



PSYCHOPEDIA

— LEARN TRAIN HEAL —

PSYCHOPEDIA SKILL ENHANCEMENT & ASSESSMENT TRAINING PROGRAM

MINDFULNESS TRAINING



Mindfulness training is divided into 3 sections :

1. INTRODUCTION TO MINDFULNESS
2. MINDFULNESS FOR SELF
3. MINDFULNESS AS A THERAPUTIC INTERVENTION

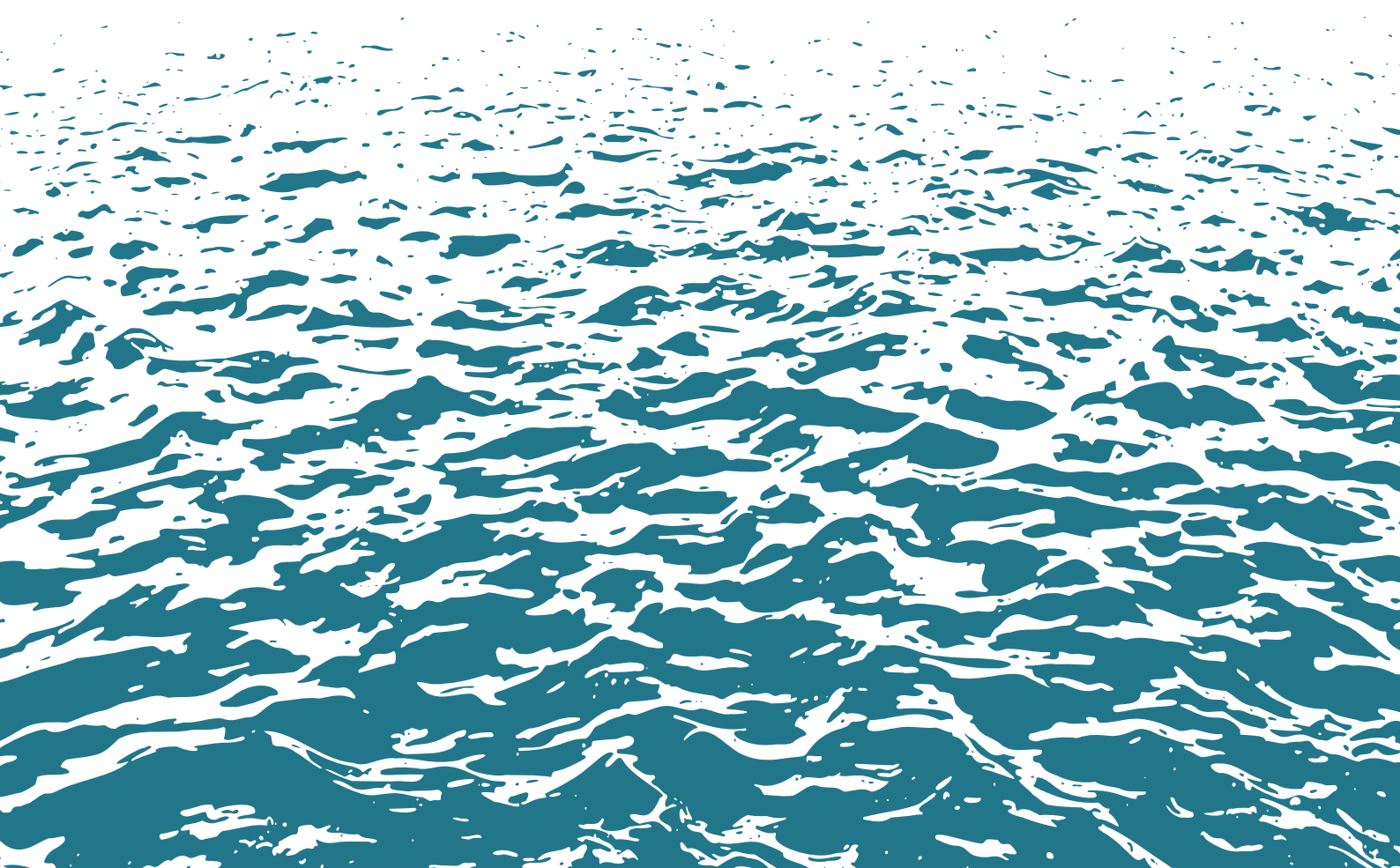
Hours: **1.5 hour every alternate day**

Saturday/ Sunday = REFLECTION DAY

Meeting conducted on: Google meet

It would be of three week that is (21 days) so everyday I will give them a challenge related to mindfulness it will be called as

#21DAYSOFMINDFULNESSWITHPSYCHOPEDIA



Course Description	Mindfulness training will offer you valuable skills and strategies that will benefit both you and your professional life. It will provide you with a thorough grasp of mindfulness as well as how it is effectively tied to psychology, which is advantageous for both aspiring and experienced psychologists.
Course Objective	Course will facilitate: <ul style="list-style-type: none">• Developing a fundamental knowledge of mindfulness: This would entail exposing participants to the idea of mindfulness, as well as its history and benefits.• Learning mindfulness skills: To achieve this goal, participants would be taught particular mindfulness techniques such as breath awareness, body scan, and mindful movements.• Practising mindfulness: This entails giving individuals the opportunity to practise mindfulness practises in a safe atmosphere. Moreover necessary assessments will be provided. Practice session will be conducted.• Increasing self-awareness: assisting individuals in being more aware of their thoughts, emotions, and bodily sensations.• Managing stress and anxiety: teaching people how to apply mindfulness practises in their daily lives to manage stress and anxiety.
Course Outcome Skills	At the end of the course, the participants will have : <ul style="list-style-type: none">• Brief knowledge about mindfulness as well as the theoretical foundation• They will the assessments related to mindfulness• Understanding how to conduct a mindfulness session with client.• Knowing how mindfulness is related with Psychology• Getting to know about MBAT?• Stronger awareness of their thoughts, emotions, and bodily sensations, which can help them better understand themselves and their reactions to various situations.• Learned to better regulate their emotions, lessening the influence of unpleasant emotions including stress, worry, and sadness.

LEVEL OF THE COURSE:

Everyday there will be an activity of which the kids need to make report of and need to conduct on different individual (min 3)

LEVEL 1

- Meaning of Mindfulness
- WHAT IS IT AND WHAT IS IT NOT
- History
- Dimensions
- Core Skills
- ASSESSMENT OF MINDFULNESS. (HOMEWORK!) (Need to Conduct this Assessment to 3 people and make the Report as taught in the class)
- ACTIVITIES WILL BE CONDUCTED

LEVEL 2

- Being Here and Now
- Three Personal Cultural Zones
- GUIDE to Overcome Overthinking
- AUTO PILOT VS CONCIOUS AWARENESS (Self reflection Question) (HOMEWORK!!)
- Creating a Space between Stimulus and Respond
- Being Mindful of Various Activities of Day
- BOUNDARY MAKING AND INNER CHILD HEALING (BONUS LECTURE!)

LEVEL 3

- HUMAN BRAIN VS MIND
- Cognitive Psychology and Mindfulness
- Mindfulness based Stress Reduction
- Mindfulness based Art Therapy
- How to Conduct a Mindfulness based Session
- BODY SCANNING

- Podcast, Videos will be given to the students and were asked to give their feedback on it.
- Daily Mindfulness activities will be conducted
- RESEARCHES ON MINDFULNESS
- A Full Therapy session will be conducted on the basis of which they will be marked.
- MORE FOCUS WILL BE ON PRACTICAL
- Enough material will be provided including all the Scripts
- Self care kits
- Bonus Lectures
- Participant will get Case studies
- AND MANNYYYY MOREEE...

ENDING ASSESSMENT

- Submission of thor conduction and reports basically all the assignments (20 marks)
- Written paper / Quiz (30marks)
- Conduction of a session (30 marks)

MARKS	GRADES
100 - 80	Grade A (Plus, you will get a special letter of appreciation from us.)
70 - 50	Grade B
50 Less	Grade C



TRAINER APURVA SHARMA

I am a counselling psychologist in mentnest I am a mindfulness based therapist and I have conducted various webinar and took sessions for the same. I am a faculty at psychopedia as well

For more information visit our website

<https://psychopedia.in/>

Contact us on

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