

**MINDFULNESS AND PSYCHOTHERAPY CERTIFICATE
PLAN OF STUDY**

Year 1

SUMMER

Lab in Mindfulness I	2
Total credits	2

Year 1

SPRING

FALL		SPRING	
Introduction to Mindfulness & Psychotherapy	3	Advanced Mindfulness & Psychotherapy	3
		Lab in Mindfulness II	2
Total credits	3		5

Year 2

SPRING

FALL		SPRING	
Integrative Seminar & Mindfulness I	2	Integrative Seminar & Mindfulness II	2
Lab in Mindfulness III	2	Lab in Mindfulness IV	2
Total credits	4		4