

Certificate in Christian Mindfulness

in Partnership with the Institute of Counselling

Exploring Mindfulness From A Christian Perspective

“I recommend it highly” Rev. Shaun Lambert, Author of A Book of Sparks: A Study in Christian Mindfulness.

“This Christian approach is most helpful. It will be of benefit to many people” Rob Waller, Consultant Psychiatrist and Director of Mind and Soul.

The Accredited Online Course is available in Seven Units. Each unit is in the form of a video presentation including slides, visuals, biblical content, guided self-awareness and God awareness meditations, questions for reflection and a suggested weekly meditation programme. The Accredited Version includes various reading, study and written assignments which must be completed and submitted to the Online Course Tutor.

The units available are as follows -

Introductory Online Unit - Christian Mindfulness

Unit 1 - Are You Living On AutoPilot?

Unit 2 - Mindfulness Of Body, Soul And Spirit

Unit 3 - Do You Believe What You Think?

Unit 4 - Moving Through Life's Challenges

Unit 5 - The Life Transforming Power Of Kindness

Unit 6 - A Thankful And Contemplative Life

Price £279. For more details see the Christian Mindfulness and Institute of Counselling websites.

SCQF Accredited 20 Points at Level 7



www.christianmindfulness.co.uk

