

# GRADUATE CERTIFICATE IN APPLIED MINDFULNESS

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*College of Health Sciences*

## Curriculum

The Graduate Certificate in Applied Mindfulness is designed to offer professionals the training to achieve basic competence in the development and delivery of mindfulness-based programs in health care, mental healthcare, education, and other disciplines. The program of study will equip and encourage students to incorporate mindfulness practices into their personal and professional lives. In this 12-credit program, three core courses focus on developing a useful background in the science and theory of contemporary mindfulness-based interventions, and training the professional in the four essential skill sets required for applied mindfulness curriculum development, delivery, and refinement. As a capstone, a teaching practicum provides opportunity for practice and integration of the essential concepts and skills to shape and integrate a committed professional identity and practice.

Code	Title	Credits
<b>Required Core Courses</b>		
HEA 551	Science and Theory of Applied Mindfulness	3
HEA 552	Applied Mindfulness I	3
HEA 652	Applied Mindfulness II	3
<b>Capstone Course</b>		
HEA 653	Applied Mindfulness Practicum	3
<b>Total Minimum Credits Required</b>		<b>12</b>