

Mental Wellness Hub

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Introduction to Mindfulness-Based Cognitive Therapy (MBCT)

Lecture	Details	Assignment
1. What is Mindfulness?	Mindfulness breathing, meditation and Diary	Activities & Resources will be attached
2. The Body Scan	The Body Scan Meditation and understanding your body	Activities & Resources will be attached
3. Mindfulness & Training Exercises	Different training exercises and what they are used for	Activities & Resources will be attached
4. Introduction to Mindfulness-Based Stress Reduction Part One	Intensive techniques used to fight stress and anxiety	Activities & Resources will be attached
5. Introduction to Mindfulness-Based Stress Reduction Part Two		Activities & Resources will be attached <ul style="list-style-type: none">• Assessment: Multiple Choice.

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field. Psychologists in the field can use this to enhance their knowledge.

Certificate Information

- Upon successful completion, the certificate will be emailed to the student. If you would like a hard copy version of the certificate, there is a delivery fee of \$50.