COURSE DETAIL

MINDFULNESS: THEORY & PRACTICE

Country
Denmark

Host Institution
University of Copenhagen

Program(s)
University of Copenhagen

UCEAP Course Level
Upper Division

UCEAP Subject Area(s)
Psychology

UCEAP Course Number
111

UCEAP Course Suffix
A

UCEAP Official Title
MINDFULNESS: THEORY & PRACTICE

UCEAP Transcript Title
MINDFULNESS

UCEAP Quarter Units
6.00

UCEAP Semester Units

4.00

Course Description

This course introduces mindfulness as a psychological construct, presenting and discussing ways to understand and describe the concept. It presents theoretical perspectives that seek to illuminate the origin, development, potential, and limitations of mindfulness. The course examines clinical and cognitive empirical studies that demonstrate various operationalizations and effects of mindfulness interventions. It also contains a smaller practical part where select mindfulness exercises are exemplified to provide a practice-based understanding of the concept of mindfulness. Assessment is based on an individual or group written assignment of 8-14 pages.

Language(s) of Instruction
English

Host Institution Course Number
APSB21745U

Host Institution Course Title
MINDFULNESS: THEORY & PRACTICE

Host Institution Course Details
https://kurser.ku.dk/course/apsb21745u/2024-2025

Host Institution Campus

Host Institution Faculty
Faculty of Social Sciences

Host Institution Degree
Bachelor

Host Institution Department
Department of Psychology

Course Last Reviewed

2022-2023

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