



Governors State University Mindfulness in the Helping Professions Certificate Program

The Mindfulness in the Helping Professions Certificate Program is a 14-credit hour (1-year) multidisciplinary program offered jointly by the College of Health and Human Services and the College of Education. The program combines classroom instruction and labs and focuses on three areas: academic, professional, and personal. At the academic level, program participants will become familiar with current research on the application of mindfulness to a variety of clinical settings. At the professional level, participants will develop skills to utilize interventions to treat a variety of clinical problems and disorders, including anxiety and depression, and stress-related illnesses. At the personal level, participants will integrate mindfulness practices into their own lives. Although mindfulness has been practiced for centuries, the helping professions have 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. These include social workers, psychotherapists, addiction counselors, marriage and family therapists, nurses, teachers, and other health-related professionals who work in clinical settings. 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 are also 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 enrollment in a clinical practicum, letters of recommendation, academic records, and a personal interview.

Courses

Introduction to Mindfulness in the Helping Professions

This course focuses on being present and learning how to use mindfulness-based interventions 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 in the Helping Professions

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 extensive weekend session provides an intensive experience in meditation and mindfulness.