

### **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: Dr DG Alexander

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Disclaimer:

The content above comes from the 2023 Medicine and Health Sciences Calendar (Yearbook). Make sure to consult the full [Medicine and Health Sciences Calendar](#) to see this extract in context and to check if there have been any changes. Take special note of additional information in the Calendar under section *Postgraduate Programmes*.