



Year 3 MB ChB Medical Humanities SSC Option: ME33MM

**Mindfulness and Medicine**  
(30 Credits)

26th October – 4th December 2020  
Course Co-ordinator: Dr Kim Miller

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1. Course Outline

**Introduction**

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally,” Jon Kabat-Zinn

This course is an introduction to the concept and practice of mindfulness for medical students, involving the critical analysis of mindfulness and associated concepts. Mindfulness is included in the NICE guidelines as an NHS treatment for mild to moderate recurring depression. Furthermore, there is a large body of research indicating the physiological, psychological and neurological benefits of practice mindfulness. Its study is, therefore, of relevance and interest to medical students. The course also involves training in mindfulness practice with potential health and well-being benefits for the students and implications regarding aspects of their future professional practice.

#### Course Aims:

- To facilitate the development of knowledge about, and understanding of, the concept of mindfulness;
- To facilitate the critical analysis of the concept of mindfulness;
- To train students in mindfulness practice;
- To develop critical reading and writing skills;
- To develop skills for analytical reasoning, debating, communicating and presenting.

#### Main Learning Outcomes:

- The development of an in-depth and robust knowledge and understanding of
  - a) Mindfulness and associated concepts
  - b) The historical development of secular mindfulness
  - c) The relevance of mindfulness to medical practice and medical professionalism
  
- The development of skills for critical reading, analytical reasoning, critical writing, debating, communicating and presenting.
- Training in mindfulness practice.

## Core Skills

By the end of this course, students will have skill in:

- Undertaking mindfulness meditation
- Critical analysis
- Critical reading and writing skills
- Skills for analytical reasoning, debating, communicating and presenting

The course will in 2020 be offered entirely as blended learning using MyAberdeen and the Collaborate room for Tutorials.

## Mindfulness Practical Sessions

The course also includes some Mindfulness Practical sessions. Prior to starting these sessions all students will receive some information about ensuring their suitability for attending these sessions.

We would ask that you read this and return that you have acknowledged the contents prior to attending these sessions.

Commented [1]:

If you have any questions please contact the course co-ordinator.

## Attendance and Probity

As part of your undergraduate programme attendance is expected for the Tutorials .

Unexpected absences should be notified to the course co-ordinator and the MBChB office as soon as possible.

Planned absences should have permission granted by MBChB office and the course co-ordinator should also be advised.

More information is given in the document Absences and Probity which can be found in the course pages of My Aberdeen

The written submissions will be via Turnitin which reviews for plagiarism . More information about this is also available in the document Absences and Probity.

## 2. Course Co-ordinator and Tutors

### Course Co-ordinator

Dr Kim Miller - HMEC Clinical Sciences Building Raigmore Hospital Inverness. Email. [kim.d.miller@abdn.ac.uk](mailto:kim.d.miller@abdn.ac.uk)

### Course Tutors

- Dr Graeme Nixon, Senior Lecturer (Scholarship), University of Aberdeen
- Colette Savage Lecturer in Mindfulness, University of Aberdeen.
- Dr Silvia Wehmeier, Teaching Fellow, University of Aberdeen
- Dr Peter Wilkes NHS Highland
- Dr Kirsty Macleannan NHS Grampian Psychology

## 3. Communication

### Course material and updates

Course material will be shared with you through MyAberdeen .

Tutorials and Practical sessions will take place using the Collaborate room of the course on MyAberdeen.

Individual sessions will also be offered via Collaborate .

All students registered on this course will be able to log into MyAberdeen using their usual University ID and password. We will use MyAberdeen to notify you of other events, so please do consult this regularly.

For urgent issues and reminders we will also use email.

Do let Kim Miller know if you have any problems finding the right information or have any queries.

Email, [kim.d.miller@abdn.ac.uk](mailto:kim.d.miller@abdn.ac.uk)

#### 4. Timetable

Week	Theme	Mindfulness Practice	Seminar Title and Lecturer	Date and Time
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<p>1 26-30th  October 2020</p>	<p>What is Mindfulness?</p>	<p><b>Tools of mindfulness to settle the Unsettled Mind</b></p>	<p>Group Introduction Including Benefits and Contraindications Dr Kim Miller</p> <p><b>PRACTICE SESSION</b> <b>Colette Savage</b></p> <p>Definition of Mindfulness Dr Graeme Nixon</p>	<p>Monday 26th October 09.30-10.30 am</p> <p>11am-12noon</p> <p>Monday 26th October 14.00-16.00</p>
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<p>Week 2 2nd - 6th November</p>	<p>The body as a place to stay</p>	<p><b>Body scanning</b></p>	<p>The neuroscience of Mindfulness Colette Savage <b>PRACTICE SESSION</b> Colette Savage</p> <p>Looking at mindfulness in terms of research and science Dr Kim Miller</p> <p>Review of Essay plan Dr Kim miller</p>	<p>11-1300</p> <p>Tuesday 3rdNovember</p> <p>Individual sessions during this week via My Aberdeen Collaborate</p>
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<p>3 9-13th November</p>	<p>Mindfulness Medical Practice and the medical Practitioner</p>	<p>Supporting and sustaining Mindfulness Practice</p>	<p><b>Mindfulness for Stress and anxiety release.</b> <b>Colette Savage</b></p> <p><b>Practice Session</b></p> <p>Mindfulness in NHS Dr Peter Wilkes</p> <p>Mindfulness in NHS Dr Kirsty MacIennan</p>	<p>Monday 9th November 11-1pm</p> <p>Thursday 12th 09.30-11.30</p> <p>Thursday 12th 13.00-14.30</p>
<p>4 16th-20th November</p>	<p>Attitude</p>	<p>Living Mindfully</p>	<p><b>Practice Session</b> <b>Colette Savage</b></p> <p>Mindfulness Attitudes Dr Silvia Wehmeier</p> <p>Mindful communication - in consultations Dr Peter Wilkes.</p>	<p>Monday 16th 11-12</p> <p>Thursday 19th 09.30-11.30</p>

<p>5 23-27th November</p>	<p>Living a Mindful Life</p>	<p><b>Breathing tech- niques</b></p>	<p><b>Practice session Colette Savage</b></p> <p>Individual ap- pointment for essay Dr Kim Miller</p>	<p>Wednesday 25th 11-12</p>
<p>6 30 November-4th December</p>		<p>Student Presenta- tions</p>		

## 5. Summary of Events and Deadlines

Deadlines	Date	Time	Venue
Agreement of critical essay topic with Course Co-ordinator	Friday 6th November	5pm	
Presentation to group	30th November- 4th December	TBA	Via MyAberdeen

Submission of reflective writing	Friday 4th December	5pm	Uploaded via Turnitin/ MyAberdeen
Submission of critical essay	Friday 4th December	5pm	Uploaded to Turnitin/ MyAberdeen

## 6. Assessment

Each student will:

- Write a 1500 word reflective essay on the experience of mindfulness practice (contributes 20% to the overall assessment mark for the module).
- Prepare a 3500 word critical essay on an aspect of mindfulness and associated concepts and its relevance to the medical profession (contributes 60% to the overall assessment mark for the module).
- Prepare and deliver a presentation to the whole group on the experience of mindfulness practice and/or one selected aspect of mindfulness or an associated concept (contributes 20% to the overall assessment mark for the module).

Useful information about essay writing can be found in the resources pages of the Medical Humanities section of My MBChB.

Consistent use of any one recognised referencing system is acceptable. E.g. Harvard, Vancouver or other variation.

Essays are submitted by Turnitin on My Aberdeen and do not require to be double spaced or have specific margins.

## 7. Resources

### Essential reading

Students will be advised at each tutorial session of the essential reading for each tutorial.

The materials for each session will be released prior to the Tutorial .

### Relevant reading and resources

- "Mindfulness, a practical guide to finding peace in a frantic world" by Professor Mark Williams and Dr Danny Penman. This is an eight week mindfulness programme with an audio cd which talks you through a series of meditations.  
<http://franticworld.com/>
- 'Mindfulness for everyone' is a series of ten free podcasts where you can learn the basics and develop an understanding of mindfulness and meditation. Each short podcast gives useful advice and a mindful and a meditation exercise. Having listened to all ten podcasts you will be able to

continue practicing on your own. Dr Craig Brown is a retired General Practitioner with a lifelong interest in mindfulness and meditation, and was the past President of UK Healers and Chairman of the British Holistic Medical Association. <https://soundcloud.com/mindfulnessforeveryone/sets>

- [Mindfulness-based treatment approaches : clinician's guide to evidence base and applications](#)

Baer, Ruth A., editor.  
2014

- Mindfulness for Students [www.mindfulnessforstudents.co.uk](http://www.mindfulnessforstudents.co.uk) which has an introduction and some audio meditations.
- The Neuroscience of Mindfulness Meditation . How the Body and Mind Work together to Change Our Behaviour. Tang, Yi-Yuan 2017
- Learned mindfulness: physician engagement and M.D wellness. Ninivaggi, FrankJohn.
- The Headspace app has a series of 10 days meditations free, with some good explanations.
- Mindfulness for Dummies. <http://www.dummies.com/religion/spirituality/mindfulness-for-dummies-cheat-sheet/>
- Online MBSR for free is at [www.palousemindfulness.com](http://www.palousemindfulness.com)
- Full Catastrophe Living Jon Kabat-Zinn Bantam; Rev Upd edition (September 24, 2013)
- Free meditations at [www.franticworld.com](http://www.franticworld.com)
- Kristin Neff [www.selfcompassion.org](http://www.selfcompassion.org) Self Compassion
- Health Thy Self. Lessons on Mindfulness in Medicine. Saki Santorini
- Dan Siegal offers some interesting Neurobiology sessions many of which are available on YouTube.