



# Masters in Mindfulness-Based Interventions (MBI)

(Two Years Part Time)



## Introduction

The two-year, part-time MSc in Mindfulness-Based Interventions (MBI) is a highly interactive and experiential course developed for practitioners who wish to train as teachers of Mindfulness-Based Cognitive Therapy (MBCT\*) and Mindfulness-Based Stress Reduction (MBSR). You will combine studying the theory, research and clinical applications of MBIs with the development of your own personal mindfulness meditation practice and participation in intensive residential training retreats. On successful completion of the programme you will be qualified to teach an 8-week MBCT/MBSR course.

The first year of the course is designed to develop student's knowledge of theory, research, and clinical applications of MBI. This will be blended with the development of the student's personal mindfulness meditation practice. The second year is designed to further develop the student's knowledge of theory, research, and clinical applications of MBIs. Blending this with the development of the student's personal mindfulness meditation practice continues to be a core tenet of the programme.

*\*Anyone wishing to deliver MBCT to clinical populations will need an appropriate professional clinical training and to follow the good practice guidelines of their own professional body, in addition to those of the Mindfulness Teachers Network of Ireland.*

## Programme Highlight

This course is organised in two residential training events and teaching blocks throughout the two years of the programme. It will involve a community of adult learners, where students will be supported and nurtured so as to meet the highest standards as teachers of Mindfulness Based Interventions.

- Delivered by UCD School of Psychology and St Vincent's University Hospital
- Residential training retreat in Year 1 and Year 2
- Students deliver an 8-week course to a group in professional setting

## Programme Content and Structure

**90 credits**  
L9 Taught Masters

### Year 1 Primary Academic Focus:

- Developing a personal mindfulness meditation practice via direct experience of the 8-week MBCT programme. This includes opportunities for reflection, and a requirement for regular meditation practice between teaching blocks
- The Buddhist background to clinical mindfulness based interventions
- The history & evolution of psychological interventions for emotional & psychiatric disorders
- The emerging field of third wave psychological interventions and positive psychology
- The research underpinning MBIs – understanding and critically evaluation of the research
- The neuroscience and physiology of mindfulness

### Year 2 Primary Academic Focus:

- How to guide MBCT/MBSR mindfulness meditations
- How to conduct mindfulness inquiry
- Integrating personal mindfulness practice with teaching a class
- Understanding the centrality of self-compassion in teaching mindfulness
- Self-care and the mindfulness teacher
- Assessing participant suitability for MBCT/MBSR
- How to plan for and accommodate particular populations
- Understanding the theory & practice of group process
- Mindfulness in organisational settings: The challenges and opportunities
- Mindfulness & Leadership

## Why study at UCD?



### Graduate Education

12,000 graduate students; 17% graduate research students; structured PhDs



### Graduate Employability

Ranked no. 1 in Ireland in QS Graduate Employability ranking



### Global Careers

Dedicated careers support; 2 year stayback visa to work in Ireland



### Global Community

8,500 international students and 300,000 alumni network across 165 countries



### Global Profile

UCD is ranked in the top 1% of higher education institutions worldwide



### Welcoming Campus

Modern parkland campus with 24 hr security. Wide range of facilities, clubs, societies and supports



## Career Opportunities

We will offer you training of the highest standard in preparing you to teach MBCT/ MBSR. You will be familiar with the research, evidence base and the neuropsychology of MBIs. You will have the opportunity to immerse yourself in a community of adult learners engaged in developing their intellectual and experiential understanding of mindfulness and its applications.

## Residential Training

**Year 1:** This 5-day intensive residential training will provide students with the opportunity to deepen personal mindfulness meditation practice and to blend this with the practice teaching elements of MBCT/ MBSR using in vivo feedback from other participants and from instructors.

**Year 2:** This intensive residential training will provide the opportunity for students to blend and deepen teaching skills, personal mindfulness meditation, attitudes and competencies learned over Year 1 and 2.

## Graduate Profile



**Barry Costello**  
MSc., B.A., MACI, MMTAI

The MSc in Mindfulness Based Interventions in UCD is an excellent course. What made this study different from other academic programmes I have completed, was the experiential learning that supported me and my class in developing a meditation practice and deeper understanding of mindfulness. The teaching faculty has many years of experience, they offer loads of wisdom and support along the journey. Having completed the programme many avenues have opened in my career, the learning has also had huge benefits for me in my personal life.

## Applicant Profile

Part Time option suitable for:  
Domestic (EEA) applicants: **Yes**  
International (Non EEA) applicants currently residing outside of the EEA Region: **No**

Candidates may apply for admission to the Masters in Mindfulness Based Interventions if they have the following:

- At least an upper second class honours bachelor's degree or equivalent
- Have completed at least one 8 week MBCT / MBSR training programme, a commitment towards engaging in daily personal mindfulness practice, prior participation in a silent residential retreat is desirable
- Have access and support from their work setting, to a clinical/educational population with whom they can deliver an 8 week MBCT/MBSR course in Year II

## Fees and Scholarships

Tuition fee information is available on [www.ucd.ie/fees](http://www.ucd.ie/fees). Please note that UCD offers a number of graduate scholarships for full-time, self-funding international students, holding an offer of a place on a UCD masters programme. Please see [www.ucd.ie/global/scholarships](http://www.ucd.ie/global/scholarships) for further information.

## Related Masters

- DPsych in Psychology

## Assessment

Students will be required to complete an MBCT/MBSR Practice Project towards the end of Year 2. This will require the delivery and evaluation of an 8 week MBCT/MBSR course to an appropriate client group in their own place of work, with supervision from course tutors. A written report along with audiovisual recordings will be required.

### CONTACT US

#### EU Students

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#### International Students

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w: [www.ucd.ie/global](http://www.ucd.ie/global)

### APPLY NOW

This programme receives significant interest so please apply early online at

[www.ucd.ie/apply](http://www.ucd.ie/apply)