

AC 110M

St. Mira's College for Girls, Pune
St. Mira's College for Girls, Pune
2022-2023

PG DIPLOMA IN MINDFULNESS BASED COUNSELING: WITH EMBODIED PRESENCE



SUBJECT: SKILLS OF LISTENING & COUNSELING (VERBAL & NON VERBAL)

Semester: 1	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Identify the experiential learning of the attitudes and skills in deep listening and counseling
- Use perceptive skills and observations
- Apply skills in a counseling context

Unit 1: Embodied Presence in the Practitioner

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- Understanding Embodiment
- Interoceptive awareness
- Skills of Grounding, Centering and a Whole body approach in listening

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	Jaya
Faculty	Ms. Sharmin Palsetia	Palsetia
Faculty	Ms. Hasina Shaikh	Hasina
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	Patki
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	Above
Industry Expert	Ms. Sandy Dias Andrade	Andrade
Alumni	Ms. Trupti Poduval	Poduval
Industry Expert	Shilpa Salve	Salve
Industry Expert	Benaifer Jesia	Jesia



- Understanding Presence and its role in the listening and counseling process
- Identifying states of Presence

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Unit 2: Attunement & Resonance

- Sensing, feelings, sensations
- Inner attunement
- Attunement to other
- Resonance – somatic, empathetic and psychological field
- Interoceptive awareness of feelings-sensations and felt sense

9

Unit 3: Verbal Skills of Counseling

- Skills of reflection, paraphrasing, summarizing
- Skills of open ended and close ended questions
- Skills of silence and inquiry
- Combining skills in counseling

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Unit 4: Intention and Attention in Counseling

- Role of intention in the counseling process
- Practices of intention
- Importance of self-care of the counselor
- Principles of attention in listening and counseling
- Dual attention in the counseling process



Unit 5: Wholeness

- Working with aligning to wholeness in the body in the counseling process
- Working with wholeness through using paraphrasing and reframing verbal skills
- Working with titration and pendulation

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

Mindfulness Practices: 60

Assignments & Self Study: 22.5

Practical Work: 30

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SUBJECT: MINDFULNESS

Semester: 2	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Carry out experiential learning of mindfulness through formal and informal practices.
- Understand the philosophical underpinnings of mindfulness.
- Apply mindfulness in counseling.
- Generate research findings on mindfulness.

Unit 1: Anchors for Mindfulness Practices

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- Mindfulness of Breath, Body (Soma) & Body in Movement
- Mindfulness of Sound, Thoughts, Presence

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Unit 2: Relational Mindfulness

- Applications of Mindfulness in Everyday Life
- Relational Mindfulness
- Self-Compassion and its role in empathy
- The holding environment

Unit 3: Research Findings

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- Research findings from studies on Mindfulness
- Contraindications in using Mindfulness

Unit 4: Mindfulness and Listening

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- Mindfulness in the listening Process
- Similarities and differences in Mindfulness Mediations and the Listening Process

Unit 5: Philosophical Underpinnings of Mindfulness

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- The three marks of existence
- Attachment and Aversion
- Key concepts from Buddhist Psychology, philosophy of Krishnamurthy and Advaita Philosophy as it applies to Presence, Mindfulness and Listening

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

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**SUBJECT: THEORETICAL ORIENTATIONS IN COUNSELING & GROUP
PROCESS WORK**

Semester: 3	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Understand frameworks of key counseling approaches.
- Understand the orientation of a mindfulness based approach to counseling within the context of psychological approaches in counseling
- Identify key psychological markers in mindfulness practice.

Unit 1: Theories of Counseling

9

- Theories of Counseling Approaches
- Contextualizing Mindfulness Based Approaches within Psychology
(Historical Perspectives, Contemporary frameworks)

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Unit 2: Identifying key psychological markers

9

- Developmental Stages and Corresponding Emotional Needs
- Psychiatric Conditions



Unit 3: Understanding the Embodied Mind

- The mind-body connection
- Learning the role of cognition to sensations and implicit memory
- The felt sense, implicit knowing, intuition and the collective unconscious

Unit 4: Principles of Mindfulness Based Counseling

9

- Concepts from a Humanistic Approach, Compassionate Communication and Focusing in Listening & Presence
- The Theoretical Framework of Mindfulness Based Counseling : Listening with Embodied Presence (Main Principles & Rationale for Process)

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Unit 5: Embodiment

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- Embodiment of Feelings
- Embodied Cognition

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)



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SUBJECT: REFLEXIVE LEARNING

Semester: 4	Subject Code: MBC-LWEP/	Lectures: 45
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Learning Outcomes:

At the end of the course, the student will be equipped to:

- Understand their own inner patterns and beliefs.
- Listen deeply to themselves and extend self-compassion.
- Use observation skills in group processes.

Unit 1: Listening to feelings and needs

9

- Listening in Personal Spaces & Journaling Insights
- Observation & Noting of feelings, needs, resources

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Unit 2: Elements of a Professional Space

- Working with clients in professional settings
- Engaging in group process work

Unit 3: Understanding different perspectives and experiences

9

- Peer exchanges
- Group learning and discussion

Unit 4: Understanding Self

9

- Personal Counseling & Therapy
- Inner Listening Processes
- Reading and writing from a felt sense experience

Unit 5: Designing Group Process & Observation of Group Dynamics

9

- Group process and facilitation

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- Observing key factors that form groups
- Observing titration and pendulation in a group process

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

Reference Books:

- On Becoming a person - Carl Rogers
- The Gift of Therapy - Irvin Yalom
- Sitting Together - Ronald Siegel
- The Miracle of Mindfulness - Thich Nhat Hahn
- Whenever you go, there you are - Jon Kabat-Zinn
- Group Therapy - Irvin Yalom
- A way of being - Carl Rogers
- Focusing - Eugene Gendlin
- In an unspoken voice - Peter Levine
- Non Violent Communication - Marshall Rosenberg

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