

Liverpool John Moores University

Title: MEDITATION AND MINDFULNESS
Status: Definitive
Code: **7004POSPSY** (125543)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 20 **Total Delivered Hours:** 45
Total Learning Hours: 200 **Private Study:** 155

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Practical	27
Seminar	18

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Implementation of mindfulness-based approaches	40	
Practice	Practice	Explaining and guiding mindfulness meditation	10	
Reflection	Reflection	Structured reflection on practice and development process	50	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Essay	1
Guiding Mindfulness	2
Reflection on Practice	3

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

Learning Activities

- Mindfulness meditation practice during the workshops and as home practice
- engaging in reading of theoretical work and practice manuals
- attending lectures and workshops
- engaging in group discussions
- practising the explanation of meditation practice
- practising to guide meditation practice
- journaling of meditation practice and associated reflection

Notes

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.