

Introducing

CONTEMPLATIVE PROFESSIONAL CERTIFICATE

Part of the Medical and Health Humanities Program at
the Caspersen Graduate School

Drew University's new Contemplative Professional Certificate is for professionals - in and outside health care - who want to transform caring for others and themselves from a place of joy, inspiration, and reflective knowing. With this program, we serve the growing number of professionals who may be experiencing stress, burn-out, and compassion fatigue by caring for others. Finding new ways to care begins by contemplating the well-being of yourself as a professional and extending your insights to others who are struggling or suffering. The certificate directly supports your practice and responsibilities and can be attended fully online.

In a community of inquiry of peers and faculty, you will learn how to skillfully care in a way that supports your well-being and relieves the suffering of others. The certificate's foundation is the health humanities, enriched by theories and practices of mindfulness. You will learn to question wisely and respond from a place of peace and contemplative knowing. Each module connects state-of-the-art theory with your professional practice. At Drew, we value mindful learning and embodied approaches to knowing. You will learn new ways to listen to your clients, colleagues, and yourself.

- Theory and Practice of Mindfulness (MDHM 783)
- Healing from Within (MDHM 602)
- The Contemplative Professional (MDHM 613)
- Contemplative Inquiry & Leadership (MDHM 704)

12

Credits

Online

Courses

Begins

Spring

2023



DREW

DREW UNIVERSITY / MADISON NJ