

### 5.3.3.21 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 dates

Apply online at [www.maties.com](http://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: Mr C Arendse

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### **5.3.3 Master of Philosophy**

The programme Master of Philosophy in the Faculty consists of subspecialty training and structured and thesis programmes.

#### **Programmes for subspecialty training**

These programmes offer specialists in Internal Medicine, and Obstetrics and Gynaecology the opportunity to qualify as subspecialists in one of the various subspecialty fields within these disciplines.

#### **General admission requirements for subspecialty programmes**

You can apply for the subspecialty programmes in the respective disciplines if you meet the following requirements:

- The MMed degree in Internal Medicine or Obstetrics and Gynaecology; and
- Registration as specialist with the Health Professions Council of South Africa (HPCSA).

See each programme for the admission requirements that apply specifically to a particular programme.

#### **Clinical experience**

If you want to register for one of these programmes at the University, you must be appointed in one of the approved HPCSA training numbers as awarded to the Faculty and occupy a senior registrar post in service of

the Western Cape Provincial Department of Health and Wellness for the full duration of your training.

## **Assessment and examination**

The standard exit examination for these programmes is a certificate examination of the Colleges of Medicine of South Africa (CMSA).

## **Structured and thesis programmes**

These programmes are advanced research-based programmes. In some programmes candidates must pass theoretical modules and successfully complete a research assignment, and in other programmes a research thesis that meet the requirements of the University must be submitted.

# Postgraduate programmes

For more specific information on the Faculty's postgraduate programmes, consult the University's webpage on Postgraduate Studies (<http://www.sun.ac.za/english/pgstudies/>) or the various departmental websites.

## 1. Programme offering

The following postgraduate diploma and degree programmes are presented by the Faculty of Medicine and Health Sciences:

| Postgraduate Diplomas   | Abbreviation                                   |
|---|--|
| Postgraduate Diploma in Addiction Care                        | PG Dip (Addiction Care)                        |
| Postgraduate Diploma in Disability and Rehabilitation Studies | PG Dip (Disability and Rehabilitation Studies) |
| Postgraduate Diploma in Family Medicine                       | PG Dip (Family Medicine)                       |
| Postgraduate Diploma in Health Care Management                | PG Dip (Health Care Management)                |
| Postgraduate Diploma in Health Research Ethics                | PG Dip (Health Research Ethics)                |
| Postgraduate Diploma in Infectious Diseases                   | PG Dip (Infectious Diseases)                   |
| Postgraduate Diploma in Medical Toxicology                    | PG Dip (Medical Toxicology)                    |
| Postgraduate Diploma in Medicines Development                 | PG Dip (Medicines Development)                 |
| Postgraduate Diploma in Occupational Medicine                 | PG Dip (Occupational Medicine)                 |
| Postgraduate Diploma in Rural Medicine                        | PG Dip (Rural Medicine)                        |
| Postgraduate Diploma in Specialist Nursing/Midwifery          | PG Dip (Specialist Nursing/Midwifery)          |
| Honours Degrees   | Abbreviation                                   |
| Bachelor of Science Honours                                   | BScHons  |
| Master's Degrees  | Abbreviation                                   |
| Master of Addiction Care                                      | MAddiction Care                                |
| Master of Audiology   | MAud   |
| Master of Global Surgery                                      | MGlobalSurg                                    |
| Master of Human Rehabilitation Studies                        | MHumRehab                                      |
| Master of Medicine  | MMed   |
| Master of Nursing   | MNurs  |
| Master of Occupational Therapy                                | MOccTher                                       |
| Master of Pathology   | MPath  |
| Master of Philosophy  | MPhil  |
| Master of Physiotherapy                                       | MPhysio  |
| Master of Public Health Nutrition                             | MNutr in Public Health                         |
| Master of Science   | MSc  |
| Master of Speech-Language Therapy                             | MSpeech  |
| Master of Therapeutic Nutrition                               | MTherNutr                                      |
| Doctoral Degrees  | Abbreviation                                   |
| Doctor of Philosophy  | PhD  |
| Doctor of Science   | DSc  |

## 2. Commencement of postgraduate studies

As postgraduate student you must register for your particular programme at the start of the academic year. The only programmes that still take on students at the start of the second semester are MMed programmes. If you are accepted for an MMed programme, you will be able to register at the start of the second semester. You can submit a request for exclusion from this rule to the Vice-Dean: Learning and Teaching, with special motivation.

### **3. Recognition of prior learning and credit accumulation and transfer (RPL&CAT)**

Consult the RPL&CAT guidelines of the Faculty of Medicine and Health Sciences for more information on the procedures and guidelines regarding the recognition of prior learning and credit accumulation and transfer in the Faculty. These guidelines are available at [www.sun.ac.za/tygststudentadmin](http://www.sun.ac.za/tygststudentadmin) under "Policies and Guidelines".

### **4. Class fees**

From 2010 class fees for all structured M degree programmes will be levied per module. Until further notice the class fees for MMed programmes will be levied per annum, as in the past, with the exception of the class fees for the MMed (Fam Med) programme which will be levied per module.

The class fees for the research modules within the structured M degree programmes will be spread over two years (70% of the class fees in the first year of registration and 30% in the second year) to prevent you from having to pay the full amount for two consecutive years. If you complete your research module within one year of study, you will therefore pay only 70% of the class fees for the specific module. But if you fail to complete the research module within the prescribed two years, you will pay, as of the third year of study, the full amount for the module.

If you register for a research master's degree, you must pay the full amount in the first year of study with a continuation levy in the second and third year. However, in the fourth and following years of study the continuation levy will double.

### Disclaimer:

The content above comes from the 2025 Medicine and Health Sciences Yearbook. Make sure to consult the full **Medicine and Health Sciences Yearbook** to see this extract in context and to check if there have been any changes. Take special note of additional information in the yearbook under section **1. Programme offering**.