



*College of*  
**Humanities and Law**

## **Certificate for Module (Mindfulness-based Psychotherapy)**



### **CEF Reimbursable Course**

This course has been included in the list of reimbursable courses under the Continuing Education Fund



### **QR Registration No.: 21/001408/L6**

Registration Validity Period: 13/12/2021 – on-going  
This course is recognised under the Qualifications Framework (QF Level [6])

# College of Humanities and Law

## Certificate for Module (Mindfulness-based Psychotherapy)

人文及法律學院

### Introduction

This programme enables mental health practitioners to gain practical knowledge about the foundations, the basic philosophies, history of development and research evidence of Mindfulness-based Psychotherapy and its effectiveness. It integrates the mindfulness paradigm into mental health and explores ways to incorporate mindfulness into therapeutic work for clients with mental health concerns. By learning specific skills in Mindfulness - based Cognitive Therapy and Mindfulness - based Psychotherapy, it promotes continuous professional development of students to apply this evidence-based intervention appropriately for helping people with different mental health issues. Finally, it allows reflective practice on the benefits and limitations of this approach and ethical concerns and risk management in its application.



### Objectives

On completion of the programme, students should be able to

1. Expound the basic knowledge of mindfulness in stress reduction and mental health promotion;
2. Explain the process of self-care and helping others through reflective practice of Mindfulness-Based Cognitive Therapy;
3. Critically review research and practical skills of Mindfulness-Based Cognitive Therapy cum Mindfulness-Based Psychotherapy in working with mental health problems;
4. Critically synthesize reflection on personal and professional development of a mindful counsellor in sharing the evidence-based practice with fellow professionals;
5. Critically discuss ethical considerations in helping others through mindfulness practice; and
6. Practise common applications of Mindfulness-Based Psychotherapy for mental health problems in class and group supervision.

### Target Group

The main target group of the Certificate for Module Course are those who have background in mental healthcare or in the helping professions industry. The Course is also open to registered professionals of teachers, counsellors, social workers, or other mental health practitioners.

## Days / Time

Classes will be held on Wednesday evenings from 7:00p.m. - 10:00p.m., from 7 August 2024 - 8 January 2025.

## Syllabus

1. Introduction and definition of mindfulness.
2. History of mindfulness and its application to stress reduction and prevention of depression and other mental health concerns.
3. Pertinent research findings of mindfulness practice, including health and wellbeing outcomes.
4. Mindfulness-based Cognitive Therapy - Life Training Programme (MBCT-L).
5. Professional development of the MBCT teacher.
6. Components, process, and stages of mindfulness practice - awareness and automatic pilot; living in our heads; recognizing aversion; gathering the scattered mind; allowing/letting be; thoughts are not facts; how can I best take care of myself? And maintaining and extending new learning.
7. On becoming a mindful counsellor - Bringing mindfulness into the counselling room and cultivating mindfulness in the therapeutic relationship.
8. Deepening therapeutic presence - focusing the mind and developing awareness of the body.
9. Mindfulness of emotions and the staying with difficult emotions.
10. Bringing loving-kindness and compassion to practice.
11. Mindfulness-based Psychotherapy for anxiety and depression.
12. Mindfulness-based Psychotherapy for changing habits / addictive behaviours.
13. Mindfulness-based Psychotherapy for interpersonal difficulties.
14. Ethical considerations and risk-managements in the approach.
15. Supervised counselling practice using Mindfulness - based Psychotherapy - practice as a mindful therapist, applying learning into practice.



## Medium of Instruction

English

## Assessment

Students need to fulfill the requirements of the following before graduation:

1. Students must attend at least 75% of lecture, workshop, and supervision.
2. Students must pass 50% in the assessment of the programme.



## Fee(s)

Course Fee: HK\$ 13,000

## Entry Requirements

Applicants shall:

- a) Hold a professional qualification in mental or physical healthcare; or
- b) Have a bachelor's degree or above in relevant disciplines of education, psychology, social work or counselling.

Applicants with other acceptable qualifications will be considered on a case-by-case basis.

## Application

Applicants should submit:

- i) a completed application form (SF26)^,
- ii) copies of academic certificates,
- iii) a copy of HKID card or passport\* to the following address:

Ms. Emma Ng  
HKU SPACE, 11/F, Fortress Tower,  
250 King's Road,  
North Point, H.K.

(Remarks: Application for Certificate for Module (Mindfulness-based Psychotherapy))

^ Application forms can be obtained from any HKU SPACE Learning Centres or download from <http://hkuspace.hku.hk>

\* Applicants will be asked to present their HKID cards or passports for verification if applying in person at one of the HKU SPACE enrolment counters, or to attach a copy of their HKID cards or passports if applying by post.

## Closing Date for Application

22 July 2024

## Enquiries

Ms Emma Ng

☎ : 2975 5865

✉ : [emma.ng@hkuspace.hku.hk](mailto:emma.ng@hkuspace.hku.hk)

### Note:

This is an exempted course under the Non-local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognise any qualification to which this course may lead.

Information in this leaflet is subject to change by HKU SPACE and Edinburgh Napier University without prior notice. Please refer to HKU SPACE website or contact Programme Staff for latest information.

<https://hkuspace.hku.hk/prog/cert-for-module-mindfulness-based-psychotherapy-online>

