Synopsis
In this unit you will examine the body of scientific evidence as the basis of mind-body medicine including linking stress with mental and physical illness and with a range of unhealthy lifestyle behaviours. Linking theory with practice, this unit uses a deep learning methodology by teaching practical skills in the form of mindfulness-based meditation and cognitive techniques which you first learn and practice so that you are better placed to teach others to carry out in a variety of settings. The unit identifies the circumstances and conditions in which these techniques are most useful. The links between scientific evidence, theory and practice are covered concurrently throughout the unit.

Outcomes
By the end of this unit students should be able to:
1. Critically review the significant body of research linking psychological states like stress with a range of illnesses and lifestyle including disciplines within mind-body medicine such as neuroplasticity, psychoneuroimmunology and psychogenomics.
2. Critically review research demonstrating the benefits of psychological interventions like stress management and mindfulness.
3. Practice the mindfulness meditation exercises in their various forms and critique their effectiveness.
4. Apply the principles of the mindfulness-based cognitive strategies and critique their effectiveness.
5. Critically reflect on their own experience of stress and ways in which they manage it.
7. Demonstrate professional skills as a counselor in mindfulness-based stress management.

Assessment
Assessment will be in the form of short answer questions, essays and journals.

Availability
This course is available to domestic and international students.

Entry Requirements
Successful completion of an undergraduate degree.

English language requirements

Level
Postgraduate

Credit points
6 points, SCA Band 3, 0.125 EFTSL

Faculty
Faculty of Medicine, Nursing and Health Sciences

Organisational Unit
Department of General Practice

Offering
Semester 1, Semester 2

Mode of Delivery
Online

Duration
6 weeks

Workload requirements
20 hours per week approximately

Unit Coordinator
Dr Craig Hassed, MBBS, FRACGP

Dr Craig Hassed is a General Practitioner and Senior Lecturer in the Monash University Department of General Practice. Craig has been teaching at both undergraduate and post-graduate levels since 1989. He has been instrumental in introducing a variety of innovations into medical education and practice with an emphasis on the application of holistic, integrative and mind-body medicine in medical practice. Craig’s work has a particular focus on incorporating mindfulness-based strategies into health, professional and educational environments. Craig has also published 7 books including Know Thyself, The Essence of Health, General Practice: the integrative approach, Mindfulness for Life, and Mindful Learning.

Application
To apply, please contact:
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School of Primary Health Care
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AUSTRALIA
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This course has been approved in the RACGP QI&CPD program for 40 category 1 points for the 2014-2016 triennium and accredited by ACRRM for 30 PRPD points code O1508MONU.