



Certificate of Achievement

Matthias Giger

has completed the following course:

DEMYSTIFYING MINDFULNESS LEIDEN UNIVERSITY

Interest in meditation, mindfulness, and contemplation has grown rapidly in recent years. These practises are increasingly being seen as scientifically and psychologically valid. This online course explored the academic underpinnings of mindfulness. What is mindfulness and how does it actually work?

6 weeks, 6 hours per week



Chris Goto-Jones
Professor of Philosophy, Dean of Humanities
Leiden University



Universiteit
Leiden
The Netherlands

The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit futurelearn.com/proof-of-learning/certificate-of-achievement.

This certificate represents proof of learning. It is not a formal qualification, degree, or part of a degree.



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Interest in meditation, mindfulness, and contemplation has grown rapidly in recent years. These practises are increasingly being seen as scientifically and psychologically valid forms of therapy. As new evidence from neuroscience backs up the claims for mindfulness' value, it is now being adopted by practitioners as a tool for therapy, and by big business as a 'lifestyle choice'. This course explored the academic underpinings of mindfulness. What is mindfulness and how does it actually work?

STUDY REQUIREMENT

6 weeks, 6 hours per week

LEARNING OUTCOMES

- Describe popular conceptions and misconceptions about mindfulness
- Interpret your own experiences of mindfulness practices
- Evaluate the social and political significance of mindfulness
- Compare different psychological and therapeutic approaches to mindfulness

SYLLABUS

- Introduction to Mindfulness
- Psychology of Mindfulness
- Philosophy of Mindfulness
- Politics of Mindfulness
- Mindfulness into the Future
- Volunteer Project