



SUBJECT OUTLINE

Subject Name:

Mindfulness in Practice

Subject Code:

SOCM3

SECTION 1 – GENERAL INFORMATION

Award/s:

Undergraduate Certificate in Lifestyle Coaching

Total Course Credit Points:

10

Level:

1st Year

Duration:

1 Semester

Subject Coordinator: Dr Anita Milicevic (Melbourne Campus)

Subject is:

Core

Subject Credit Points:

2

Student Workload:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

5

Delivery Mode:

e-Learning
(Online)

Narrated PowerPoint presentations

Tutorials: Asynchronous tutor moderated discussion forum and activities

Student handouts, web-based resources

Full Time

Pre-requisites:

Meet entry requirements for course with a background in allied health field

Co-requisites:

Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

In this subject students will study the historical foundations that underlie the contemporary development of mindfulness as a method for achieving well-being. Through the study and practice of mindfulness students will explore and develop a matrix of diverse techniques that have various aims and prerequisites. These can be synthesised into four groups: 1) Refining attention skills; 2) Achieving understanding through four application of mindfulness; 3) Cultivating self-reflection and compassion; 4) Ethical principles of working with clients. Students will come to appreciate the importance of understanding the full potential of mindfulness practices, and its application, in both self-care practices and the care of others.

Learning Outcomes

1. Describe the contemporary development of mindfulness from its historical and cultural origins.



2. Evaluate the evidence of mindfulness practices and their use within health care settings.
3. Demonstrate ability to perform a variety of mindfulness practices.
4. Demonstrate ability to educate and communicate, mindfulness practices within the healthcare setting.
5. Develop an understanding of reflective practices in mindfulness.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Written Assignment 1 Mindfulness script (500 words)	2-4	1-7	Week 7	25%
Written Assignment 2 Evidence based mindfulness intervention (1500 words)	1-2, 5	1-7	Week 11	50%
Peer Assessed Group Based Mindfulness	3-4	1-12	Week 13	25%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

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

Recommended Readings:

1. Bullock, G. (2016). *Mindful relationships: Seven skills for success, integrating the science of mind, body and brain* (Rev. ed.). London, England: Handspring Publishing.
2. Burch, V., & Penman, D. (2013). *Mindfulness for health: A practical guide to relieving pain, reducing stress and restoring wellbeing*. London, England: Piatkus.
3. Kabat-Zinn, J. (2013). *Full catastrophe living: How to cope with stress, pain and illness using mindfulness meditation*. London, England: Piatkus.
4. McCown, D., Reibel, D., & Micozzi, M. (2010). *Teaching mindfulness: A practical guide for clinicians and educators*. New York, NY: Springer. [ebook available]
5. 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>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Introduction to Mindfulness in Practice</p> <ul style="list-style-type: none"> ➤ Define mindfulness within the contemporary context <ul style="list-style-type: none"> ⊙ How is it used? ⊙ Why is it used? ➤ Overview of the historical and cultural origins of mindfulness ➤ Overview of mindfulness practice: East vs West 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Group discussion <ul style="list-style-type: none"> ⊙ What does mindfulness mean to you?
2.	<p>Concepts of Contemplative Practice</p> <ul style="list-style-type: none"> ➤ Mindfulness & Buddhism: Historical origins <ul style="list-style-type: none"> ⊙ Right mind ⊙ Beginners mind ➤ Mindfulness of breathing as a focus in contemplative traditions 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Guided meditation
3.	<p>Mindfulness Practice</p> <ul style="list-style-type: none"> ➤ Kabat-Zinn: The development of mindfulness-based stress reduction (MBSR) ➤ Teasedale, Segal & Williams: Mindfulness-based cognitive therapy (MBCT) ➤ A framework for the development of mental balance: <ul style="list-style-type: none"> ⊙ Present moment awareness ⊙ Non-judging ⊙ Non-striving ⊙ Acceptance ⊙ Commitment & intentionality 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Group discussion <ul style="list-style-type: none"> ⊙ What mindfulness approaches do you know about? ➤ Guided meditation
4.	<p>Mindfulness Practice 1</p> <ul style="list-style-type: none"> ➤ Cultivating conative intelligence ➤ Using the breath as a focus for developing present moment awareness ➤ Physiological benefits of mindfulness of breathing 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Breath focussed mindfulness practice ➤ Guided meditation
5.	<p>Mindfulness Practice 2</p> <ul style="list-style-type: none"> ➤ Cultivating attentional intelligence ➤ Using the body scan meditation to develop self-awareness non-judgementally 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Body scan meditation practice ➤ Guided meditation



	<ul style="list-style-type: none"> ➤ Reflecting on self-awareness non-judgementally 	
6.	<p>Mindfulness Practice 3</p> <ul style="list-style-type: none"> ➤ Cultivating attentional intelligence ➤ Acceptance vs. resignation: Extending non-judgement ➤ Understanding non-striving 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Sitting meditation practice <ul style="list-style-type: none"> ⊙ Self-inquiry, non-judgement, acceptance ➤ Guided meditation
7.	<p>Mindfulness Practice 4</p> <ul style="list-style-type: none"> ➤ Cultivating cognitive intelligence ➤ Remediating cognitive imbalances ➤ Intentionality as the purposeful cultivation of mindful attitudes ➤ Commitment as the basis for change 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Sitting meditation practice <ul style="list-style-type: none"> ⊙ Intent & non-striving ➤ Guided meditation
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 & Online students – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Benefits of mindfulness practice</p> <ul style="list-style-type: none"> ➤ Physical health outcomes ➤ Mental / Emotional health outcomes ➤ Mindful communication 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Using heart rate variability (HRV) to measure the effect of mindfulness on autonomic nervous system (ANS) regulation
9.	<p>Mindfulness in Health Care Practice</p> <ul style="list-style-type: none"> ➤ Cultivating cognitive intelligence ➤ The mindful practitioner ➤ Planning and implementing mindfulness strategies ➤ Scope of practice and limitations 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Group activity <ul style="list-style-type: none"> ⊙ Case based mindfulness plan ➤ Guided meditation
10.	<p>Addressing Health Behaviour Change</p> <ul style="list-style-type: none"> ➤ Cultivating emotional Intelligence ➤ Barriers to change ➤ Motivation for change 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Group activity <ul style="list-style-type: none"> ⊙ Case based motivation plan ➤ Guided meditation
11.	<p>Teaching Mindfulness to Others</p> <ul style="list-style-type: none"> ➤ Cultivating emotional intelligence ➤ Working one-on-one ➤ Working with small groups 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Group activity <ul style="list-style-type: none"> ⊙ Implement the case based mindfulness plan ➤ Guided meditation
12.	<p>Applications of Mindfulness</p> <ul style="list-style-type: none"> ➤ Review of the framework for mental balance ➤ Conation ➤ Attention 	<ul style="list-style-type: none"> ➤ Prescribed tutorial activities ➤ Group discussion <ul style="list-style-type: none"> ⊙ Identify peak performance tasks and apply mindfulness principles



	<ul style="list-style-type: none"> ➤ Cognition ➤ Emotion 	<ul style="list-style-type: none"> ➤ Guided meditation
13.	Revision Peer Assessed Group Based Mindfulness	
14.	Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week	
15.	Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week	
16.	Final Examination Week 1 There is no final exam for this subject	
17.	Final Examination Week 2 There is no final exam for this subject	