

**JUSTICE INSTITUTE OF BRITISH COLUMBIA  
COURSE OUTLINE**

**Division:** Centre for Leadership and Community Learning

**Program:** Counselling and Capacity Building

**Course Code:** COUNS123

**Course Title:** Mindfulness-Based Counselling

<input checked="" type="checkbox"/>	New Course	<input type="checkbox"/>	Revised Course
-------------------------------------	------------	--------------------------	----------------

**Previous Course Code & Title:**

**Course Effective Date:** December 4-5, 2006

**Course Level:**

<input type="checkbox"/>	First Year	<input type="checkbox"/>	Second Year	<input type="checkbox"/>	Third Year	<input type="checkbox"/>	Fourth Year
<input type="checkbox"/>	Other:						

<input type="checkbox"/>	Required	<input checked="" type="checkbox"/>	Elective	# of Credits: 1
--------------------------	----------	-------------------------------------	----------	-----------------

**Delivery Method:**

	Method	Hrs
<input checked="" type="checkbox"/>	Face to Face	14
<input type="checkbox"/>	Online	
<input type="checkbox"/>	Correspondence	
<input type="checkbox"/>	Simulation / Lab	
<input type="checkbox"/>	Practicum	

Is this course delivered only online?  Yes  No  # Hours

**Comments:**

**Pre-requisites:**

**Equivalent Course(s) within the JIBC:**

**Transfer Credit Exists at: (List Institutions)**

**Course Description:**

Mindfulness-based counselling is characterized by direct experience, being centered in the present moment, as well as a radical friendliness, acceptance, and compassion to all experiences. As well as being helpful for counsellors, recent advances in the effective treatment of anxiety and depression point to the relevance of mindfulness-based practices for maintaining client treatment benefits and relapse management.

This course provides insights from research and academic literature on the relevance and practice of mindful therapy for counsellors, trains participants in mindfulness practice, and offers strategies on how to help clients use mindfulness practice for self-management.

**Grading System:**

**Check whichever applies to this course:** (if applicable)

	Letter Grades		Percentage		Pass/Fail		Credit/No Credit
	Complete/Incomplete	X	Attendance Only				

**Passing Grade:**

- 100% attendance in class
- Active contribution in large and small group discussions and activities

**Grading Scale:**

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84	C-	1.67	56-59
B+	3.33	76-79	D	1.00	50-55
B	3.00	72-75	F	0.00	0-49
B-	2.67	68-71			

**Evaluation - Activities and Weighing:** (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	<b>100%</b>	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%		

**Comments:**

**Course Goals:**

At the end of this 2 day, 14 hour course, participants will be able to use mindfulness practices to develop greater intimacy with their personal mental activity and functioning, and have an understanding of how to incorporate mindfulness-based interventions in their clinical work.

**Learning Objectives:**

Upon successful completion of this course, the participant will be able to:

- Describe recent advances in neuro-plasticity of the brain as related to mindfulness practice.
- Describe how acceptance based approaches can be integrated into cognitive behavioral methods.
- Name the key elements of mindfulness.
- Practice 4 forms of mindfulness training: 2 of which are used with clients: Mindfulness of the breath and body scan and 2 specific for therapists: Mindfulness training in equanimity and in compassion.
- Constructively teach clients to develop awareness of situational cues, and their cognitive and behavioral responses.
- Help clients recognize and observe their emotional responses with greater awareness.
- Help clients recognize the benefits of acceptance.
- Help clients learn ways to shift out of the negative spiral of habitual negative thoughts.
- Consider how to organize therapeutic interventions using mindfulness based clinical care.

**Course Topics/Content:**

- Recent research into neuroplasticity and the brain.
- Conceptual overview of cognitive behavioral treatment approaches.
- Contemplation and Meditation practices.
- Mindfulness skills and affect tolerance.
- Acceptance based approaches to anxiety and depression.
- Mindfulness and managing depression relapses.

**Text and Resource Materials:** ([APA Style Guidelines](#))

Required	Author Surname, Initials - Title	Date Published	Current Edition	Place of Publication	Chapter(s) Covered
1.	Hayes, S., Follette, V. M. Linehan, M. (Eds). Mindfulness, and Acceptance, Expanding the Cognitive-Behavioral Tradition	2004	The Guildford Press	New York	Ch. 3, 4
2.	Orsillo, S., & Roemer, L. Acceptance and Mindfulness-Based Approaches to Anxiety	2005	Springer Science-Business Media Inc.	New York	Ch. 1, 2, 5, 6, 9
3.					
4.					
5.					

**Comments and Course Policies:**

To view the Justice Institute of BC Policies listed below, visit:

<http://www.iibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy

Harassment Policy

Prior Learning Assessment Policy

Academic Appeals Policy

Intellectual Property Rights Policy

Research on Human Subjects: Ethics



Student Code of Conduct

Student Records