

Teaching Meditation to Tertiary Students for Mental Health and Wellbeing: A Multi Modal Approach

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I teach students three types of meditation: concentration on the breath, loving-kindness, and mindfulness, plus a simple yoga sequence. Individuals can then discover the type of meditation that they are naturally skilled at and the meditation that is most suited to the problems they are facing. This is based on the understanding that no single type of meditation will suit all people or be appropriate to all problems. In this workshop you will learn: (1) the three meditations and the yoga sequence so that you can teach them to students; (2) how to assist a student to work out what is the best meditation to learn and to teach it to them in 20 minutes in a counselling session; and (3) how our multi modal approach works.

The modalities used to teach meditation are: (1) weekly drop in meditation classes; (2) six on line videos; (3) down loadable audio instructions; (4) on line copies of articles on how to meditate plus a booklet for handing out; (5) in counselling sessions either as the main intervention or as an adjunct to counselling.