

Just Being Center & St. Mira's College [Autonomous – Affiliated to Savitribai Phule  
Pune University]

**CERTIFICATE COURSE IN**

**Mindfulness Based Counselling- Listening with Embodied Presence PROPOSED  
SYLLABUS**

**Total hours 420**

**Module 1**

Attentiveness in the listening space

No. of Hours: 15

No. of Credits: 1

**Module 2**

Compassion and Empathy in the listening space

No. of Hours: 15

No. of Credits: 1

**Module 3**

Listening for insight and from a field of awareness

No. of Hours: 15

No. of Credits: 1

**Module 4**

Group Process Work

No. of Hours: 10

No. of Credits: 1

**Module 5**

Applications of counselling to specific groups

No. of Hours: 15

No. of Credits: 1

**Module 6**

Ethical issues in Counselling

No. of Hours: 15

No. of Credits: 1

**Completion for course certification:**

Completion of 420 hours of course work

Submission of assignments

Attendance of 80% of class sessions

A total score of over 65% in all



*gHP*

*Alabetia*  
**Course Coordinator**

**Just Being Center & St. Mira's College for Girls**  
**[Autonomous – Affiliated to Savitribai Phule Pune University]**  
Announce the certificate course in  
**Mindfulness Based Counselling- Listening with Embodied Presence**

- **Duration of the course:** 420 Hours
- **Topics Covered:** Attentiveness in the listening space, compassion and empathy in the listening space, listening for insight and from a field of awareness, group process work and ethical issues in counselling.
- **Dates:** August 2018 to April 2019

*gHP*

*Alabeta*

**Course Coordinator**

