

Governors State University
Mindfulness and Psychotherapy Certificate Program



The **Mindfulness and Psychotherapy Certificate Program** is an 18-credit hour (2-year) multidisciplinary program offered jointly by the College of Health and Human Services and the College of Education. The program combines classroom instruction, labs, and integrative seminars. It will prepare post-master's level practitioners and advanced graduate students to integrate mindfulness practice and theory into their clinical practice. Although mindfulness has been practiced for centuries, psychotherapy has more recently incorporated this evidence-based practice to enhance healing and psychological unfolding. Mindfulness-based interventions are used to achieve emotional regulation, modulate anxiety and depression, lower blood pressure, enhance the immune system, and increase attention and concentration.

Those eligible for the program include:

- a) Post-master's level practitioners with a degree in mental health or allied health professions, with access to clinical populations. During the admission process, the admissions committee will evaluate applicants based on work experience, access to a clinical population, and scholastic ability. These factors will be assessed through demonstrated work experience, letters of recommendation, academic records, and a personal interview.
- b) Current master's-level GSU students enrolled in clinically-oriented programs who are in their final year of their advanced clinical practicum will also be eligible for the program. The admissions committee will evaluate applicants based on their clinical practicum experience, approval from their practicum site to apply mindfulness to their clinical work at the agency, and scholastic ability. These factors will be assessed through demonstrated completion of practicum experience, letters of recommendation, academic records, and a personal interview.

The program will be structured as a cohort model, where a small group of students will attend the same classes together. This learning community model will enrich students' academic experience and build their professional networks. The program is designed for social workers, psychotherapists, addiction counselors, marriage and family therapists, and other health-related professionals who work in clinical settings.

COURSES

Introduction to Mindfulness and Psychotherapy

This course focuses on being present and learning how to use mindfulness with clients. Also covered is the application of meditation/mindfulness in specific therapeutic contexts to work with depression, anxiety, psychophysical disorders, loss and loneliness, and illness and death.

Advanced Mindfulness and Psychotherapy

This course focuses on contemporary mindfulness theory and models (Acceptance & Commitment Therapy, Dialectical Behavior Therapy, Mindfulness-Based Cognitive Therapy, etc.). Emphasis will be given to what it means to develop a compassionate ethic of awareness, and a social justice perspective.

Lab in Mindfulness I, II, III, IV

This extended weekend session provides an intensive experience in meditation and mindfulness.

Integrative Seminar and Mindfulness I and II

Students discuss their experiences integrating mindfulness and meditation interventions to clinical settings (established meditation programs, social service agencies, or their own private practice). Discussions are case-based. The focus is on the practitioner/meditator, and how to sustain a presence in the face of suffering (clients' and their own). Specific practices are taught and reviewed.