

SW 688: Acceptance and Commitment Therapy

This fully online course will serve as an introduction to mindfulness- based therapy and devote special attention to Acceptance and Commitment Therapy (ACT). The six core tenets of ACT will be taught, along with mindfulness-based approaches to healing that will be presented as new insights to the field of psychotherapy. Students taking this course will be required to engage in mindfulness-based practices and journaling as a way to enrich and deepen their learning experience.

3 Credits

Prerequisites

• Prerequisite: Admission into the M.S.W. program

Instruction Type(s)

• Lecture: Web-based Lecture for SW 688

Subject Areas

<u>Clinical/Medical Social Work</u>

Related Areas

• Mental Health Counseling/Counselor

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for guestions about the accreditation.

