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Term: Spring, 2018

faculty and staff. The YWCA H.O.P.E. Center also can be accessed ~~as a~~ confidential resource at 419.241.7273. Faculty, teaching assistants, and other university employees are mandated reporters of any incidents of sexual or genderbased violence or harassment. Thus, any disclosures of sexual or genderbased violence or harassment on or off campus made to faculty or teaching assistants, or other university employees must be forwarded to the Title IX ~~Coordinator~~. The Title IX Office will then contact you regarding your rights, your option to participate in the investigation, interim safety measures and/or academic accommodations, and the need to proceed with an investigation (even if none is requested). Your participation in the process is voluntary. You may call 419.530.3152 to file a complaint or visit the following website for more information and resources:

COURSE SCHEDULE (Version dated 1/14/2019)

(Note: Dates for topics and readings are subject to modifications depending on our progress in covering the topics over the course of the semester.)

		and Art Creation	
	Th 3/14	Field Trip to Art Museum	Ch.14 t Breaking Free from Anxiety with Mindful Acceptance
Week9	T 3/19	Mindfulness Meditation Advanced Skills & Practices	Ch.15 t Bringing Compassion to Your Anxiety
	Th 3/21	RAIN intervention	Ch. 16 t Developing Comfort in Your Own Skin
Week10	T 3/26	Acceptance and Commitment (ACT) foundational concepts	Ch. 17t Developing Comfort with Your Judgmental Mind
	Th 3/28	ACT t Advanced skills and practices	Ch. 18t Making Peace with a Difficult Past
Week11	T 4/2	Dialectical Behavior Therapy (DBT) Foundational Construct	