

# Mindfulness Teacher Training

## Advanced Program

*Mindfulness training programs have attained solid ground in many areas of life: personal development, work, health, education, leadership. Together with the Foundational Training this Graduation Training provides a complete training for teaching the eight week mindfulness training MBSR/MBCT. This program is recognized by the Dutch associations of professional mindfulness teachers.*

### **Foundation and Advanced Program: a complete Teacher Training**

This Advance Program integrates seamlessly with the Foundation Program and together they form a complete Mindfulness Teacher Training. Therefore, we recommend to plan both modules as one. However, of course it is possible to start with the Foundation Program and decide later upon continuation of your teacher training.

The course is characterized by an emphasis on inquiry (dialogue with the group); on a continuing to develop more mindfulness in your personal domain (embodiment); by the body-oriented aspects of mindfulness (such as mindful yoga) and focus on the new trainings apart from the original MBSR, the so-called Mindfulness-Based Applications (MBA's). Thus, the Advanced Program is completing your training, encompassing all elements of teacher competencies.

## Results

After this course, you are prepared to offer mindfulness training to groups with different backgrounds. You have knowledge of the evidence-based results, conditions and setting criteria of mindfulness trainings. You can readily switch between change-oriented and an acceptance-oriented approach with your clients. You have a solid foundation of mindfulness for your life and work.

## Program

### **Time investment**

Duration: four to six months Study: 104 contact hours, 64 study hours, supervision (3 hours) and peer (7.5 hours), preparing and executing pilot training (approximately 120 hours), writing up a reflection report (around 20 hours)

### **Content of the program**

- inquiry: deepening of the layers in your inquiry and this skill.
- meditations and exercises: refining guidance skills.
- learning to work with yoga as an exercise to enhance bodily awareness.
- pre-class interview as a means of introduce mindfulness, motivate and screen candidates.
- group dynamics.
- educational themes of the training; their rationale and how to present them.
- responding wisely to difficult behaviour.
- being aware of strengths and limitations in your own teaching.
- developing further awareness of what you bring to the group as a teacher.
- developing further competency in taking care for the group (while taking care of yourself).
- the Buddhist roots of mindfulness.
- structure, similarities and differences of MBSR and MBCT.
- getting to know other Mindfulness-Based Applications (MBA's); programs for areas such as health (-care), education, workplace and leadership.

### **Mindfulness Teacher Training - Advanced Program**

Program description  
Version september 2017

### **Giving a pilot training**

During the training, the participant gives a (pilot) training, which he/she organizes him/herself and on which he/she also writes a reflection report. Supervision and peer review meetings start in conjunction with this training.

### **Course Materials**

The training workbook is offered. Study books to purchase:

- Mindfulness Trainingsboek, het achtweekse programma, stap voor stap (Dutch) (€ 39.99) by Rob Brandsma.
- The literature of the Foundational Training is also part of this Graduation Training, as well as the book Mindfulness-Based Cognitive Therapy for Depression by Zindel Segal, Mark Williams and John Teasdale.

### **Language**

Dutch.

## **For whom**

The graduation mindfulness teacher training is open to anyone who meets the following requirements:

- having followed our Foundational Teacher Training (lateral entry with equivalent education may be possible).
- completed some form of higher education.
- experience in working with people in some area of personal development.
- one year of daily meditation practice (vipassana, zen, dzogchen).
- as a participant followed mindfulness training MBSR / MBCT.
- having followed a meditation retreat in silence of at least five consecutive days, preferably in the vipassana tradition (or otherwise Zen or Dzogchen).
- having had a pre-class interview (by telephone) with one of the teachers.

## **Teaching Team**

Rob Brandsma - Psychologist and mindfulness and compassion teacher

Mila de Koning - Psychological Educationalist, mindfulness and compassion teacher

George Langenberg - Mindfulness Teacher, Children and adolescent mindfulness teacher trainer, yoga teacher

Karin Rekveld - psychologist, mindfulness and compassion teacher

Thorsten Barnhofer - Associate Professor in Psychology, researcher, mindfulness teacher

Joost van den Heuvel Rijnders - vipassanateacher

Wibo Koole - mindfulness teacher, organisational advisor, teacher trainer Mindfulness in Organizations