



Assessment Tasks				
Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Written Assignment 1</b> mindfulness script (500 words)	2-4	1-7	Week 7	25%
<b>Written Assignment 2</b> evidence based mindfulness intervention (1500 words)	1-2, 5	1-7	Week 11	50%
<b>Peer Assessed Group Based Mindfulness</b>	3-4	1-12	Session 13	25%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				

#### Prescribed Readings:

- Dunkley, C., & Stanton, M. (2014). *Teaching clients to use mindfulness skills: A practical guide*. London, England: Routledge.
- Wallace, B. A. (2010). *The four immeasurables: Practices to open the heart*. New York, NY: Snow Lion.

#### Recommended Readings:

- Bullock, G. (2016). *Mindful relationships: Seven skills for success, integrating the science of mind, body and brain* (Rev. ed.). London, England: Handspring Publishing.
- Burch, V., & Penman, D. (2013). *Mindfulness for health: A practical guide to relieving pain, reducing stress and restoring wellbeing*. London, England: Piatkus.
- Kabat-Zinn, J. (2013). *Full catastrophe living: How to cope with stress, pain and illness using mindfulness meditation*. London, England: Piatkus.
- McCown, D., Reibel, D., & Micozzi, M. (2010). *Teaching mindfulness: A practical guide for clinicians and educators*. New York, NY: Springer.
- Wallace, B. A. (2005). *Genuine happiness: Meditation as the path to fulfilment* (3rd ed.). Hoboken, NJ: Wiley.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>Introduction to Mindfulness in Practice</b></p> <ul style="list-style-type: none"> <li>Define mindfulness within the contemporary context               <ul style="list-style-type: none"> <li>How is it used?</li> <li>Why is it used?</li> </ul> </li> <li>Overview of the historical and cultural origins of mindfulness</li> <li>Overview of mindfulness practice: East vs West</li> </ul>	<ul style="list-style-type: none"> <li>Prescribed tutorial activities</li> <li>Group discussion               <ul style="list-style-type: none"> <li>What does mindfulness mean to you?</li> </ul> </li> </ul>

2.	<b>Concepts of Contemplative Practice</b> <ul style="list-style-type: none"> <li>• Mindfulness &amp; Buddhism: Historical origins           <ul style="list-style-type: none"> <li>○ Right mind</li> <li>○ Beginners mind</li> </ul> </li> <li>• Mindfulness of breathing as a focus in contemplative traditions</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Guided meditation</li> </ul>
3.	<b>Mindfulness Practice</b> <ul style="list-style-type: none"> <li>• Kabat-Zinn: The development of mindfulness-based stress reduction (MBSR)</li> <li>• Teasedale, Segal &amp; Williams: Mindfulness-based cognitive therapy (MBCT)</li> <li>• A framework for the development of mental balance:           <ul style="list-style-type: none"> <li>○ Present moment awareness</li> <li>○ Non-judging</li> <li>○ Non-striving</li> <li>○ Acceptance</li> <li>○ Commitment &amp; intentionality</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Group discussion           <ul style="list-style-type: none"> <li>○ What mindfulness approaches do you know about?</li> </ul> </li> <li>• Guided meditation</li> </ul>
4.	<b>Mindfulness Practice 1</b> <ul style="list-style-type: none"> <li>• Cultivating conative intelligence</li> <li>• Using the breath as a focus for developing present moment awareness</li> <li>• Physiological benefits of mindfulness of breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Breath focussed mindfulness practice</li> <li>• Guided meditation</li> </ul>
5.	<b>Mindfulness Practice 2</b> <ul style="list-style-type: none"> <li>• Cultivating attentional intelligence</li> <li>• Using the body scan meditation to develop self-awareness non-judgementally</li> <li>• Reflecting on self-awareness non-judgementally</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Body scan meditation practice</li> <li>• Guided meditation</li> </ul>
6.	<b>Mindfulness Practice 3</b> <ul style="list-style-type: none"> <li>• Cultivating attentional intelligence</li> <li>• Acceptance vs. resignation: Extending non-judgement</li> <li>• Understanding non-striving</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Sitting meditation practice           <ul style="list-style-type: none"> <li>○ Self-inquiry, non-judgement, acceptance</li> </ul> </li> <li>• Guided meditation</li> </ul>
7.	<b>Mindfulness Practice 4</b> <ul style="list-style-type: none"> <li>• Cultivating cognitive intelligence</li> <li>• Remedying cognitive imbalances</li> <li>• Intentionality as the purposeful cultivation of mindful attitudes</li> <li>• Commitment as the basis for change</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Sitting meditation practice           <ul style="list-style-type: none"> <li>○ Intent &amp; non-striving</li> </ul> </li> <li>• Guided meditation</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2 &amp; Online students</b> - The non-teaching week falls between Weeks 7 and 8		
8.	<b>Benefits of mindfulness practice</b> <ul style="list-style-type: none"> <li>• Physical health outcomes</li> <li>• Mental / Emotional health outcomes</li> <li>• Mindful communication</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Using heart rate variability (HRV) to measure the effect of mindfulness on autonomic nervous system (ANS) regulation</li> </ul>

9.	<b>Mindfulness in Health Care Practice</b> <ul style="list-style-type: none"> <li>• Cultivating cognitive intelligence</li> <li>• The mindful practitioner</li> <li>• Planning and implementing mindfulness strategies</li> <li>• Scope of practice and limitations</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Group activity               <ul style="list-style-type: none"> <li>○ Case based mindfulness plan</li> </ul> </li> <li>• Guided meditation</li> </ul>
10.	<b>Addressing Health Behaviour Change</b> <ul style="list-style-type: none"> <li>• Cultivating emotional Intelligence</li> <li>• Barriers to change</li> <li>• Motivation for change</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Group activity               <ul style="list-style-type: none"> <li>○ Case based motivation plan</li> </ul> </li> <li>• Guided meditation</li> </ul>
11.	<b>Teaching Mindfulness to Others</b> <ul style="list-style-type: none"> <li>• Cultivating emotional intelligence</li> <li>• Working one-on-one</li> <li>• Working with small groups</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Group activity               <ul style="list-style-type: none"> <li>○ Implement the case based mindfulness plan</li> </ul> </li> <li>• Guided meditation</li> </ul>
12.	<b>Applications of Mindfulness</b> <ul style="list-style-type: none"> <li>• Review of the framework for mental balance</li> <li>• Conation</li> <li>• Attention</li> <li>• Cognition</li> <li>• Emotion</li> </ul>	<ul style="list-style-type: none"> <li>• Prescribed tutorial activities</li> <li>• Group discussion               <ul style="list-style-type: none"> <li>○ Identify peak performance tasks and apply mindfulness principles</li> </ul> </li> <li>• Guided meditation</li> </ul>
13.	<b>Revision</b> <b>Peer Assessed Group Based Mindfulness</b>	
14.	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week	
15.	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week	
16.	<b>Final Examination Week 1</b> There is no final exam for this subject	
17.	<b>Final Examination Week 2</b> There is no final exam for this subject	