

Interprofessional Certificate in Mindfulness

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.

| Code | Title | Credits |
|---|---|--------------|
| DHS 4411 | Introduction to Mindfulness Practice | 1-2 |
| or DHS 4410 | Fundamentals of Mindfulness | |
| DHS 4405 | Effects of Mindfulness Practice | 1-2 |
| or DHS 4406 | The Mindful Practitioner | |
| DHS 4401 | Mindfulness in Health Science | 2 |
| DHS 4415 | Mindfulness Capstone | 1 |
| Applications of Mindfulness: Choose 2 credits from the following courses: | | 2 |
| DHS 4408 | Mindful Self-Compassion | |
| DHS 4412 | Introduction to Yoga Nidra and Mindfulness | |
| DHS 4416 | Mindfulness-Based Strengths Practice | |
| DHS 4414 | Independent Study in Mindfulness | |
| Theory and Context of Mindfulness: Choose ONE of the following (3 credits) | | 3 |
| PHIL 2210 | Introduction to Asian Philosophies | |
| PSYC 3352 | Cognitive Neuroscience | |
| DHS 4427 | Evidence Based Complementary and Integrative Health | |
| Movement Meditation Course: Choose ONE of the following (1 credit) | | 1 |
| PEAC 1122A | Beginning Yoga | |
| PEAC 1122B | Intermediate Yoga | |
| PEAC 1149A | Tai Chi | |
| Total Credits | | 11-13 |