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**

<table>
<thead>
<tr>
<th>7th semester</th>
<th>8th semester</th>
<th>9th semester</th>
<th>10th semester</th>
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<tbody>
<tr>
<td>Workshop = 🌟</td>
<td>🌟</td>
<td>Clinical internship</td>
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<td>Mindfulness = 🌟</td>
<td>🌟</td>
<td>Project</td>
<td>Master Thesis</td>
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### 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

**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

**When What**

- **7th 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.

- **8th 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.

- **9th 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

- **10th semester**
  - Option for supervision if project work involves mindfulness instruction

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"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)