

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