

5.3.3.21 MPhil in Mindfulness

Specific admission requirements

- One of the following in an education, health sciences, business sciences or social sciences field, for example medicine, physiotherapy, occupational therapy, nursing, social work or psychology:
 - a four-year bachelor's degree;
 - an honour's degree; or
 - a postgraduate diploma (NQF level 8).
- A Certificate in Mindfulness-based Interventions or another mindfulness qualification equivalent to a four-year bachelor's degree, an honour's degree or a postgraduate diploma.

Application procedure and closing dates

Apply online at www.maties.com by 30 September of the previous year. Applications for prospective international students close on 31 August.

Duration of programme

The programme extends over a minimum of one year on a full-time basis or two years on a part-time basis.

Programme description

- The purpose of this programme is to train researchers who can contribute to the development of knowledge at an advanced level in the field of mindfulness-based interventions.
- The programme offers you the training, supervision and support necessary to enable you to reflect critically on theory and its application, by means of a research thesis.
- New and local knowledge in the field of mindfulness-based interventions will improve patient care and thereby benefit the community.
- The programme is offered by the Department of Psychiatry in collaboration with the Division of Family Medicine and Primary Care.

Programme outcomes

After completing the programme, you should be able to do the following:

- demonstrate a sound knowledge of research practice within the field of mindfulness-based interventions;
- perform research independently;

- make sound judgements using the data and information at your disposal; and
- communicate your findings effectively.

Programme content

Thesis Mindfulness	872(180)
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Assessment and examination

- You must complete a research project, leading to a thesis that is assessed according to University guidelines through a process of internal and external examination.
- You must obtain a minimum pass mark of 50% for the thesis.

Enquiries

Programme leader: Dr DG Alexander

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5.3.3 Master of Philosophy

The programme Master of Philosophy in the Faculty consists of subspecialty training and structured and thesis programmes.

Programmes for subspecialty training

These programmes offer specialists in Internal Medicine, and Obstetrics and Gynaecology the opportunity to qualify as subspecialists in one of the various subspecialty fields within these disciplines.

General admission requirements for subspecialty programmes

You can apply for the subspecialty programmes in the respective disciplines if you meet the following requirements:

- The MMed degree in Internal Medicine or Obstetrics and Gynaecology; and
- Registration as specialist with the Health Professions Council of South Africa (HPCSA).

See each programme for the admission requirements that apply specifically to a particular programme.

Clinical experience

If you want to register for one of these programmes at the University, you must be appointed in one of the approved HPCSA training numbers as awarded to the Faculty and occupy a senior registrar post in service of the Western Cape Provincial Department of Health and Wellness for the full duration of your training.

Assessment and examination

The standard exit examination for these programmes is a certificate examination of the Colleges of Medicine of South Africa (CMSA).

Structured and thesis programmes

These programmes are advanced research-based programmes. In some programmes candidates must pass theoretical modules and successfully complete a research assignment, and in other programmes a research thesis that meet the requirements of the University must be submitted.

Disclaimer:

The content above comes from the 2024 Medicine and Health Sciences Yearbook. Make sure to consult the full **Medicine and Health Sciences Yearbook** to see this extract in context and to check if there have been any changes. Take special note of additional information in the yearbook under section *Postgraduate programmes*.