

Mindfulness in the Helping Professions

Certificate Plan of Study

| FALL | | SPRING | |
|---|----------|--|----------|
| 7801 Introduction to Mindfulness in the Helping Professions | 3 | 7803 Advanced Mindfulness in the Helping Professions | 3 |
| 7802 Lab in Mindfulness I | 2 | 7806 Lab in Mindfulness III | 2 |
| 7804 Lab in Mindfulness II | 2 | 7808 Lab in Mindfulness IV | 2 |
| Total credits | 7 | | 7 |