

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

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The Meditation Model

- 1 Concentration on the Breath (or other object)
- 2 Loving-kindness
- 3 Mindfulness
- 4 Yoga

Used in counselling (20 minutes)

- 1 Demystification of meditation
- 2 Four part meditation cycle
- 3 Describe 3 types of meditation
- 4 Preference ?

The Meditation Model

	Individual preference	Purpose of meditation	Psychological state at time
Concentration			
Loving-kindness			
Mindfulness			
Yoga			

Written Resources

- 1 Given out in counselling
- 2 Given out in classes
- 3 Down loaded online

Weekly drop in Classes

Drop in seems to work better than fixed term

Uni-Thrive Web site

Online videos

Audio downloads

Written resources



<http://www.adelaide.edu.au/uni-thrive/>

Uni Thrive App

Five Meditation videos



<http://www.adelaide.edu.au/uni-thrive/>

Changed how I teach meditation in counselling

Thank You