



# Integrating Mindfulness into Anti-Oppression Pedagogy: Social Justice in Higher Education

By Beth Berila

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Drawing from mindfulness education and social justice teaching, this book explores an anti-oppressive pedagogy for university and college classrooms. Authentic classroom discussions about oppression and diversity can be difficult; a mindful approach allows students to explore their experiences with compassion and to engage in critical inquiry to confront their deeply held beliefs and value systems. This engaging book is full of practical tips for deepening learning, addressing challenging situations, and providing mindfulness practices in anti-oppression classrooms. *Integrating Mindfulness into Anti-Oppression Pedagogy* is for all higher education professionals interested in pedagogy that empowers and engages students in the complex unlearning of oppression.

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### Editorial Review

#### Review

"Berila boldly demonstrates that contemplative practices are powerful methods to respond to systemic oppression, internalized oppression, and privilege. She carefully describes the ways that embodiment, mindfulness, and deep listening create the possibility of wholesome, transformative connection. From the detailed examples, to insightful cautionary notes, this book provides an amazing guide to the possibility of a true anti-oppression pedagogy based on contemplative approaches."

--Daniel Barbezat, Professor of Economics, Amherst College

"In *Integrating Mindfulness into Anti-Oppression Pedagogy*, Berila kindles a revolution in social justice education by skillfully introducing the benefits of mindfulness to support effective diversity work in the classroom. Engaging and accessible, this book portrays the vital role of mindfulness for learners at various levels of readiness and introduces a pedagogical approach with the potential to 'meet students where they are' and *actually* change the world?one wholly-supported learner at a time."

--Rhonda V. Magee, Professor of Law and Mindfulness-Based Stress Reduction Teacher, University of San Francisco School of Law

#### About the Author

Beth Berila is the Director of the Women's Studies Program and a Professor in the Ethnic and Women's Studies Department at St. Cloud State University, USA.

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