The concentration in Contemplative Studies investigates the underlying philosophical, psychological, and scientific bases of human contemplative experience. Students pursue a "third person" academic approach drawn from the humanities and sciences to analyze the cultural, historical, and scientific underpinnings of contemplative experiences in religion, art, music, and literature. This is developed in combination with a "critical first-person" approach based in practical experience of contemplative techniques and methods to provide an integrated understanding of the role of contemplative thought and experience in societies and on the individuals who constitute them.

**CONCENTRATION REQUIREMENTS (13 courses)**

**Concentration Core (5 courses)** See CS website for a detailed list of courses
- UNIV 0540: An Introduction to Contemplative Studies
- Two introductory science courses that focus on the cognitive neurological functioning of the human brain and how contemplative practices affect it.
- Two humanities courses that introduce students to contemplative religious traditions and to the philosophical analysis of the key questions of human existence.

**Depth (6 courses)** Students choose to complete either a science track or a humanities track
- **Science:** The science track in Contemplative Studies gives concentrators in-depth understanding of the scientific methods used to investigate the cognitive neuroscience of contemplative practice and also provides a method of self-inquiry that can be used to augment any area of life.
  - Three thematic science courses drawn primarily from NEUR and CLPS, at least two of which must be 1000-level.
  - One statistics course from one of the following departments: Applied Math, Biology, CLPS, Education, or Public Health.
  - Laboratory research: Two semesters research in an established lab [e.g. BIOL 1950, 1960] with Britton, Kerr, Watanabe or other approved faculty.
- **Humanities:** The humanities track explores the origin and development of contemplative practices within specific religious, cultural, and historical contexts and gives students a foundation in the Philosophy of Mind relevant to the scientific study of contemplative practice. Intermediate and Advanced courses should be taken in these areas:
  - Philosophy of Mind
  - Contemplative Religious Traditions

**Breadth:** One additional course beyond the two introductory level core courses outside one’s chosen concentration track; this course may also be drawn from a range of courses in the Contemplative Creative Arts.

**Senior Capstone:** Seminar that includes a Capstone Project

**Honors:** Students wishing to be considered for Honors in Contemplative Studies must have a 3.5 grade point average in concentration courses, and their Capstone Project must be a two-semester Honors Thesis in the senior year.
BROWN UNIVERSITY CONTEMPLATIVE STUDIES
CORE FACULTY (*Concentration Advisors)

SCIENCES
Albert Dahlberg, Biomed
Willoughby Britton, Psychiatry, Med School, School of Public Health
Catherine Kerr, Family Medicine, Med School
Monica Linden, Neuroscience
Brad Marston, Physics*
Takeo Watanabe, CLPS
Yuka Sasaki, CLPS
Eric Loucks, School of Public Health

HUMANITIES
Christopher Hill, Philosophy
Amy Remensnyder, History
Harold Roth, Religious Studies, Director*
Bhrigupati Singh, Anthropology/Watson Institute

CREATIVE ARTS
Erik Ehn, TAPS
Michelle Bach-Coulibaly, TAPS
Carol DeBoer-Langworthy, English (Nonfiction Writing)
Robert P. Ward, English (Nonfiction Writing)

CONTEMPLATIVE STUDIES INDEPENDENT CONCENTRATORS
• Alexx Temena ’15: “Contemplative Psychology”
• Chloe Zimmerman ’15: “Contemplative Psychosomatic Medicine;” PLME Alpert Medical School
• Juan Santoyo ’14: BA “Contemplative Studies,” BSc. Neuroscience’15: Contemplative Science of Cognition
• Hiroe Hu ‘13: BA Contemplative Studies, BSc. Chemical Engineering; Contemplative Psychology – East and West: “The Concept of Self in Mindfulness-Based Cognitive Therapy and Morita Therapy”
• Micah Thanhauser ’13: “Contemplation and Creativity: Japanese Ceramics;” Coordinator for the Prison Dharma Network, Providence, RI
• Rahil Rojiani ’13: “Contemplative Studies and Music;” Yale University School of Medicine’18
• Anne-Catherine Brown ’12: “Contemplative Neuroscience;” Mt. Sinai School of Medicine ‘16
• Joshua Himmelfarb ’11: “Contemplative Psychology;” “Teacher, Americorps, Lowell, MA.
• Elizabeth Baron ’10.5: “Contemplative Education;” Teaching in a Jewish culture program and applying to M.A. Programs in Education
• Kevin Liou ’10: “Medical Humanities: The Subjective Perspective in Patient Care;” Alpert Medical School ‘14
• Matt Sacchet ’10: “Cognitive Neuroscience of Meditation;” Stanford Neuroscience Ph.D. Program
• Jon Mitchell ’09: “Contemplative Music;” Teach for Rhode Island Civic Engagement Coordinator
• Brett Ecker ’09: “Theories of Consciousness;” Mt. Sinai Medical School ’13
• Seth Izen ’08: “Contemplative Studies;” Instructor in the MA Program in Contemplation and Peace Studies at University of Massachusetts, Lowell
• Heather Daniels ’06.5: “Holistic Health Studies;” M.A. in Tibetan Buddhist Studies in Kathmandu; ordained as Ani Sangye Chodron
• Kate MacSwain ’04: “Contemplative Studies;” Ph.D. Program in Psychology at Brandeis