

Justice Institute of British Columbia
COURSE OUTLINE

Course Code: COUNS366
Course Title: Mindfulness-Based Counselling – Level 2
Prerequisite Courses: COUNS266 Mindfulness-Based Counselling – Level 1
School: School of Community and Social Justice
Division/Academy/Centre: Centre of Counselling and Community Safety
Previous Course Code & Title:
Course First Offered: 2012

# of Credits:	0.5
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Course Description:

This experiential, contemplative 1 day advanced course is for therapists who want to make a commitment to mindfulness meditation practices and to deepen their understanding of its clinical applications. Using case studies and mindfulness practices you will learn how to enhance clients' self-compassion, emotional healing, contentment as well as therapeutic presence. You are encouraged to bring your own case studies to discuss.

Course Goal(s):

The goal of the course is that learners will be able to use mindfulness practices to help clients develop self-compassion and awaken their own heart of compassion.

Course Learning Objectives:

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

1. Analyze the mechanisms of mindfulness
2. Adapt their counselling skills to include contemplative and mindfulness practices
3. Assess the role of self-compassion as foundational for clients' emotional healing and growth
4. Advocate how mindfulness cultivates embodied presence and can deepen counsellor's relational qualities of attunement, receptivity and empathy
5. Explore how mindfulness practice can help counsellors sustain compassion amidst difficult emotions yet counter burnout
6. Conceptualize how best to incorporate mindfulness practice in their clinical settings
7. Combine their own strengths and challenges in regards to integrating mindfulness practice into therapy

Course Topics:

1. Key elements in mindfulness
2. Self-compassion and emotional healing
3. Contemplations and meditation practices
4. Mirror neurons and therapist presence, attunement and empathy
5. Case studies

Text and Resource Materials: Use APA style; specify chapters where applicable. (APA Style Guidelines)

Required:

Handouts will be provided.

Recommended:

Germer, C (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford Press.

Neff, K. (2011). *Self-Compassion*. William Murrow Publishers.

Siegel, Ronald D. (2010). *The Mindfulness Solution*. New York: The Guildford Press.

Smalley, Susan & Winston, Diana (2010). *Fully Present*. Philadelphia: Da Capo Press books.

Course Level:

	First Year		Second Year	x	Third Year		Fourth Year
	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	7.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	7.0			

Comments on Delivery Methods:

Course Grading System:

	Letter Grades		Percentage	X	Pass/Fail
	Complete/Incomplete		Attendance Only		

Passing Grade:	Pass
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Evaluation Activities and Weighting:

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

Comments on Evaluation Activities and Weighing:

Active participation is expected. You must attend the full course to receive credit.

Other Course Guidelines, Procedures and Comments:

Instructional strategies will include: Small group work and discussion, experiential learning Exercises, short lectures, individual design work.

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

Student Academic Integrity Policy
 Academic Progression Policy
 Admissions Policy
 Academic Appeals Policy
 Evaluation Policy
 Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

Access Policy
 Harassment Policy – Students
 Student Records Policy
 Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.