The programme is both experiential and academic. It imparts step by step training in mindfulness, compassion and insight, while at the same time exploring how reflexivity and research can enhance and extend professional practice.

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgemental way. It promotes a way of being that helps us to take better care of ourselves and lead healthier lives. It also enables us to access inner resources for coping effectively with stress, difficulty and illness. This training in mindfulness is entirely secular and is available as a blended learning opportunity, combining e-learning and face to face teaching. Participants study part-time at a distance while staying in post in their own professional setting. An important part of the programme is that participants develop a daily mindfulness practice.

The programme provides 3 exit points for students who may wish to complete a Postgraduate Certificate (Year 1), Postgraduate Diploma (Year 2), or a Masters Degree (Year 3).

Programme Aims

Our Studies in Mindfulness programme aims to provide the following for professionals:

- opportunities to create insights into mindfulness and aspects of professional practice that draw equally on the wisdom and methods of mindfulness and the discipline of evidence-based practice;
- advanced knowledge and understanding of mindfulness related to professional practice so that mindfulness-based approaches are available within relevant professions as a means of enhancing and extending practice;
- opportunities to develop research-led approaches to the application of principles of mindfulness and related techniques in a variety of professional settings.
Studies in Mindfulness
PG Certificate/PG Diploma/MSc
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Programme Structure

Year 1 - Postgraduate Certificate
Course 1: Mindfulness (30 credits SCQF* Level 11)
Course 2: Compassion (30 credits at SCQF Level 11)

Year 2 - Postgraduate Diploma
Course 3: Insight and Wisdom (30 credits at SCQF Level 11)
Course 4: Professional Enquiry (30 credits at SCQF Level 11)

Year 3 - Masters Degree
Course 5: Dissertation or Work-based Project (60 credits at SCQF Level 11)

* SCQF refers to the Scottish Credit and Qualifications Framework and Level 11 within this framework describes study at postgraduate taught masters level.

Mode of Delivery

The Mindfulness, Compassion and Insight/Wisdom courses will each be taught over 2 weekend workshops at Samye Ling Tibetan Centre with a 5 day retreat on Holy Isle at the end of Years 1 and 2. Each weekend workshop will begin at 7pm on the Friday and finish at 4.30pm on the Sunday (or final day). They will involve lectures and step by step mindfulness instructions with guided practice sessions, tutorial groups and opportunities for feedback and discussion. In between weekend workshops there will be work assignments, involving personal practice, reading and discussion on the university online forum. There will also be regular online and telephone supervision between tutors and students clarifying any issues that may have arisen.

The weekend workshops at Samye Ling will focus on imparting progressive skills in mindfulness, while the annual retreats will focus on deepening practice and imparting teaching skills. At the retreat at the end of the Year 2, we intend to teach students to deliver our own 10 week mindfulness programme.

The professional enquiry course will be taught through a combination of e-learning and direct student/teacher contact. In the dissertation, students will submit an outline proposal setting out the area they intend to research, or the work based project they wish to undertake, and they will then be assigned two tutors, one focusing on process and the other on content. Students will have the opportunity to lead practices, conduct inquiry and receive feedback.
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Teaching and Assessment

The programme is available in e-learning mode via the university’s online learning environment. Participants are encouraged to be active and reflective learners and great emphasis is placed on professional action in the workplace setting.

Formal and informal assessments will support the student experience. These will involve the application of skills and understanding to their own professional contexts. Each course is assessed by a set assignment.

Requirements

An undergraduate degree (Hons 2.2 or better) is a normal requirement, but applications will be considered from individuals with other professional qualifications and relevant experience. It is also required that applicants provide evidence of having regular access to a professional context that allows for the application and evaluation of mindfulness techniques.

Course Fees

Fees are reviewed annually. Up-to-date fee information can be found at: http://www.abdn.ac.uk/infohub/finance/fee-rates.php

Application Form for New Participants

If you wish to register for this programme please download a copy of the application form from our website: www.abdn.ac.uk/education/programmes/mindfulness/

Please follow the instructions online, for completing and returning the form.

For further details about this programme please contact:

Programme Director - Dr David McMurtry
Email: d.c.mcmurtry@abdn.ac.uk   Tel: +44 (0) 1224 274623

OR

Email: mindfulness@abdn.ac.uk   Tel: +44 (0) 1224 274578