



RICE

SUSANNE M. Glasscock School of CONTINUING STUDIES



Resilient Mind, Body and Spirit

Tibetan meditation expert Alejandro Chaoul, Ph.D., and psychologist Michael Winters, Ph.D., co-teach this course sharing Eastern and Western philosophical and scientific insights on cultivating a resilient mind, body and spirit.

Note: This course is offered for educational purposes only. Please consult with the professional of your choosing if you are seeking specific therapeutic or medical advice.

INSTRUCTORS:

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. He has taught meditation courses at the Glasscock School of Continuing Studies since 1999. Dr. Chaoul is also adjunct faculty at the McGovern Center of Humanities and Ethics at The University of Texas Medical School. 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 taught at Rice University, Purdue University, the University of Houston and other higher-education institutions.



Feb. 26. "Introduction: Cultivating a Resilient Mind, Body and Spirit."

Drs. Chaoul and Winters

March 5. "Western Insights on Resilience: Psychology, Philosophy and Scientific Evidence." **Dr. Winters**

March 12. "Eastern Insights on Resilience: Meditation and Mindfulness." **Dr. Chaoul**

March 19. "Practicing Resilience: Western Approaches." **Dr. Winters**

March 26. "Practicing Resilience: Eastern Approaches." **Dr. Chaoul**

April 2. "Sustaining Holistic Resilience: Integrating Eastern and Western Practices." **Drs. Chaoul and Winters**



Feb. 26–April 2, 2018	
SCHEDULE	Six Mondays 7–8:30 p.m.
FEE	\$200 \$190 if registering by Feb. 12 \$180 for Rice alumni
CEUs	0.9
FORMAT	On Campus

To register for this class or browse all available courses, visit us at glasscock.rice.edu/personal.