

Meditation and Mindfulness

Module Information

2022.01, Approved

Summary Information

Module Code	7004POSPSY
Formal Module Title	Meditation and Mindfulness
Owning School	Psychology
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Practical	27
Seminar	18

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	28 Weeks

Aims and Outcomes

Aims	This is a practice focused, experiential module that aims to familiarise students with strength-based meditation and mindfulness practice. It encourages the regular engagement with mindfulness meditation practice, supports the self-reflection of the development process and provides an overview of different mindfulness-based approaches.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Appraise the design and implementation of mindfulness-based interventions
MLO2	2	Demonstrate practical skills in explaining and guiding mindfulness practices
MLO3	3	Engage in reflection on personal experience with meditation and mindfulness practice and associated development processes

Module Content

Outline Syllabus	Introduction to meditation and mindfulness practice Macro- and micro-structures of mindfulness meditation programmes Explanatory models of meditation and mindfulness Mindfulness-based interventions Mindfulness-based strengths practice Methods and tools for self-reflection Meditation and mindfulness in positive clinical practice
Module Overview	This practice focused, experiential module covers strengths-based meditation and mindfulness practice and provides an overview of different mindfulness-based approaches. Regular engagement with mindfulness meditation practice is encouraged.
Additional Information	This will be a practice-based, experiential module running over two semesters. Students will engage with regular mindfulness meditation practice (including a significant amount of self-directed home practice), will practise guiding group meditations and will engage in regular, structured reflection on their own experience of practising mindfulness and the resultant development process.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	Essay	40	0	MLO1
Practice	Guiding Mindfulness	10	0	MLO2
Reflection	Reflection on Practice	50	0	MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Peter Malinowski	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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