A Mindful Master's Degree in Psychology
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A Mindful Master’s Degree in Psychology

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Pedagogy
• Problem-based learning
• Research-education-practice interaction
• Focused learning: intensive single-themed workshops
• Research-based theory – and application to cases
• Mindfulness as continuity and as yourself being the case: learn → use → supervise

Framing
BSc psych = 180 ECTS psychology
MSc psych = 90 ECTS psychology
• 40 ECTS profession program
• 35 ECTS common courses
• 15 ECTS praxis (external)
• 30 ECTS Master’s Thesis

Mindfulness Goals
• Knowledge about and of mindfulness - as research, as tool to teach, and as attitude to self and client
• Embodied metacognitive skills development
• Bridge to praxis and longterm perspective: Prepare for post-graduate training in e.g., MBSR, MBCT, ACT, DBT
• Sustainable self involvement

Basic assumption: A broad and regular personal practice is a prerequisite for using mindfulness professionally as a psychologist

Mindfulness Content and Progression
When
7. semester
Theoretical and practice-based coursework: What, how, origin, effects.
Are taught the practices from mindfulness teacher, from 9. term students, and from online audio guiding. We recommend personal daily practice for 2-3 months (body scan, breathing exercises and meditations, compassion meditations and mental practices) and logbook with personal experiences and perceived effects.
Embodied experience is required for understanding, which evolves as experience grows.

8. semester
Practice with specific clients; therapy and/or instruction.
Rehearsal of 1) using mindfulness as own therapeutic attitude; 2) flexible methods in therapy; 3) formal guided meditations for groups.
Supervision from both practice leader and from mindfulness teacher.

9. semester
Provide 8-week course for 7. Semester students: Pairwise teach 1-2 of the sessions.
Supervision from mindfulness teacher. Feedback from peer and younger student.
Option for supervision if project work involves mindfulness instruction

10. Semester
Option for supervision if project work involves mindfulness instruction

Workshop Content
Basis themes:
• Psychology of social inclusion
• Cognitive Behavioral Therapy (x 3)
• Applied Developmental psych
• Applied Neuropsychology
• Psychiatry Minor
• Alternating themes (guests), e.g.,
  • Animal Assisted Therapy
  • Cross-cultural psychology
  • Preventing educational drop-out
  • Compassion Focused Therapy

"the ability to relate differently to negative affect came from having their own ongoing mindfulness practice, so that they might teach mindfulness out of their experience of it. A vital part of what the MBSR instructor conveyed was his or her own embodiment of mindfulness in interactions with the class”.

- Segal et al, 20013, p. 54 (italics in original)