

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

B

UCEAP Official Title

MINDFULNESS: THEORY & PRACTICE

UCEAP Transcript Title

MINDFULNESS

UCEAP Quarter Units

8.00

UCEAP Semester Units

5.30

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 12-18 pages.

Language(s) of Instruction

English

Host Institution Course Number

APSB11745U

Host Institution Course Title

MINDFULNESS: THEORY & PRACTICE

Host Institution Campus

Host Institution Faculty

Faculty of Social Sciences

Host Institution Degree

Bachelor

Host Institution Department

Department of Psychology

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