What is Koru Mindfulness?

Koru is a mindfulness curriculum that was designed specifically to target the needs and interests of young adults. It has been successfully and widely adapted for a variety of populations across the life span. Koru was developed by two physicians at the at Duke University where it has become a very popular program. Koru has been empirically tested in a randomized, controlled trial and found to have significant benefits on sleep, perceived stress, mindfulness, and self-compassion.

Notably, the four-week Koru course outcomes are comparable to mindfulness programs as long as 8 weeks often requiring 45 minutes of practice each day. Our preliminary outcomes suggest that the groups taking the class here at CU are enjoying similar benefits.

What are CU Koru graduates saying about the most meaningful parts of the program?

“Coming together in a safe environment and learning how to be present and making time to better myself each day”

“Regularly trying out a handful of different [mindfulness] techniques”

“Trying different types of meditation helped me realize what works for me and what does not. It opened up my eyes to the different types available”

How is Koru Mindfulness different from other mindfulness training programs?

- Teaches mindfulness meditation as well as stress-management skills
- A brief model to accommodate busy schedules. Taught in four, weekly, 75-minute classes.
- Highly structured with daily homework of a mindfulness log and 10 minutes mindfulness practice
- Taught in small groups limited to 8-10 participants

Who teaches Koru Mindfulness here at CU?

Koru is taught by Abbie Beacham, PhD. Dr. Beacham is a licensed psychologist. She has clinical, teaching and research interests and expertise in health/wellness, mindfulness and resilience. Last summer, she completed the Koru teacher training and is offering Koru here in the CU School of Medicine as part of her role in the CU SOM Resilience program.

Questions? Contact us at Resilience@ucdenver.edu