



Tailor-made qualification unit template TM6

Title:	Integrating Mindfulness and Compassion in Professional Practice
Level:	4
Learning outcomes: The learner will/will be able to:	Assessment Criteria The learner can:
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 core features 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 what considerations are necessary to determine the appropriateness of teaching mindfulness 3.2 Evaluate how an individual's needs can be met when teaching mindfulness 3.3 Describe how to support a client's mindfulness practice long term

3.4 Teach how to introduce mindfulness to daily life

3.5 Teach short mindfulness practices

3.6 Teach long mindfulness practices

3.7 Explain the range of approaches that can be adopted when devising a mindfulness programme

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 practices

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 of 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
