

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

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

School of Psychology and Cognitive Science

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