



**Karolinska  
Institutet**

Course syllabus for

# **Sustainable professional life - embodiment, mindfulness and compassion, 10.5 credits**

Hållbart yrkesliv - embodiment, medveten närvaro och medkänsla, 10.5 hp

This course syllabus is valid from spring 2025.

Course code	9D1016
Course name	Sustainable professional life - embodiment, mindfulness and compassion
Credits	10.5 credits
Form of Education	Contract education (credits)
Main field of study	Not applicable
Level	AV - Second cycle
Grading scale	Pass, Fail
Department	Department of Clinical Sciences, Danderyd Hospital
Decided by	Education committee KIDS
Decision date	2024-09-18
Course syllabus valid from	Spring 2025

This course syllabus is not available in English.