



Title:	Integrating Mindfulness and Compassion in Professional Practice
Level:	4
Learning outcomes: <i>(skills, knowledge, understanding)</i>	Assessment Criteria <i>(to assess learning outcome)</i>
The learner will/will be able to:	The learner can : (use measurable language e.g. define, describe, apply, evaluate, analyse, justify etc)
1. Use mindfulness and compassion skills for personal development	1.1 Maintain a personal diary of a regular mindfulness and compassion practice 1.2 Investigate the value of self-inquiry into the experience of mindfulness and compassion practices
2. Understand how mindfulness practice affects health and wellbeing	2.1 Identify the key elements of mindfulness practice 2.2 Explain how thoughts affect health and wellbeing 2.3 Explain the benefits of practising mindfulness with substantiating relevant research 2.4 Describe the origin, current and potential future applications of mindfulness worldwide
3. Teach mindfulness skills and practices	3.1 Explain how a professional can embody mindfulness 3.2 Explain what considerations are necessary to determine the appropriateness of teaching mindfulness 3.3 Evaluate how an individual's needs can be met when teaching mindfulness 3.4 Explain the range of approaches that can be adopted when devising a mindfulness programme 3.5 Describe how to support a client's mindfulness practice long term

	3.06 Teach how to introduce mindfulness to daily life
	3.7 Teach short mindfulness practices
	3.8 Teach long mindfulness practices
	3.9 Describe the elements of the process of inquiry
4. Understand the key therapeutic elements of mindfulness and suffering	4. 1 Explain how mindfulness can help to manage suffering
5. Understand the therapeutic qualities of self-compassion and compassion to others practices	5. 1 Describe the key elements involved in self compassion practice
	5.2 Teach a short self-compassion practice
	5.3 Describe the key elements involved in compassion for others practice.
	5.4 Teach a short compassion for others practice
6. Explain to clients how mindfulness and compassion can enhance their relationships with others	6.1 Describe the qualities and skills that are essential in the development of positive relationships with others
	6.2 Describe how to use mindfulness and compassion to help with difficult emotions that arise in relationships with others.
7. Understand the application of relevant neuroscience to teaching mindfulness practices	7.1 Explain how chronic stress affects the brain
	7.2 Explain how the neuroplasticity of the brain can be affected by mindfulness practices
	7.3 Teach a short mindfulness practice derived from neuroscientific research
8. Continue to develop professionally	8.1 Describe the relevant support available to facilitate continuous professional development
	8.2 Explain ways in which continuous professional development in mindfulness and compassion can enhance a career path