

FAQs

Mindfulness Based Practice | Postgraduate Certificate

How do I apply for the Course?

Many thanks for your interest in this programme. Applications to the programme can be made through the online system which you will find on our website; <https://www.ucc.ie/en/ace-pcmbp/>

Once you click on the 'Apply now' button, which is at the end of the programme webpage you will need to set up an account and be logged in to submit your application.

What does it cost?

The cost of the programme is €1,700 euro. This fee is requested in full upon application. All payment related requests and information will come from our colleagues in ACE Finance.

We like to inform candidates that we have an agreement with the Lough Credit Union who will offer very good loan rates for individuals who wish to take out a student loan and pay that back in instalments.

Also of note is the Part-time Financial Aid Fund which is now available to part-time students so for anyone who is accepted onto the programme, this is also an option available to you. Full details are available at <https://www.ucc.ie/en/saf/>

Upon payment of the first half of the fee and acceptance onto the programme you will be registered as an official UCC student and receive an ID card.

What job opportunities arise from completing the course?

This Post graduate Certificate is an ideal foundational programme in mindfulness and supports you to gain entry to the mindfulness teacher training programme: MSc in Mindfulness Based Wellbeing <https://www.ucc.ie/en/ace-mscmbw/>

What can I study after the PG Cert?

Once you have completed the PG Cert in Mindfulness Based Practice the most popular programme students have gravitated towards has been the MSc in Mindfulness Based Wellbeing <https://www.ucc.ie/en/ace-mscmbw/> or the PG Cert in Personal and Management Coaching: <https://www.ucc.ie/en/ace-pcpmc/>

What topics will I be studying?

This Post Graduate Certificate in Mindfulness Based Practice and Research is run over seven months, fully online. The programme supports the student to develop a committed mindfulness practice in their own lives. This practice enables the student to manage stress more effectively, improve interpersonal skills and enhance self awareness. The programme includes an eight week Mindfulness Based Stress Reduction

course which incorporates elements of Mindfulness Based Cognitive Therapy. For those who have already completed an 8 week mindfulness programme it serves as an excellent follow up programme. This PG Cert examines both the eastern philosophy and the western psychology of mindfulness and supports the student by enhancing their reflective skills through practice and enquiry. The programme explores the use of mindfulness in settings such as healthcare, education, social care, the workplace, family and relationships.

These objectives are met through the delivery of eight modules as follows:

- AP6807: Mindfulness and Reflective Practice (5 credits)
- AP6808: Enquiry into Mindfulness Practice (15 credits)
- AP6817: Mindfulness Practice (10 credits)

When will I have to attend lectures?

All classes are delivered online through live online lectures. Classes are not recorded but all material, slides, handouts etc are made available to the student through our online resource platform called Canvas

What is the course timetable?

The programme timetable can be requested from Pat O'Leary; p.oleary@ucc.ie

Will I have to complete exams?

There are no exams on this programme. All students follow a continuous assessment process and submit an assignment for assessment after each module.. There is a strong emphasis on your own personal mindfulness practice.

Who teaches the course?

Pat O'Leary and Pascale De Coninck are the core lecturers on this programme as well as a number of guest lecturers who are experts in the field of mindfulness.