

# **Mindfulness-Based Stress Reduction Teacher Training Programme**

## **The Training Programme- Minimum 12 months total**

Before embarking on training it is imperative to proceed along the pathway with honesty and integrity, honouring your own needs and values as you progress and taking your time to embed mindfulness into your everyday life.

The programme is based on Jon Kabat-Zinn's evidence-based course and takes 12 months minimum from start to finish, but may well take much longer. Throughout the course you will be assessed against the Mindfulness-Based Intervention Teaching Assessment Criteria (MBI-TAC)

The intention of the course is to offer mindfulness to groups in the 8 week format. If you are intending to teach individuals, and this format is not appropriate for your clients in a professional setting, then we offer the alternative Level 4 Certificate "Integrating Mindfulness and Compassion in Professional Practice."

## **Minimum Pre-Requisites**

- 1) Attending the 8 week MBSR/MBCT (or equivalent) as a participant.
- 2) Previous study to Level 3 standard as minimum
- 3) A minimum of 6 months daily mindfulness practice
- 4) They will have a knowledge and experience of the population that the MBSR course will be delivered to.
- 5) They will adhere to an ethical framework appropriate to the teacher's professional background and working context.
- 6) Completion of the application form, documenting your professional learning process

## **Programme**

The training programme will comprise of 6 days of face to face teaching.

Pre-reading and programme preparation includes reading any notes or information from their own MBSR/MBCT programme and articles that we will send through, having been accepted onto the course

The programme includes training in:

- The theory, rationale and intentions underpinning the MBSR programme
- A comprehensive student handbook, supporting the students with their learning
- A folder of notes and handouts with references and a bibliography to facilitate further development
- A template on which to record reflections on their informal and formal practices

- The benefits and obstacles to teaching the foundational practices and informal practices.
- Examination of the differences between MBSR and MBCT
- The teaching of short mindfulness techniques
- Assessments of teaching practices.
- The language to use to engage groups
- An exploration of learning styles and their effect on developing and deepening understanding for clients
- Planning, pacing and prioritising in a classroom
- “Holding” the individual and the group
- Provision of the 8 week structure- the essentials
- Exploring suffering
- Examining the individual needs of clients
- Teaching the essential elements of Non-Violent Communication
- The client assessment process
- Identifying the clients for whom mindfulness is inappropriate
- An exploration of the neurological changes elicited by mindfulness practice
- An understanding of how mindfulness affects relationships
- An in-depth understanding and opportunities to explore the inquiry process
- Current, up-to date, relevant research
- Videoing teaching to enable individual and peer group feedback
- The use of scales pre and post course to monitor and regulate teaching
- The influence and effects of compassion
- The teacher’s embodiment of mindfulness
- A comprehensive list of questions asked by clients in Karen’s classes over the last 6 years, giving students the opportunity to role play their answers and inquiry skills

- Client-based anecdotes to broaden learning and application
- All aspects of the MBI-TAC will be adhered to during the training process- <https://www.bangor.ac.uk/mindfulness/documents/MBI-TACMay2012.pdf>

**Additional Teaching Within the 12 month Training Programme- This may incur additional costs**

- a) They will be expected to attend at least one mindfulness teacher-led retreat of 5 days' (can be divided into 2 weekends) duration at some stage during the 12 months' training (we will be recommending retreats to attend that qualify to meet the GPG criteria).
- b) Observed supervision of the first two MBSR courses. The recommendation is weekly supervision for the first 2 courses. Supervision for these courses can be arranged through MindfulnessUK or another trained Mindfulness supervisor. There will be an additional cost for this. We will ask for audio and/ or video of some teaching elements of the course until they are competent and confident enough to teach on their own and qualify for the GPG for teachers (2 supervised courses minimum).
- c) They will have a personal on-going commitment to regular practice and submit their portfolio to verify workshops, retreats, conferences etc attended.
- d) Ideally we will offer the capability of observing and/or co-teaching on our regular MBSR courses for as long as necessary. We offer a minimum of 12 courses per annum.
- e) As a training organisation we also provide peer supervision training days and workshops in eg. the Process of Inquiry Workshop. They will be expected to attend 2 or 3 of these workshops within the 12 month period and incur additional costs, with the Process of Inquiry Masterclass being an essential part of the training.

*Please note this course is non-residential. We can suggest places to stay and eat nearby if you need to stay over.*

**To Book**

Please complete the application form online via <https://mindfulnessuk.com/teach-mindfulness/mindfulness-based-stress-reduction-teacher-training> and follow the link to the course you'd like to attend.

