

Mindfulness Certificate

The Interprofessional Certificate in Mindfulness allows the student to develop a broad understanding of mindfulness research and theory, as well as develop skills in mindfulness practice and its specific applications in a variety of settings. The certificate requirements include core coursework (7 credits) and elective coursework (4 credits).

Elective courses are in two main areas: Mindfulness Applications courses (1 credit) and Theory/Context of Mindfulness (3 credits). Completion of a capstone project is also required. The certificate is available and appropriate to all members of the university community, undergraduate or graduate; it may be of particular interest to health science students considering a career in a healthcare profession. Completion of the certificate requires a minimum of 11 credits, which includes the capstone project. Students may opt to focus their studies in a specific emphasis area that further personalizes their application of mindfulness principles according to their intended professional path.

Code	Title	Credits
Core Courses		7
DHS 5510	Fundamentals of Mindfulness	2
DHS 5506	The Mindful Practitioner	2
DHS 5501	Mindfulness in Health Science	2
DHS 5515	Mindfulness Capstone	1
Electives - Applications of Mindfulness		1
DHS 5508	Mindful Self-Compassion	1
DHS 5512	Introduction to Yoga Nidra and Mindfulness	1
DHS 5516	Mindfulness-Based Strength Practices	2
DHS 5514	Independent Study in Mindfulness	1
Electives - Theory of Mindfulness		3
DHS 5599	Experimental Course (Evidence-Based Complementary and Integrative Health)	3
Total Credits:		11