

St. Mira's College for Girls in Academic Collaboration with Just Being Centre
PG Diploma in Mindfulness Based Counseling: Listening with
Embodied Presence

Total number of hours- 630

**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	9
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Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>SPalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa Salve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>

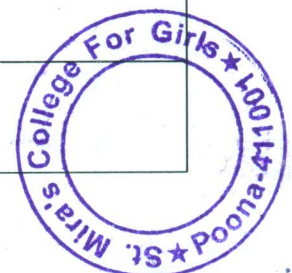


<ul style="list-style-type: none"> • Understanding Embodiment • Interoceptive awareness • Skills of Grounding, Centering and a Whole body approach in listening • Understanding Presence and its role in the listening and counseling process • Identifying states of Presence 	
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Unit 2: Attunement & Resonance	9
<ul style="list-style-type: none"> • Sensing, feelings, sensations • Inner attunement • Attunement to other • Resonance – somatic, empathetic and psychological field • Interoceptive awareness of feelings-sensations and felt sense 	

Unit 3: Verbal Skills of Counseling	9
<ul style="list-style-type: none"> • Skills of reflection, paraphrasing, summarizing • Skills of open ended and close ended questions 	

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<ul style="list-style-type: none"> • Skills of silence and inquiry • Combining skills in counseling 	
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Unit 4: Intention and Attention in Counseling	9
<ul style="list-style-type: none"> • 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	9
<ul style="list-style-type: none"> • 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)

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Assignments (22.5 hours)

Mindfulness Practices: 60
Assignments & Self Study: 22.5
Practical Work: 30

SUBJECT: MINDFULNESS

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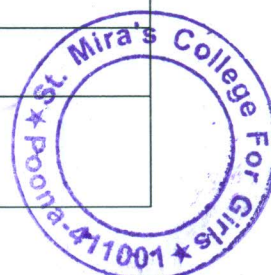
Semester: 2	Subject Code: MBC-LWEP/SK/	Lectures: 45
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Learning Outcomes:
At the end of the course, the student will be equipped to:
<ul style="list-style-type: none"> • Carry out experiential learning of mindfulness through formal and informal practices. • Understand the philosophical underpinnings of mindfulness. • Apply mindfulness in counseling. • Generate research findings on mindfulness.

Unit 1: Anchors for Mindfulness Practices	9
<ul style="list-style-type: none"> • Mindfulness of Breath, Body (Soma) & Body in Movement • Mindfulness of Sound, Thoughts, Presence 	

Unit 2: Relational Mindfulness	9
<ul style="list-style-type: none"> • Applications of Mindfulness in Everyday Life • Relational Mindfulness 	

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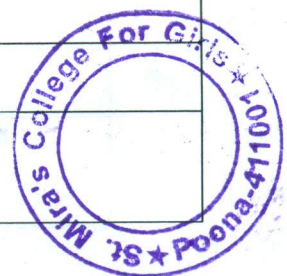
<ul style="list-style-type: none"> • Self-Compassion and its role in empathy • The holding environment 	
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Unit 3: Research Findings	9
<ul style="list-style-type: none"> • Research findings from studies on Mindfulness • Contraindications in using Mindfulness 	

Unit 4: Mindfulness and Listening	9
<ul style="list-style-type: none"> • Mindfulness in the listening Process • Similarities and differences in Mindfulness Mediations and the Listening Process 	

Unit 5: Philosophical Underpinnings of Mindfulness	9
<ul style="list-style-type: none"> • The three marks of existence • Attachment and Aversion • Key concepts from Buddhist Psychology, philosophy of J Krishnamurthy and Advaita Philosophy as it applies to Presence, 	

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Mindfulness and Listening

Practice sessions (30 hours)

Mindfulness practice (80 hours)

Assignments (22.5 hours)

**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

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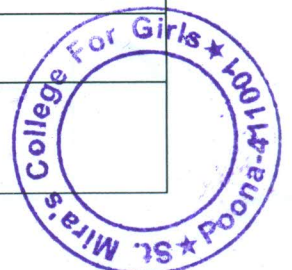
- Identify key psychological markers in mindfulness practice.

Unit 1: Theories of Counseling	9
<ul style="list-style-type: none"> Theories of Counseling Approaches Contextualizing Mindfulness Based Approaches within Psychology (Historical Perspectives, Contemporary frameworks) 	

Unit 2: Identifying key psychological markers	9
<ul style="list-style-type: none"> Developmental Stages and Corresponding Emotional Needs Psychiatric Conditions 	

Unit 3: Understanding the Embodied Mind	9
<ul style="list-style-type: none"> The mind-body connection Learning the role of cognition to sensations and implicit memory The felt sense, implicit knowing, intuition and the collective 	

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Unit 4: Principles of Mindfulness Based Counseling	9
<ul style="list-style-type: none"> • 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) 	

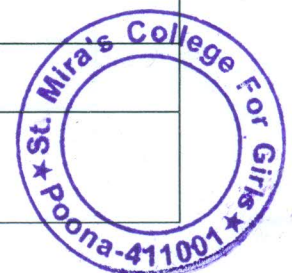
Unit 5: Embodiment	9
<ul style="list-style-type: none"> • Embodiment of Feelings • Embodied Cognition 	

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:

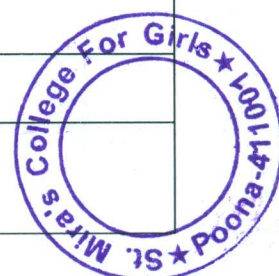
At the end of the course, the student will be equipped to:

- 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
<ul style="list-style-type: none"> • Listening in Personal Spaces & Journaling Insights • Observation & Noting of feelings, needs, resources 	

Unit 2: Elements of a Professional Space	9
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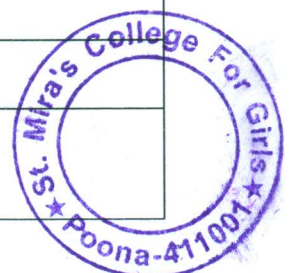
<ul style="list-style-type: none"> Working with clients in professional settings Engaging in group process work 	
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Unit 3: Understanding different perspectives and experiences	9
<ul style="list-style-type: none"> Peer exchanges Group learning and discussion 	

Unit 4: Understanding Self	9
<ul style="list-style-type: none"> Personal Counseling & Therapy Inner Listening Processes Reading and writing from a felt sense experience 	

Unit 5: Designing Group Process & Observation of Group Dynamics	9
<ul style="list-style-type: none"> Group process and facilitation Observing key factors that form groups Observing titration and pendulation in a group process 	

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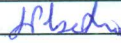





Practice sessions (30 hours)

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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