



UCD School of Psychology

MASTERS IN MINDFULNESS-BASED INTERVENTIONS (MBI)

www.ucd.ie/psychology

What is this course about?

The two-year, part-time MSc in Mindfulness-Based Interventions (MBI) is a highly interactive and experiential course developed for practitioners who wish to train as teachers of Mindfulness-Based Cognitive Therapy (MBCT*) and Mindfulness-Based Stress Reduction (MBSR). You will combine studying the theory, research and clinical applications of MBIs with the development of your own personal mindfulness meditation practice and participation in intensive residential training retreats. On successful completion of the programme you will be qualified to teach an 8-week MBCT/MBSR course.

*Anyone wishing to deliver MBCT to clinical populations will need an appropriate professional clinical training and to follow the good practice guidelines of their own professional body, in addition to those of the Mindfulness Teachers Network of Ireland.

Who should take this course?

The MSc in Mindfulness-Based Interventions has been developed for health and social care professionals and educators who wish to teach mindfulness-based interventions in their work setting.

How will this course benefit me?

We will offer you training of the highest standard in preparing you to teach MBCT/MBSR. You will be familiar with the research, evidence base and the neuropsychology of MBIs. You will have the opportunity to immerse yourself in a community of adult learners engaged in developing their intellectual and experiential understanding of mindfulness and its applications.

Who will deliver the course?

You will be mentored, supported and taught by highly experienced practitioners including national and international experts, clinicians from St. Vincent's University Hospital and academics in UCD School of Psychology. The MSc in MBI at UCD adheres to the Irish Guidelines for Mindfulness Teachers – <http://mindfulnessteachersnetworkireland.ie/wp/>

Academic Profile

Dr. Paul D'Alton is Director of the MSc in MBI at the School of Psychology UCD. He is also head and clinical lead of the Department of Psycho-oncology at St. Vincent's University Hospital in Dublin. His primary area of clinical interest is the application of mindfulness-based interventions in healthcare and he has been teaching MBIs for over ten years. He completed his internship and teacher training at the University of Massachusetts where mindfulness-based interventions in healthcare originated. Paul is currently leading a number of funded research studies examining the efficacy of MBIs in the care of oncology and dermatology patients.



Assessment

Students will be assessed through a number of written assignments, reflective practice and on their delivery of an 8-week MBCT/MBSR course towards the end of second year. Assessment will be based on the Mindfulness-Based Interventions Teacher Assessment Criteria (MBI:TAC) developed at Bangor, Oxford and Exeter Universities.

WHAT WILL I STUDY?

Year 1

- Developing your personal mindfulness meditation practice
- Buddhist psychological background to mindfulness-based interventions
- History and evolution of psychological interventions for emotional and psychiatric disorders
- Emerging field of third-wave psychological interventions and positive psychology
- Research underpinning MBI
- Neuroscience and physiology of mindfulness
- Guiding MBCT/MBSR mindfulness meditations
- Conducting mindful inquiry
- Teaching didactic elements of the MBCT/MBSR curricula
- 5-day intensive residential training retreat

Year 2

- Guiding MBCT/MBSR mindfulness meditations
- Conducting mindfulness inquiry
- Teaching didactic elements of the MBCT/MBSR curricula
- Integrating personal mindfulness practice with teaching a class
- The centrality of compassion in MBI
- Self-compassion and the mindfulness teacher
- Assessing participant suitability for MBCT/MBSR
- How to plan for and accommodate particular populations
- The theory and practice of group process
- 5-day intensive residential training retreat
- Students will deliver and evaluate an 8-week MBCT/MBSR course
- 5-day intensive residential training retreat

ENTRY REQUIREMENTS

You have:

- an upper second-class Bachelors degree or equivalent
- completed at least one 8-week MBCT/MBSR training course
- a demonstrated commitment to developing a personal mindfulness practice
- access to a clinical or educational group in your place of work with whom you can deliver an 8-week MBCT/MBSR course in Year 2

HOW DO I APPLY?

Go to www.ucd.ie/apply

Email: mary.boyle@ucd.ie