

Studies in Mindfulness

University of Aberdeen

Venues

Old Aberdeen Campus

Content

Mindfulness is an innate capacity of the mind to be aware of the present moment in a non-judgemental way. It enables us to access inner resources for coping effectively with stress, difficulty and illness. This promotes a way of being that helps us to take better care of ourselves and lead healthier lives.

The studies in Mindfulness MSc is run as a Partnership between the University of Aberdeen and the Mindfulness Association Ltd, with the Mindfulness Association delivering the experiential training in Mindfulness, Compassion and Insight, and the University delivering the academic training.

You can join this MSc programme if you have a first degree or equivalent professional experience, and a professional, work or voluntary context within which to explore mindfulness. The MSc is suitable for beginners as well as those who already have an established mindfulness practice. The training is entirely secular.

Start Date

September

Qualification

Postgraduate Master's

Study Method

Blended learning
Part time (day)

Award Title

MSc

Course Length

36 months

Faculty

Arts and Social Sciences

Department

Education

Entry Requirements

An undergraduate Honours degree (2.2 or better) is a normal requirement, but applications will be considered from individuals with other professional qualifications and relevant experience. It is also required that applicants provide evidence of having regular access to a practice context that allows for the application and evaluation of mindfulness techniques in a professional setting.

SCQF Level

11

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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