

Mental Wellness Hub

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Introduction to Mindfulness-Based Cognitive Therapy (MBCT) Online Course

Cost: \$600

Part 1: Lectures 1 - 3

Part 2: Lecture 4 + 5

Lecture	Activities
1. What is Mindfulness?	Activities & Resources will be attached.
2. The Body Scan	Activities & Resources will be attached.
3. Mindfulness Training Exercises	Activities & Resources will be attached.
4. Introduction to Mindfulness-Based Stress Reduction (Part One)	Activities & Resources will be attached.
5. Introduction to Mindfulness-Based Stress Reduction (Part One)	Activities & Resources will be attached.

Certificate Information

- Upon successful completion, certificates & transcripts will be emailed to the student. This course is internationally accredited by the International Practitioners of Holistic Medicine (IPHM).

Assessment

- 1 Final Assessment is required.

Payment Plans and Procedures

- You can pay the full price of the course and receive the entire course at once, or;
- Payment can be made in 2 equal parts (\$300/month for 2 months). The course will be separated into 2 parts: Part 1 and Part 2. One each installment, a part of the course will be sent until payment is complete.
- Please notify us of your preference beforehand.
- Payment Options:
 - Online Bank Transfer/Bank Deposit to our Account (details will be sent privately to each student)
 - Online via Credit Card (via Wipay)
 - Cash at the office: an appointment must be made if you're coming to pay at the office.

Disclaimer

- This course is for personal development only, and is not a substitute for a Degree in Psychology or any related Mental Health field.