

Mindfulness Professional Recognition

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.

Mindfulness Professional Recognition is delivered in partnership with the Mindfulness in Schools Project, The Mindfulness Association and Youth Mindfulness. These partners will deliver mindfulness training before you undertake at 6 month practice and reflection project, assessed through reflective and academic writing.

In addition to the professional recognition from the General Teaching Council of Scotland (GTCS), you will be awarded 30 credits at masters level which can be used towards a flexible route to Masters in Education.

Start Date

September, January

Qualification

Professional

Study Method

Blended learning
Part time (day)

Course Length

24 months

Faculty

Arts and Social Sciences

Department

Education

Entry Requirements

An undergraduate degree (Hons 2.2 or better) is a normal requirement, including a teaching qualification, either PGDE or MA Education.

SCQF Level

11

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

King's College
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Website

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