

## COURSE DETAIL

### PSYCHOLOGICAL INTERVENTION I

**Country**

China

**Host Institution**

Peking University, Beijing

**Program(s)**

Peking University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

8

**UCEAP Course Suffix****UCEAP Official Title**

PSYCHOLOGICAL INTERVENTION I

**UCEAP Transcript Title**

PSYCHOLOG INTERV I

**UCEAP Quarter Units**

2.00

**UCEAP Semester Units**

1.30

## Course Description

This class will introduce Mindfulness Intervention for Emotional Distress. It includes concept of Mindfulness and evidence for Mindfulness intervention. It will teach the common practice of mindfulness, including body scan, mindfulness siting, body stretch, mindful walking, mindful eating. Students need complete 15 minutes mindfulness practice daily, and other relative tasks. The object of this class: through study and practice, students will learn mindfulness practice, the strategies of reduction of emotional distress.

## Language(s) of Instruction

Chinese

## Host Institution Course Number

01630076

## Host Institution Course Title

PSYCHOLOGICAL INTERVENTION I: MINDFULNESS INTERVENTION FOR EMOTIONAL DISTRESS

## Host Institution Course Details

## Host Institution Campus

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

School of Psychology and Cognitive Science

## Course Last Reviewed

2023-2024

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