

*Duration:* MSc (1800 hours off part-time study – 5 courses)

*Aims:*

- To give participants advanced knowledge and experiential understanding of mindfulness as a form of mind training and as a life skill that can be beneficially applied in a host of personal and professional contexts
- To train participants –
  - To apply mindfulness approaches to enhance and extend their professional practice;
  - To teach mindfulness;
  - To design specific mindfulness courses in their individual areas of expertise; and
  - Where appropriate, to conduct research into the effects of mindfulness as they teach and apply it
- To teach participants compassionate mind training and introduce them to the power of compassion as a transformative force in all walks of life
- To train participants in methods of understanding and developing insight
- To critically review and assess the contribution mindfulness can make to enhancement of professional practice;
- To take an evidence-based approach to the evaluation of professional practice in relation to the application of mindfulness

*Content:* The MSc in Mindfulness programme is comprised of five courses contributing to a total of 180 credit points at SCQF Level 11 (PG5).

#### Year 1

ED505A Mindfulness (30 credit points and 300 hours of study)

ED555B Compassion (30 credit points and 300 hours of study)

#### Year 2

ED505C Insight & Wisdom (30 credit points and 300 hours of study)

ED555J Professional Enquiry (30 credit points and 300 hours of study)

#### Year 3

ED50PJ Dissertation or Work-based Project (60 credit points and 600 hours of study)

Participants who complete successfully the first two courses and 60 credit points may exit with a Certificate. Those who complete successfully the first four courses and 120 credit points may exit with a Diploma. Those who complete successfully all five courses and 180 credit points will achieve the award of the Degree of Master of Science in Studies in Mindfulness.

*Assessment:* Formative assessment is a feature of all courses. Formative and summative assessments are designed to arise naturally from the work. Assignments focus directly on workplace applications.