infused in ADED 405 Diversity in ADED and in a 100-level Kinesiology course.</p>	<p>Very positive course evaluations in the lower to mid-4 range overall. Strong indicators of support from students and faculty. Much better attrition rates for undergraduate students than in non-credit courses.</p>
<p>Pilot the Mindful Communities Initiative</p>	<p>Community Courses: Seonaigh led two MBSR courses for Chilliwack Healthier Communities, one for Sto:lo Health workers, and four more for Continuing Education in Chilliwack and Abbotsford. Seonaigh presented at conference forums, including Fraser Health and Abbotsford City Hall.</p> <p>Non-Credit UFV: Eileen B. led an adapted MBCT course for staff and students at reduced fees (\$100)</p> <p>Other UFV: Seonaigh led mindfulness sessions for Continuing Education instructors; for students in Nancy Norman's TED class, and for students in the Mental Health Awareness Club.</p> <p>The first 6-Day MBSR Facilitator Training session was hosted at UFV-CEP in Jun 2018 and facilitated by Drs. Rockman, Collins, and Susan Woods. It is the first time this training had been offered in Western Canada and was co-sponsored by the Centre for Mindfulness</p>	<p>Many of the students in these community classes were referred by their employers, including school divisions or Fraser Health. Many occupied leadership positions in their professions and continued on to introduce or to further support a range of mindfulness initiatives (e.g, the new YMCA mindfulness drop-in for youth.) See notes on Sue Lawrence (below) for another example.</p> <p>Dr. MacPherson arranged reduced rates for UFV participants. Six UFV faculty and one student attended.</p>

	Studies and UFV (ADED). This workshop is required for MBSR facilitator certification.	45 participants attended from across Canada.
Mentor students	<p>Although not directly funded to do so by the FIT, Dr. MacPherson hired and mentored a student from the Community class, Mia Harries, using a UFV work-study position in 2018. Mia conducted some research on a few mindfulness classes at UFV and in the community and helped to organize and run both the 1-day MBSR Core Concepts and 6-day MBSR Facilitator retreat.</p> <p>Also, Dr. MacPherson recruited the Fraser Health Nurse Practitioner from Hope, Sue Lawrence, who took a Continuing Education MBSR course in Fall 2017.</p> <p>Sue continued on to do all of the MBSR facilitator training, including the 5-day silent retreat, and is currently being mentored by Dr. MacPherson to complete her MBSR certification.</p>	<p>Mia was admitted into medical school at UBC that Winter term. She completed most of the requirements to become an MBSR facilitator in the process</p> <p>Sue will be co-facilitating an MBSR class in Abbotsford in Winter 2019 with Dr. Anea Wilbur under the supervision of Dr. MacPherson.</p>

Individual Involved in Project Activities and Outcomes

UFV Faculty and Staff

Eileen Burkholder, M.Ed., Counsellor, Student Services

Chris Campbell**, Ph.D., Assistant Professor, Department of Adult Education

Emilio Landolfi, Ph.D., Associate Professor, Kinesiology

Seonaigh MacPherson, Ph.D.*, Associate Professor and Head, Department of Adult Education

Nancy Norman, Ph.D., Sessional Instructor, Teacher Education Department

Mary Saudelli, Ph.D., Centre for Teaching and Learning (now Ass. Dean, FPS)

Geoffrey Soloway, Ph.D., Sessional Instructor, Department of Adult Education

Maureen Wideman, Ph.D., AVP Teaching and Learning

Anea Wilbur**, Ed.D., Sessional Instructor, Department of Adult Education

* Project lead

**Mentored and Subsidized to Attend Jun 2018 Certification Training

External

Dr. Patricia Rockman, MD, CCFP, FCFP and Associate Professor, School of Community and Family Medicine, University of Toronto and Faculty, Centre for Mindfulness Studies

Janet Groen, Ph.D., Ass Dean Grad Studies, Werklund School of Education, University of Calgary
Jackie Seidel, Ph.D., Associate Professor, Werklund School of Education, University of Calgary

UFV Students

Mia Harries, B.Sc. Kinesiology, graduated 2018 (currently in medical school at UBC)
Susan Lawrence, MBSR Continuing Education student and Nurse Practitioner for Hope, BC

Achievement of Goals and/or Objectives

As outlined in Table 1, all of the goals and objectives were achieved to an optimal degree. Faculty networks were established and continue to thrive both within UFV and between UFV and partner organizations, notably the University of Calgary's Werklund School of Education and the Centre for Mindfulness Studies in Toronto.

Networks, Partnerships, and Collaborations. Furthermore, these initiatives have supported the launching of the first for-credit program in mindfulness for professionals in North America in the Fall of 2019. Dr. Rockman has agreed to co-teach the program with Dr. MacPherson, and she has agreed to teach an undergraduate Advanced Studies in MBCT (ADED 421) in both the Fall 2019 and Spring 2020. As one of the leading trainers in the world in MBCT, the clinical application of mindfulness in the treatment of depression, this is a notable outcome. Also, we finalized an articulation agreement with the Werklund School of Education to accept grads of this certificate to ladder into their interdisciplinary M.Ed. Also, there are a range of community collaborations and partners that continue to communicate and support the advancement of mindfulness, including professionals with Fraser Regional Health, School Division #33 and #34, and the Primary Prevention of the Chilliwack Child and Youth Committee.

Conference Presentations--Papers and Workshops

MacPherson, S. (2016). Promoting mindfulness-based wellbeing in Adult Education. Canadian Association for the Study of Adult Education (CASAE) Annual Conference, Calgary, AB.
MacPherson, S. (2017). Infusing mindfulness in diversity studies in Adult Education. CASAE Annual Conference, Toronto, On.
MacPherson, S. (2019). Integrating mindfulness in higher education: Redefining "student success" for the 21st Century. Canadian Society for the Study of Higher Education, Vancouver, BC.
MacPherson, S., & Rockman, P. (2019). Mindfulness as learning. Workshop for The Mindful Society Conference, Toronto, ON.

Papers and Publications

MacPherson, S. (2016). Promoting mindfulness-based wellbeing in Adult Education. *CASAE Conference Proceedings*. Calgary, AB.
MacPherson, S. (2017). Infusing mindfulness in diversity studies in Adult Education. *CASAE Conference Proceedings*. Toronto, ON.

MacPherson, S. Invited to serve as series editor for a book series on MBTL with a new academic publisher based in New York, DIO Press.

FIT Process

Looking over our accomplishments, I would say that this funding generated significant outcomes and capacity-building given a rather modest institutional input of \$6500; however, it was a lot of work as well - both the grant process and the project. I think in some instances, such as the case for this project, a course release for the project head would have been appropriate. To fund the initiative, we had to be rather innovative in charging fees for various activities to help us pass along benefits to the team, and it came to feel like a business venture minus the profit for those doing all of the work! The adjudication body denied funding for the student mentorship and community outreach component, even after asking for a lengthy explanation to re-consider the funding. I found the repeated rationale on why this was denied to be unreasonable. We did this component anyway but in a scaled down version, and it was highly successful (e.g, Mia Harries and Sue Lawrence). It would have been helpful for the adjudication team to have been more trusting in supporting the proposed mentorship and outreach component, which could have used to fund more students and community outreach even though it was only for a few thousand dollars. Finally, sometimes the process for recouping funds seemed rather cumbersome as well, and in one case took months where the charges remained on my credit card. Still, we are grateful for the opportunities the grant afforded us for significant professional development and networking opportunities in this area.