



Course Outline

Course Name	MND 104: Living Mindfully
Length of Study	6 weeks (18 hours), non-credit
Facilitator Name	Stephanie Kersta and Carolyn Plater

Course Description

This course teaches one how to live a mindful life by embodying the teachings and learnings from previous courses. Students will be required to journal throughout this course in order to introspect and deepen their understanding of their inner selves. Students will hone their skills of compassion, empathy, communication and connection. By viewing all beings as interconnected students will understand how a mindful shift in their life has the potential to create positive waves across larger communities and society as a whole. Students will practice hands on applications to integrate mindfulness into their day to day lives in various capacities. We will also explore the mainstream mindful movement – including apps, technology and modern studios – and how these can aid one’s practice.

Course Learning Outcomes

By the end of this course, students will be able to:

1. Explain what mindful living means and what it involves.
2. Practice mindful living mentally, emotionally, interpersonally, and physically.
3. Identify modern applications of mindful practice.
4. Recognize the interconnectedness of all humans in society.

Meet the Facilitators

Carolyn Plater, MSW, RSW

Carolyn Plater graduated with an Honours BA. in Psychology from York University. She received her Addiction Education Diploma from McMaster University and her Masters of Social Work degree from the University of Toronto, which included a joint collaborative program in Addiction Studies. She possesses additional certifications in Smoking Cessation Interventions, Concurrent Disorders, and Opioid Dependence from The Centre for Addiction and Mental Health. She holds certificates in Solution Focused Counselling, Trauma counselling, and Non-Violent Crisis Intervention.

As a complement to her strong clinical education Carolyn has incorporated additional evidence-based holistic certificates to further round out her training including a certificate from the University of Toronto in Applied Mindfulness Meditation and is a certified trauma-informed yoga instructor.

Carolyn holds teaching positions at McMaster University, Humber College, Ontario Learn, and the Centre for Addiction and Mental Health. She is also a consultant trainer for the Mental Health Commission of Canada, and Livingworks, certifying hundreds of people in Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST) and safeTALK suicide alertness training every year. Carolyn runs a private clinical practice with a specialty in anxiety, depression, and self-esteem for children and adolescents.

She is the co-founder of Hoame, North America's largest modern meditation studio which has garnered over 150 million media impressions. Carolyn is regularly sought out as an expert for media, conferences, and corporate speaking engagements.

Stephanie Kersta, MSc, RP

Stephanie Kersta holds an Honors Bachelor of Science with a specialty in Psychology, and a Masters of Science in Psychology, with sub-specialties in Mental Health Counselling and Organizational Psychology.

Additionally, she holds a number of certifications, including a post-graduate certificate in Addictions and Mental Health Counselling, and certificates in Solution-Focused Therapy, Cognitive Behavioural Therapy and Psychometric Assessments. Stephanie is also certified in Cognitive Behavioural Therapy for Insomnia (CBT-I) certifying her as a sleep specialist.

As a complement to her strong clinical education, Stephanie has incorporated additional evidence-based holistic certificates to further round out her training. She is certified in Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, and Mindful Eating.

Stephanie holds teaching positions at McMaster University, Wilfrid Laurier University, Ontario Learn, Durham College and the Centre for Addiction and Mental Health. She is also a consultant trainer for the Mental Health Commission of Canada, and Livingworks, certifying hundreds of people in Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST) and safeTALK suicide alertness training every year. Stephanie runs a private clinical practice with a specialty in anxiety, depression, stress, and sleep for youth and young adults.

She is the co-founder of Hoame, North America's largest modern meditation studio which has garnered over 150 million media impressions. Stephanie is regularly sought out as an expert for media, conferences, and corporate speaking engagements.

Outline

Week	Topics
1	Living Mindfully—Mentally
2	Living Mindfully—Physically
3	Living Mindfully—Emotionally
4	Living Mindfully—Interpersonally
5	Modern Applications
6	Metta Meditation and Interconnectedness