

MPhil in Mindfulness

Specific admission requirements

- One of the following in an education, health sciences, business sciences or social sciences field, for example medicine, physiotherapy, occupational therapy, nursing, social work or psychology:
 - a four-year bachelor's degree;
 - an honour's degree; or
 - a postgraduate diploma (NQF level 8).
- A Certificate in Mindfulness-based Interventions or another mindfulness qualification equivalent to a four-year bachelor's degree, an honour's degree or a postgraduate diploma.

Application procedure and closing date

Apply online at www.maties.com by **30 September** of the previous year. Applications for prospective international students close on **31 August**.

Duration of programme

The programme extends over a minimum of one year on a full-time basis or two years on a part-time basis.

Programme description

- The purpose of this programme is to train researchers who can contribute to the development of knowledge at an advanced level in the field of mindfulness-based interventions.
- The programme offers you the training, supervision and support necessary to enable you to reflect critically on theory and its application, by means of a research thesis.
- New and local knowledge in the field of mindfulness-based interventions will improve patient care and thereby benefit the community.
- The programme is offered by the Department of Psychiatry in collaboration with the Division of Family Medicine and Primary Care.

Programme outcomes

After completing the programme, you should be able to do the following:

- demonstrate a sound knowledge of research practice within the field of mindfulness-based interventions;
- perform research independently;
- make sound judgements using the data and information at your disposal; and
- communicate your findings effectively.

Programme content

Thesis Mindfulness	872(180)
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Assessment and examination

- You must complete a research project, leading to a thesis that is assessed according to University guidelines through a process of internal and external examination.
- You must obtain a minimum pass mark of 50% for the thesis.

Enquiries

Programme leader: Dr DG Alexander

Tel: 021 938 9445 E-mail: debalex@sun.ac.za