

# Interprofessional Certificate in Mindfulness

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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
<b>Applications of Mindfulness: Choose 2 credits from the following courses:</b>		<b>2</b>
DHS 4408	Mindful Self-Compassion	
DHS 4412	Introduction to Yoga Nidra and Mindfulness	
DHS 4414	Independent Study in Mindfulness	
DHS 4416	Mindfulness-Based Strengths Practice	
DHS 4418	Mindful Parenting	
<b>Theory and Context of Mindfulness: Choose ONE of the following (3 credits)</b>		<b>3</b>
PHIL 2210	Introduction to East Asian Philosophies	
PSYC 3352	Cognitive Neuroscience	
PPRA 4427	Evidence Based Complementary and Integrative Health	
<b>Movement Meditation Course: Choose ONE of the following (1 credit)</b>		<b>1</b>
BFIT 1122A	Beginning Yoga	
BFIT 1122B	Intermediate Yoga	
<b>Total Credits</b>		<b>11-13</b>