

## STUDIES IN MINDFULNESS (MSc/PgDip/PgCert)

65X3MNB1/65X3MNVX/65X3MNVZ

*Duration:* MSc (1800 hours of 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 explore the potential benefits of training in compassion and introducing it within professional contexts.
- To explore the development of insight based mindfulness.
- 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 six courses contributing to a total of 180 credit points at SCQF Level 11 (PG5).

### Year 1

PD5006 Getting Started at the University of Aberdeen (0 credit points)  
ED505A Mindfulness (30 credit points and 300 hours of study)  
ED555B Compassion (30 credit points and 300 hours of study)

### Year 2

ED505L Insight (30 credit points and 300 hours of study)  
ED555J Professional Enquiry (30 credit points and 300 hours of study)

### Year 3

ED560A Masters Dissertation/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.