

# Mindfulness and Compassion

University of the West of Scotland

## Venues

Off campus

## Content

The MSc Mindfulness and Compassion is a vocational degree designed to train teachers of mindfulness and compassion and is delivered in conjunction with the Mindfulness Association. Graduates of the MSc will be eligible to be listed on the UK Listing of Mindfulness Teachers administered by the British Association for Mindfulness-based Approaches (BAMBA).

Through a combination of hands-on sessions and online activities, and with the guidance of the Mindfulness Association, you will learn to teach the following eight-week courses: Mindfulness Based Living Course and Compassion Based Living Course. You will develop your own practice in mindfulness and compassion meditation throughout.

This degree has an academic basis in psychology and will develop your understanding of the links between psychology, mindfulness and compassion whilst building on your teaching and practice skills. Through the degree you will develop evidence-based knowledge of psychological wellbeing, biological psychology and consciousness and the relationship of these concepts to mindfulness and compassion. You will frequently reflect on the links between these concepts and your own teaching and practice.

## Start Date

January

## Qualification

Postgraduate Master's

## Study Method

Distance and Flexible learning

## Award Title

MSc

## Course Length

3 years

## Faculty

School of Education and Social Sciences

## Department

Education

## Entry Requirements

Honours degree or a bachelor's degree with significant and relevant experience – prior to beginning the course applicants must have completed an eight-week mindfulness course which is listed on the UK Good Practice Guidelines for Mindfulness Teachers. Where candidates do not meet the standard entry requirement, they must demonstrate that they have sufficient relevant professional experience to undertake their chosen programme of study.

## SCQF Level

11

## Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Paisley  
Renfrewshire  
PA1 2BE

## Website

[www.uws.ac.uk](http://www.uws.ac.uk)