

MindBody Healthcare

The MindBody Healthcare programmes are person-centred, academic and clinical. They integrate the meaning of illness with biomedicine and the biopsychosocial approach into a unitary paradigm that will enrich and expand your current training and practice.

The programmes are designed to cater for many health professionals, including doctors, nurses, counsellors, psychotherapists, body therapists, occupational therapists, physiotherapists, chiropractors, osteopaths and dentists. The theory spans disciplines and the skills are generic – but are shaped and refined by the students to fit the student's professional background and context. Different disciplines benefit from working together and learning from one another.

This programme will help you to:

- Widen your scope of practice enabling you to become holistic and integrative
- Develop systematic understanding of MindBody concepts
- Acquire multidimensional MindBody clinical skills
- Undertake research from a holistic MindBody perspective

The programme is two years part-time and is based on three-day block modules, minimising employment disruption. There are four 20-point papers, with theoretical and skills aspects interwoven and running concurrently. The programmes are stair-cased, with a 60-point Postgraduate Certificate in Health Science in MindBody Healthcare, leading to a 120-point Postgraduate Diploma in Health Science in MindBody Healthcare, which in turn becomes the basis for a Masters programme.

Papers - Year One

589830 MindBody Paradigms

Examines the complex historical forces that have given rise to dualistic models of illness, disease and health care. Points to integrative mindbody approaches by considering influences from science, biopsychosocial medicine, psychotherapies and body therapies, cultural and cross-cultural studies, philosophy, spiritual traditions, linguistics, and consciousness studies. Establishes the intellectual basis for coherent mindbody practice.

589831 MindBody Healthcare Practice 1

Fosters the attitudes, intellectual understandings, listening and interpersonal skills required to uncover crucial mindbody elements in illness and disease. Setting the scene for sustained integrative mindbody therapeutic approaches.

Papers - Year Two

589832 MindBody Healthcare Science

Develops the concept of 'personhood' as a basis for integrative mindbody approaches to illness, disease and healthcare. Explores modern scientific research data and intellectual streams bringing mind and body together. Considers illness / disease within the framework concepts of personhood, person-in-relationship and person-in-relationship-with-clinician.

589833 MindBody Healthcare Practice 2

Develops the diverse response strategies and skills required in mature integrative MindBody clinical practice, enabling new clinical directions, and comfortable integration with biomedicine and other non-MindBody approaches.

PgCertHSc in MindBody Healthcare

Paper	Points
589830 MindBody Paradigms	20
589831 MindBody Healthcare Science	20
589832 MindBody Healthcare Practice I	20
Total points	60

PgDipHSc in MindBody Healthcare

Paper	Points
PgCertHSc in MindBody Healthcare	60
AND	
589833 MindBody Healthcare Practice 2	20
588639 Qualitative Research Methods	20
AND	
588623 Professional Practice	20
OR	
588644 Practice Reality	20
Total points	120

MHSc in MindBody Healthcare

Paper	Points
PgDipHSc in MindBody Healthcare	120
AND	
588950 Thesis part time	120
Total points	240

Core Papers

588639 Qualitative Research Methods

Provides an overview of qualitative research methodologies appropriate for advancing knowledge development across the health care disciplines. Analyses the philosophical and theoretical underpinnings of each paradigmatic approach and their related methodologies and methods. Examines each methodology in relation to issues of rigour, and ethical and socio-cultural-political considerations.

588623 Professional Practice

Examine, critique and integrate theoretical understandings of professional practice occurring in health related contexts in New Zealand. Social, political, cultural, bicultural, economic and organisational opportunities and constraints that influence professional practice will be critiqued.

588644 Practice Reality

Critically analyse the impact of the practice reality on the experience of the client and the health professional. Its approach involves the student in bringing a variety of philosophical paradigms to the analysis of practice situations.

588950 Thesis

Demonstrate application of research methodology and methods with respect to design, developing critical analysis and critique, and completing a research report in a scholarly manner.

Background

World-wide there is a growing awareness that clinical practice, healthcare research and healthcare management must reflect the complexity of human experience, and that subjective aspects of human existence must be factored into healthcare concepts and practice. There is a large body of research supporting the crucial role of human subjectivity in the onset and progress of illness and disease. There is a major lack of university education that enables clinicians to become skilled in MindBody approaches. This is the first MindBody programme in New Zealand, although many universities around the world are developing significant programmes.

The term MindBody is shorthand for integrative ways of looking at health, illness and disease, and healthcare from physical, subjective, family, cultural and spiritual perspectives. It does not imply that mind and body are the only important aspects of human functioning.

Students will be encouraged to expand their interests rather than be required to 'fit' snugly into a programme model, as long as they exhibit openness and ensure they cover adequately the broad territory. There will be specific attention to the difficulties experienced by professionals trying to change their approach in their particular contexts. Students from different cultural traditions will be encouraged to build on the strengths of their traditional approaches. Students with an intellectual and research disposition will be encouraged to develop projects that can be developed beyond the programme.

Academic Staff

Professor Brian Broom

MBChB, MSc (Immunology), FRACP, MNZAP

Brian Broom has an academic and medical background, and is a consultant physician in clinical immunology and a psychotherapist. He has extensive experience training medical and non-medical professionals in integrative approaches, and in teaching MindBody approaches locally and overseas. He has pioneered a meaning-of-illness MindBody approach that has been published in international journals, and written two books: *Somatic Illness and the Patient's Other Story. A Practical Integrative Approach to Disease for Doctors and Psychotherapists*, and *Meaningful Disease - How personal experience and meanings cause and maintain physical illness*.

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The information in this brochure was correct when it was printed. MINDBODY-100-OCT07

Postgraduate Programmes

MindBody Healthcare