Subject Name: Mindfulness in Practice
Subject Code: SOCM311

SECTION 1 - GENERAL INFORMATION

Award/s: Total Course Credit Points: Level:
Bachelor of Health Science (Naturopathy) 128 3rd 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 and practical activities

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 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

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
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<tbody>
<tr>
<td>Written Assignment 1</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>mindfulness script</td>
<td>2-4</td>
<td>1-7</td>
<td>Week 7</td>
<td>25%</td>
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<tr>
<td>(500 words)</td>
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<td></td>
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<tr>
<td>Written Assignment 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>evidence based mindfulness intervention</td>
<td>1-2, 5</td>
<td>1-7</td>
<td>Week 11</td>
<td>50%</td>
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<tr>
<td>(1500 words)</td>
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<tr>
<td>Peer Assessed Group Based Mindfulness</td>
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<tr>
<td></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. 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)&lt;br&gt;<strong>Introduction to Mindfulness in Practice</strong>&lt;br&gt;• Define mindfulness within the contemporary context&lt;br&gt; o How is it used?&lt;br&gt; o Why is it used?&lt;br&gt;• Overview of the historical and cultural origins of mindfulness&lt;br&gt;• Overview of mindfulness practice: East vs West</td>
<td>• Prescribed tutorial activities&lt;br&gt; • Group discussion&lt;br&gt; o What does mindfulness mean to you?&lt;br&gt;</td>
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<td>2.</td>
<td><strong>Concepts of Contemplative Practice</strong>&lt;br&gt;• Mindfulness &amp; Buddhism: Historical origins</td>
<td>• Prescribed tutorial activities&lt;br&gt; • Guided meditation&lt;br&gt;</td>
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3. Mindfulness Practice
- 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:
  - Present moment awareness
  - Non-judging
  - Non-striving
  - Acceptance
  - Commitment & intentionality
- Prescribed tutorial activities
- Group discussion
  - What mindfulness approaches do you know about?
- Guided meditation

4. Mindfulness Practice 1
- Cultivating conative intelligence
- Using the breath as a focus for developing present moment awareness
- Physiological benefits of mindfulness of breathing
- Prescribed tutorial activities
- Breath focussed mindfulness practice
- Guided meditation

5. Mindfulness Practice 2
- Cultivating attentional intelligence
- Using the body scan meditation to develop self-awareness non-judgementally
- Reflecting on self-awareness non-judgementally
- Prescribed tutorial activities
- Body scan meditation practice
- Guided meditation

6. Mindfulness Practice 3
- Cultivating attentional intelligence
- Acceptance vs. resignation: Extending non-judgement
- Understanding non-striving
- Prescribed tutorial activities
- Sitting meditation practice
  - Self-inquiry, non-judgement, acceptance
- Guided meditation

7. Mindfulness Practice 4
- Cultivating cognitive intelligence
- Remedying cognitive imbalances
- Intentionality as the purposeful cultivation of mindful attitudes
- Commitment as the basis for change
- Prescribed tutorial activities
- Sitting meditation practice
  - Intent & non-striving
- Guided meditation

8. Benefits of mindfulness practice
- Physical health outcomes
- Mental / Emotional health outcomes
- Mindful communication
- Prescribed tutorial activities
- Using heart rate variability (HRV) to measure the effect of mindfulness on autonomic nervous system (ANS) regulation

9. Mindfulness in Health Care Practice
- Cultivating cognitive intelligence
- The mindful practitioner
- Planning and implementing mindfulness strategies
- Prescribed tutorial activities
- Group activity
  - Case based mindfulness plan
- Guided meditation

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
<table>
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<th>Scope of practice and limitations</th>
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| 10. | **Addressing Health Behaviour Change**  
  - Cultivating emotional Intelligence  
  - Barriers to change  
  - Motivation for change | **Prescribed tutorial activities**  
  - Group activity  
    - Case based motivation plan  
  - Guided meditation |
| 11. | **Teaching Mindfulness to Others**  
  - Cultivating emotional intelligence  
  - Working one-on-one  
  - Working with small groups | **Prescribed tutorial activities**  
  - Group activity  
    - Implement the case based mindfulness plan  
  - Guided meditation |
| 12. | **Applications of Mindfulness**  
  - Review of the framework for mental balance  
  - Conation  
  - Attention  
  - Cognition  
  - Emotion | **Prescribed tutorial activities**  
  - Group discussion  
    - Identify peak performance tasks and apply mindfulness principles  
  - 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 |   |