Subject Name: Mindfulness in Practice

SECTION 1 – GENERAL INFORMATION

Award/s: Total Course Credit Points: Level:
- Bachelor of Health Science (Naturopathy) 128 4th Year
- Bachelor of Complementary Medicine 48 3rd Year
- Non-award

Duration: 1 Semester

Subject Coordinator: Dr Anita Milicevic (Melbourne Campus)

Subject is: Elective

Subject Credit Points: 2

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week:</th>
<th>No. personal study hours per week:</th>
<th>Total hours per week:</th>
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<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
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Delivery Mode:
- Face to Face (On Campus): 1 x 2 hour lecture 1 x 1 hour tutorial
- e-Learning (Online): Narrated PowerPoint presentations
  - Tutorials: Asynchronous tutor moderated discussion forum and activities
  - Student handouts, web-based resources

Full Time
- Part Time

Pre-requisites: Nil

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 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

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

Prescribed Readings:


Recommended Readings:

### Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
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<tbody>
<tr>
<td>1.</td>
<td><strong>Introduction</strong> (Subject Outline / Subject Aims / Assessment / Teaching Resources)  <strong>Introduction to Mindfulness in Practice</strong>  1. Define mindfulness within the contemporary context  - How is it used?  - Why is it used?  2. Overview of the historical and cultural origins of mindfulness  3. Overview of mindfulness practice: East vs West</td>
<td>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.  1. Prescribed tutorial activities  2. Group discussion  - What does mindfulness mean to you?</td>
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6. **Mindfulness Practice 3**
   - Cultivating attentional intelligence
   - Acceptance vs. resignation: Extending non-judgement
   - Understanding non-striving

7. **Mindfulness Practice 4**
   - Cultivating cognitive intelligence
   - Remediying cognitive imbalances
   - Intentionality as the purposeful cultivation of mindful attitudes
   - Commitment as the basis for change

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**NON-TEACHING WEEK** (note that make-up classes may be scheduled in this week)

**Semester 1** – This aligns with the week after Easter so it may fall between Weeks 6 to 8

**Semester 2 & Online students** – The non-teaching week falls between Weeks 7 and 8

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8. **Benefits of mindfulness practice**
   - Physical health outcomes
   - Mental / Emotional health outcomes
   - Mindful communication

9. **Mindfulness in Health Care Practice**
   - Cultivating cognitive intelligence
   - The mindful practitioner
   - Planning and implementing mindfulness strategies
   - Scope of practice and limitations

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10. **Addressing Health Behaviour Change**
    - Cultivating emotional Intelligence
    - Barriers to change
    - Motivation for change

11. **Teaching Mindfulness to Others**
    - Cultivating emotional intelligence
    - Working one-on-one
    - Working with small groups

12. **Applications of Mindfulness**
    - Review of the framework for mental balance
    - Conation
    - Attention
    - Cognition
    - Emotion
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| 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. |