

Oasis

An International Learning Center
for Clinicians, Researchers, and Educators
Engaging in MBSR and other
Mindfulness-Based Approaches and Interventions



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The Center for Mindfulness in Medicine, Health Care, and Society

Established in 1995, the Center for Mindfulness (CFM) is an outgrowth of the acclaimed Stress Reduction Clinic, the oldest and largest academic medical center-based stress reduction program in the world. The CFM is a multi-dimensional center in the Division of Preventive and Behavioral Medicine, within the Department of Medicine at the University of Massachusetts Medical School. Since 1979, when the Stress Reduction Clinic was founded by Jon Kabat-Zinn, PhD, we have been a leader in mind-body medicine, pioneering the integration of mindfulness meditation and other mindfulness-based practices into mainstream medicine through patient care, research, medical and professional education, and to the larger society through a broad range of outreach and public service initiatives.

As the originator of Mindfulness-Based Stress Reduction (MBSR) our foremost priorities in the domain of Professional Education and Training have been to:

- Affirm the intentional cultivation of the inner life of the professional as central to learning and teaching,
- Establish Standards of Practice for MBSR,
- Elucidate Qualifications and Guidelines for MBSR teachers,
- Explore and begin to clarify the pedagogical principles of MBSR,
- Engage in the development of MBSR teachers through the delivery of in-depth training programs,
- Refine and implement a comprehensive Teacher Certification process in MBSR,
- Instruct professionals intent on utilizing core elements of MBSR in their work in fields as diverse as education, psychology, law, athletics, business, and the domain of social justice, and
- Provide a forum for clinicians and researchers of MBCT and an array of other mindfulness-based approaches to experience first hand and understand the core elements and theoretical underpinnings of MBSR.

“Mindfulness is universal and transformational, a planetary commonwealth. We didn’t invent mindfulness. We don’t own it or hold a patent. We do know something about working with this simple, provocative way of relating to self, others, and the world that transports meditation and mindfulness from the familiar territory of the monastery and meditation hall into the clinic, laboratory, and nitty-gritty diversity of everyday human affairs. This is our defining strength, the primary field of our attention.”

Saki Santorelli

“Where the world ceases to be the scene of our personal hopes and wishes, where we face it as free beings admiring, asking, and observing, there we enter the realm of Art and Science.”

Albert Einstein

Oasis: An International Learning Center for Professional Education and Training at the CFM

Oasis: a fertile or green spot in a desert; a refuge

No matter what your chosen field or profession, by virtue of being alive, you have probably experienced periods of dryness; moments when you thirsted for something alive and sustaining that would offer you refreshment and restoration. Oasis is just such a verdant, fertile refuge; a place where you can drink deeply, grow and flourish in the good company of other professionals; where you can cultivate the qualities, attitudes, and knowledge required to effectively teach and meet the world through mindfulness, MBSR, and other mindfulness-based approaches.

“You hear the sound of water and you know where you want to be. Why wait?... water says, “Live here.”

Rumi

Introduction

Since 1981, more than 7,000 professionals from all over the world, representing a broad spectrum of disciplines and specialties, have participated in our professional education and training programs. More than 200 clinics offer programs based on the MBSR model pioneered and developed at the University of Massachusetts Medical School. More than forty peer-reviewed articles in the scientific literature have been published, reporting on the use of mindfulness and MBSR for an array of medical and psychological conditions in a wide range of settings.

Our educational priorities have now led to the establishment of *Oasis* – an international learning center for mindfulness-based professional education and training that provides comprehensive and systematic training, supervision, and mentoring for professionals interested in teaching MBSR and other mindfulness-based approaches and interventions or in

integrating MBSR principles into their lives and work. In addition to the programs described in this brochure, we offer:

- Observational and video training facilities and services,
- Opportunities for consultation, collaboration and affiliation with other mindfulness-based research and clinical programs and organizations,
- A comprehensive database of MBSR clinics and teachers world wide,
- A year-round program of seminars, workshops, and programs for health care professionals and educators intent on cultivating expertise in mindfulness-based interventions and research and exploring topics for personal development,
- A forum for networking among colleagues and the initiation of a professional society for MBSR and other mindfulness-based teachers and researchers, and

- Seminars and programs in concert with the CFM's annual international scientific conference: *"Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society"* March 29 – April 1, 2007.

While MBSR and other mindfulness-based clinical and educational approaches and interventions are the primary focus of our professional education and training initiatives, Oasis has a more fundamental objective. Our intention is to be a force for healing the unfortunate split so pervasive in our contemporary approach to the formation of health care professionals. In our time, we have favored the objective to such a degree that we have isolated the subjective. Yet, any clinician, researcher, or educator knows that inner experience, clinical judgment, and intuition are as crucial and valid an evidence-based approach as are factual, objective evidence-based ways of knowing. Oasis is meant to be a testing ground, a rigorous forum for the conscious development of these mutually effective, interdependent approaches to knowing and caring.

Depending on your intentions for integrating mindfulness in your life and work, you can approach our professional training programs in four different ways:

- **Approach One:** Engagement in comprehensive and systematic training in MBSR leading to *Teacher Certification in Mindfulness-Based Stress Reduction*.
- **Approach Two:** Enhancement and refinement of teaching skills for MBSR teachers who are not interested in Certification.
- **Approach Three:** Exploration of the experiential, theoretical, and pedagogical foundations of MBSR as a critical framework for teaching and/or researching a growing array of other mindfulness-based approaches and interventions that are offshoots of MBSR.
- **Approach Four:** Integration of a range of mindfulness-based practices, attitudes, and skills into the lives of health care professionals and educators who are not interested in becoming MBSR teachers but,

nonetheless, recognize the importance of these attitudes and skills in their chosen work and lives.

"As the practice of medicine is not a business and can never be one, the education of the heart – the moral side of man – must keep pace with the education of the head. Our fellow creatures cannot be dealt with as man deals with corn and coal; the Human heart by which we live must control professional relationships."

Sir William Osler

"In one sense we could define compassion as the feeling of the unbearableness at the sight of other people's suffering, other sentient beings' suffering. True compassion implies the wish to put the end to others' suffering and a sense of responsibility for those who suffer."

The 14th Dalai Lama

The Way of Teaching: Mindfulness in Action

Oasis is a center for learning; a school whose primary intention and aim is the ongoing development of good teachers of mindfulness-based approaches and interventions. Good teachers develop from the inside out. It is a plain and simple fact. We view teaching as a noble art; a calling requiring nothing less than a full-bodied commitment to inner and outer, body and mind, heart and soul. We espouse three fundamental axioms:

Trusting the Possible Teaching by Heart Cultivating Wisdom

Trusting the Possible reminds us that as teachers we are keepers of the possible – mirrors revealing to our students potential they don't yet see within themselves. Skillful teachers cultivate and sustain attention to the possible and slowly undermine conditional ideas and opinions about self and others that impoverish our ability to learn and grow and move beyond fixed notions of self and others.

Teaching by Heart calls on teachers to access all that we are rather than allowing learning to be dominated by knowledge acquired almost exclusively through the filters of intellect and objectivity. While valuable tools, learning dominated by these attributes can readily lead us, as teachers and students, to feel disconnected from the very sources of inquiry and creativity that fueled our passion to study and teach the subjects we love.

Cultivating Wisdom is the teachers' path. It is an unfolding odyssey – a way of living into what is deepest and truest in our lives. And, because we are teachers, it is our invitation to those we teach to make contact with and live into what is deepest and truest within themselves. As we become more firmly anchored in this way of being, we begin to honor the genius within our students, enter more fully into the interdependent reality of our relationships in and out of the classroom, and love what we do so much that we are willing to go beyond ourselves in service of freedom and the best interests of others.

“Surely a school is a place where one learns about the totality, the wholeness of life. Academic excellence is absolutely necessary, but a school includes much more than that. It is a place where the teacher and the taught explore not only the outer world, the world of knowledge, but also their own thinking, their behavior.”

J.Krishnamurti

The Pathways of MBSR Teacher Training and other Mindfulness-Based Approaches and Interventions

Since 1981, our primary educational work has been focused on the development of MBSR teachers. Now, with the maturing and broad dissemination of MBSR, a range of other mindfulness-based approaches and interventions have begun to be developed and researched. In most cases, these approaches are derivatives of MBSR; they utilize the basic MBSR curriculum, principles, and overall approach to teaching and learning. In short, MBSR is the “mother” of these interventions. Given this, we believe it is imperative that clinicians, researchers, and educators intent on using or studying mindfulness-based approaches and interventions have a fundamental grounding and firm foundation in MBSR.

Our experience strongly suggests that in-depth, well-rounded professional training and education require deliberate attention to *inward* and *outward* dimensions of learning.

- Inward-oriented learning is aimed at refining one’s intrinsic capacities for meditation, contemplation, self-reflection, and self-knowledge. This approach to learning is directed toward the cultivation of wisdom through the ongoing development of innate qualities such as nonjudgmental observation, active listening, flexibility, presence, insight, and compassion.
- Outward-oriented learning is targeted toward the understanding and attainment of well-defined technical skills and competencies in all curricula associated with Mindfulness-Based Stress Reduction and an ability to apply these core methods and skills in diverse situations and settings.

Remaining true to this balanced approach to learning and growth, our programs are highly experiential and intellectually challenging, taking into account the ongoing development and integration of multiple modes of intelligence.

Teaching MBSR requires the capacity to meet our own suffering and that of others with attention, resilience, transparency and compassion. For most people, cultivating these qualities is both cumulative and non-linear. Therefore, we encourage you to proceed through our training programs slowly and thoroughly, allowing time to integrate your learning into your life and your teaching.

It is not necessary to be certified by the CFM to teach MBSR. However, before beginning to teach, we strongly encourage you to participate in one or both of our foundational training programs. In addition to participating in our foundational training programs, in our experience, dedication to the ongoing exploration of the following four interconnected pathways of study and personal development is essential:

- **Personal psychological development**

Your ongoing commitment to learning as much as possible about your own personality and patterns of relating is necessary if you hope to teach MBSR. Such knowledge requires intense self-examination and ongoing inner work, and requires your active engagement in psychotherapy, counseling, or some other form of psychological self-investigation.

- **Meditation training, including silent retreat attendance.**

Because wonder and inquiry into the nature of the self and reality is an essential practice for MBSR teachers, your engagement in a daily practice of mindfulness meditation and ongoing participation in silent, teacher-led retreats is critically important. We recommend attendance at retreat centers that emphasize Theravadan Buddhist teachings because the spirit, practices, and attitudes of MBSR are reflective of this tradition. Other consciousness disciplines that

include many days of silence, interaction with a meditation teacher, and practice in a style of meditation that encourages spaciousness and introspection may be acceptable.

- **Yoga or other bodywork training**

Recognition of the body as a vehicle for mindfulness is essential. We recommend that you practice and train in mindful Hatha Yoga, or in some other form of body-centered awareness practice.

- **Professional training and graduate degree in a related field**

Teaching MBSR demands that you nurture your intellectual understanding of the scientific, medical and educational roots of MBSR, and develop the capacity to articulate these aspects of the teaching. For that reason, it is essential to pursue a graduate degree in a field connected to MBSR. Psychology, education and medicine are typical fields of study, but any program that emphasizes an understanding of the mind and body,

and includes service as a component, may be acceptable. You do not have to have a graduate degree to teach MBSR, but if you wish to receive certification, you must have completed your graduate program.

“Teaching, like any other human activity, emerges from one’s inwardness, for better or worse. As I teach, I project the condition of my soul onto my students, my subject, and our way of being together. The entanglements I experience in the classroom are often no more or less than the convolutions of my inner life. Viewed from this angle, teaching holds a mirror to the soul. If I am willing to look into that mirror and not run from what I see, I have a chance to gain self-knowledge – and knowing myself is as crucial to good teaching as knowing my students and my subject... Good teaching requires self-knowledge: it is a secret hidden in plain sight... The more familiar we are with our inner terrain, the more surefooted our teaching – and living – becomes.”

Parker Palmer
from *The Courage to Teach: Exploring the Inner Landscape of a Teacher’s Life*

The Training Map:

Overview of MBSR Teacher Education, Training and Development Programs



Foundational Training

Coursework

- MBSR in Mind-Body Medicine
- Practicum in MBSR

Developmental Pathways

- Professional Training and/or Graduate Degree in related field
- Meditation training, including silent retreat attendance
- Yoga or other bodywork training
- Personal psychological development

Initial Teaching of MBSR



Advanced Training

Coursework

- Teacher Development Intensive
- Supervision and Consultation in MBSR

Developmental Pathways

- Ongoing meditation training, including regular retreat attendance
- Continuation of professional training in related fields and progression towards Graduate Degree
- Ongoing development of yoga/bodywork training
- Ongoing personal development

Application for Certification



Certification in MBSR

- Teacher Certification Review

Ongoing Education & Training

- Professional Development Seminars, Workshops and Programs
- Annual International Scientific Conference
- Apprenticeship in MBSR
- MBSR Teacher Retreats
- Supervision & Consultation

MBSR Teacher Formation: A Detailed Description of MBSR Education and Training

Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Residential Training/Retreat

This training/retreat is an opportunity to directly experience mindfulness and MBSR with Drs. Jon Kabat-Zinn and Saki Santorelli, to learn to practice mindfulness meditation as it is taught in the Stress Reduction Clinic, and to explore the practical application and integration of MBSR in health care and other settings. The program is oriented toward health care professionals, including physicians, surgeons, psychiatrists, social workers, therapists, hospital administrators and educators. It is intensive and participatory, and emphasizes the primary necessity of embodying mindfulness meditation

practice in one's own life before attempting to teach it to others. While information on creating MBSR clinics is touched on, it is not a major focus of the retreat.

This training activity is offered for 59 CE/CME credit hours (UNA:70.8). See page 23

Learning Objectives

- Practice mindfulness meditation via the seamless cultivation of mindfulness throughout the retreat, through both formal and informal practices, in silence and in conversation and dialogue,
- Describe the theoretical, philosophical, pedagogical and scientific underpinnings of MBSR,
- Integrate mindful approaches to the experience and expression of stress, pain, grief, and anxiety within ourselves and when working with others,

- Explore instructing and guiding others in the formal and informal methods of mindfulness meditation in various settings,
- Review research supporting the clinical value of Mindfulness-Based Stress Reduction,
- Examine the essential components of a viable program, including specific program structure and content, assessment, and screening of program participants, as well as teacher competency, and
- Explore the ethical and moral principles and the domains of non-harming, compassion, and wisdom that underlie mindfulness practice and MBSR.

*For faculty biographies, please call us at (508)856-1097.

Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives

The Practicum provides an opportunity to experience an MBSR class as taught by Senior CFM Teachers. By taking the MBSR class along with regular program participants, you directly experience the impact of MBSR on your life and practice. This provides an opportunity to immerse yourself in the CFM's approach to learning, growing, human development and healing. You also engage in a seminar with your teacher and fellow Practicum participants in which you have the opportunity to explore issues and questions arising out of your experience of the class, how to guide others in formal and informal mindfulness practice, and the contextual background of MBSR.

There are two versions of the Practicum. The 8-week Seminar Practicum requires

weekly attendance at an 8-week MBSR class, and includes 70 hours of instruction. The Summer Intensive Practicum, which is intended for trainees who live far from the CFM, is designed as an intensive retreat, and includes a 5-day residential MBSR retreat followed by a 4-day residential seminar, and consists of 66 hours of instruction.

Prerequisites:

- A personal meditation practice is required.
- Participation in at least one 5-10 day silent, teacher-led mindfulness meditation retreat.

Learning Objectives:

- Explore in detail the CFM approach to instructing MBSR classes
- Develop an understanding of the theoretical, philosophical, pedagogical, and scientific underpinnings of MBSR
- Examine, through the lens of MBSR, the emerging field of mind-body medicine

- Refine and deepen your personal meditation practice

8-week Seminar Practicum

The 8-week Seminar Practicum was formerly known as the “Professional Internship Program.” Since its inception in 1981, more than 2,000 professionals have completed it. (Note: graduate credit is available for this program through Lesley University, Cambridge, Massachusetts.)

The 8-week Seminar Practicum consists of the following:

- Participation in a 4.5 hour pre-program Practicum orientation and a 4.5 hour post-program Practicum closure session,
- Participation in the 8-week Stress Reduction Program, which includes weekly classes of approximately 2.5 to 3.5 hours and one all-day session on a weekend midway through the program. (Practicum participants are also welcome to attend a pre-program

orientation session for regular MBSR program participants.),

- Weekly 3-hour seminar meetings which include dialogue with other Practicum participants and your teacher,
- Weekly reading assignments relevant to the course,
- Presentations to other seminar participants on the reading assignments,
- Opportunities during the seminar to guide other Practicum participants in mindful meditation and/or yoga and to receive feedback,
- Review of MBSR-related research, and
- Discussion of professional, institutional, and administrative aspects of the work relevant to the background and career paths of individual Practicum participants.

9-Day Summer Intensive Practicum


The Summer Intensive Practicum was initiated in 2003 to meet the needs of professional trainees who are unable to travel weekly to the program in Worcester, Massachusetts, because of time and distance considerations. While there is no substitute for the time the 8-week Seminar Practicum allows for learning, experiencing and gradually integrating mindfulness into the context of your daily life, this program maintains the integrity and learning objectives of the longer program. (Note: Preference will be given to applicants who have attended MBSR in Mind-Body Medicine: A 7-Day Residential Training/Retreat.)

The Summer Intensive Practicum consists of the following:

- Participation in *Mindfulness Tools for Living the Full Catastrophe*, a five-day course offered by the CFM in collaboration with Omega Institute at their campus in Rhinebeck, New

York. (This program, offered since 1992, is open to the public and replicates key elements of the 8-week Stress Reduction Program.),

- Participation in a 4-day intensive seminar in Worcester, Massachusetts, at the CFM, which includes dialogue with the other Practicum participants who attended the Omega course and the course teachers,
- Completion of reading assignments relevant to the course prior to attendance,
- Presentations on the reading assignments to other Practicum participants during the seminar, and
- Opportunities during the seminar to guide other Practicum participants in mindfulness meditation and/or yoga and to receive feedback.



Teacher Development Intensive: An Advanced MBSR Teacher Training/ Retreat

This program is an 8-day residential training/retreat, designed to refine teaching skills through sustained inner work. It is intended for people who are already teaching MBSR. Applicants who are not yet teaching but who have a strong professional and meditation background and who are committed to becoming teachers of MBSR may also be considered for admission into the program.

The Teacher Development Intensive is a highly interactive, collaborative learning experience, which allows participants to explore their relationship with self, others, and the world in the context of the teaching environment. Attention will be given to developing a working familiarity with, and competency in, multiple aspects of the didactic elements of the MBSR curriculum, including

presentational elements, guidance in meditation and yoga practice, inquiry and group dynamics, and preparation of supporting materials.

The Teacher Development Intensive consists of the following:

- 8-day residential training program/retreat,
- 92 hours of direct instruction,
- Comprehensive investigation of the underpinnings of the MBSR curriculum,
- Extensive first-hand experience practice-teaching,
- Exploration of identity and integrity as a teacher of MBSR,
- Refinement of personal meditation and yoga practice as it informs one's ongoing development as an MBSR teacher,

- Integration of key principles of the MBSR model into other mindfulness-based approaches and interventions, and
- Development of an ongoing supportive learning community.

Prerequisites:

- Completion of one or both of the Oasis Foundational Trainings:

- **Mindfulness-Based Stress Reduction in Mind-Body Medicine**
- **Practicum in Mindfulness-Based Stress Reduction**

(Preference will be given to applicants who have completed both Foundational trainings and who are currently teaching MBSR.)

- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life,

- Professional experience in the fields of health care, education and/or social change, and
- Participation in at least two 5-10 day silent, teacher-led mindfulness meditation retreats.


Learning Objectives:

- Learn in detail the MBSR curriculum and its theoretical, philosophical, and pedagogical underpinnings
- Practice, clarify and enhance MBSR teaching skills
- Refine the precise use of language to enhance clarity of communication in all phases of instruction
- Identify more precisely how the actions emerging out of one's thoughts and emotions accurately inform or distort one's capacity to understand oneself and work effectively with others

- Develop a capacity for sustained dynamic stability in the midst of uncertain and highly charged situations
- Experientially explore mindfulness meditation and its integration into other mindfulness-based interventions

It is our suffering, our broken heart, that gives us insight into the suffering of others... The extraordinary thing is that the insight of the heart is the magic that unleashes talents and potentialities within people that have been blocked as a result of their suffering.

Pir Vilayat Inayat Khan



Supervision and Consultation in Mindfulness-Based Stress Reduction

The Supervision and Consultation program provides an opportunity to meet with a CFM senior instructor, in person or by telephone, to explore issues and questions that arise in teaching and presenting MBSR. Our intention is to provide an opportunity for you to learn through self-reflection in the form of journaling and through support, guidance, exploratory dialogue and precise feedback with your supervisor.

Supervision fosters precision and comprehensiveness in the teaching of MBSR, and encourages an authentic exploration of unexamined habits and patterns that hinder effectiveness in teaching and living. Grounded in respect for and trust in the innate genius of Supervision participants, this program is dedicated to investigating, understanding and honing instructional approaches and skills.

Once you are accepted into the program, you may arrange the number of individual sessions with your supervisor.

Prerequisites:

- Completion of one or both of the Oasis Foundational Trainings:

- **Mindfulness-Based Stress Reduction in Mind-Body Medicine**

- **Practicum in Mindfulness-Based Stress Reduction**

(Preference will be given to applicants who have completed both Foundational trainings, are currently teaching MBSR, and who have completed the Teacher Development Intensive.)

- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life,

- Professional experience and graduate degree or equivalent in the fields of health care, education and/or social change,
- Experience as a group facilitator,
- Regular participation in 5-10 day silent, teacher-led mindfulness meditation retreats. Please indicate the dates and tradition of your retreats in your application.

Learning Objectives:

- Teach an MBSR course while participating in the supervision/consultation process
- Create supporting instructional materials, including course curricula, audio tapes or CD's, workbooks, and other teaching resources
- Explore the dynamics of the participant-practitioner relationship through the lens of mindfulness
- Integrate your personal mindfulness practice into your work

- Cultivate specific competencies necessary for teaching MBSR, as follows:
 - o present-centered awareness
 - o attentional flexibility
 - o ability to connect theoretical constructs of stress reactivity and enhanced coping with essential qualities of mindfulness meditation practice
 - o sensitive and skillful use of:
 - group process
 - pacing and rhythm
 - inquiry and investigation
 - clear, direct, inviting language

Supervision and Consultation may consist of all or some of the following:

- **Pre-teaching preparation:**
 - o Creating a learning contract that identifies issues personally relevant to your teaching,

- o Designing a course curriculum and course materials specific to your prospective population and program, and
- o Submitting home practice CD's, tapes and/or scripts to your supervisor for review.

• **Supervision while teaching an MBSR course:**

- o Developing and submitting class plans prior to each class,
- o Submitting questions, reflections and intentions that pertain directly to your current teaching experience,
- o Investigating the experience of being an MBSR teacher and the issues and attitudes that emerge during teaching,
- o Exploring the interface between your inner life, meditation practice, and classroom teaching, and/or

- o Demonstrating classroom teaching to your MBSR supervisor by arranging site visits or by submitting classroom videotapes.

• **Post-teaching Inquiry:**

- o Assessing personal strengths and weaknesses as an MBSR teacher,
- o Exploring strategies for improving effectiveness in the classroom,
- o Devising an action plan for enhancing competence as an MBSR teacher, and
- o Submitting a final reflective paper that substantively documents your experience of supervision and consultation.

Teacher Certification Review

Certification in MBSR is the recognition of an individual's ability to demonstrate an in-depth understanding and skillful use of the MBSR curriculum and competencies in the classroom at a level deemed satisfactory according to standards developed by the CFM. The Review process is extensive and iterative. Following Certification Review, you may be asked to refine your teaching by attending CFM training programs or receiving supervision. Applying for Certification Review does not guarantee that you will receive certification.

Teacher Certification Review consists of the following:

- Submitting a portfolio that demonstrates your teaching, and which includes:
 - o Three copies of a video of a class that includes examples of you
 - leading meditation practice;
 - engaging in group dialogue and inquiry; and
 - making a didactic presentation.
 - o Three copies of your supporting instructional materials, including:
 - course curricula,
 - home practice audio tapes or CD's, and
 - workbooks, and other teaching resources.
 - o Letters of recommendation from:
 - a mentor or teacher who is personally familiar with your meditation background
 - Two professional colleagues who have had experience with your MBSR teaching through participating in your classes and/or who have referred participants to your MBSR courses.
 - o Six evaluations from your students.
 - o A description of the number, setting, location and dates of all your MBSR classes.
- Engaging in email and phone dialogue with your Certification Review Leader, who, along with a team of senior MBSR teachers from the CFM and also from outside the CFM, reviews your portfolio.

Prerequisites:

- Completion of the following Oasis professional training programs*:
 - o **Mindfulness-Based Stress Reduction in Mind-Body Medicine**
 - o **Practicum in Mindfulness-Based Stress Reduction**
 - o **Teacher Development Intensive**
 - o **Supervision and Consultation**
- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life
- Professional experience and graduate degree or equivalent in the fields of health care, education and/or social change
- Experience teaching a minimum of four eight-week MBSR courses

- Regular participation in 5-10 day silent, teacher-led mindfulness meditation retreats. Please indicate the dates and tradition of your retreats in your application.

*(We expect that MBSR teachers who apply for Certification Review will have completed the listed training programs. However, you may make a case for the equivalency of other trainings, retreats and long-term MBSR teaching experience.)

All of us who attempt to heal the wounds of others will ourselves be wounded. It is after all, inherent in the relationship... In healing, we ourselves take on the wounds of others... It is our wounds that make us human, that bridge the gap between patient and physician... Even when we have created the best environment possible, there will still be the pain that comes from meeting others deeply... We can fight against the pain, and in the fighting bring ourselves to numb cynicism, or a fragile despair, or we can accept it, become one with it, and allow it to minister [care] to others.

David Hilficker, MD

Related Services, Programs and Ongoing Initiatives

Apprenticeship in MBSR

MBSR teachers who have completed both of our foundational programs, the Teacher Development Intensive, and who have taught several MBSR programs may apply to co-facilitate an 8-week class with a Senior CFM Instructor. This is a highly selective and individualized program of study; an *in vivo* supervision and practice teaching program that includes ongoing planning and intensive personal supervision with your mentor teacher. Participation in the *Apprenticeship in MBSR* fulfills the *Supervision and Consultation in MBSR* prerequisite for Certification in MBSR.

The *Apprenticeship* consists of the following:

- Developing a pre-program learning portfolio and establishing personal learning objectives,

- Assisting with pre-program orientation sessions,
- Weekly co-teaching of an MBSR class, which includes class set-up, teaching, and classroom clean-up,
- Participating in the *Practicum Seminar* which may be scheduled to follow or precede your MBSR class,
- Assisting your co-teacher with phone and email communication with your class participants,
- Weekly planning meetings, which include inquiry and dialogue with your co-teacher about your teaching, ongoing assessment of your learning objectives, organizing the curriculum for each class, and preparation of class materials and hand-outs,
- Co-facilitating an all-day class with other CFM instructors,

- Weekly teachers' meetings with other Oasis instructors, and
- Post-program assessment with your mentor teacher of your teaching skills and learning objectives.

Prerequisites:

- Completion of the following Oasis professional training programs:
 - o **Mindfulness-Based Stress Reduction in Mind-Body Medicine**
 - o **Practicum in Mindfulness-Based Stress Reduction**
 - o **Teacher Development Intensive**
- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life

- Professional experience and graduate degree or equivalent in the fields of health care, education and/or social change
- Experience teaching MBSR
- Regular participation in 5-10 day silent, teacher-led mindfulness meditation retreats. Please indicate the dates and tradition of your retreats in your application.

Learning Objectives:

- Co-teach an MBSR course with a CFM Senior Teacher,
- Identify your MBSR teaching strengths and weaknesses via the development of a Learning Portfolio,
- Receive weekly feedback from your mentor teacher about specific skills, attitudes, and behaviors that you have identified,
- Cultivate specific competencies necessary for teaching MBSR, as described under Supervision and Consultation,

- Become increasingly aware of personal patterns of relating to colleagues and class participants that either support or undermine your effectiveness and/or capacity to relate to program participants,
- Actively engage in weekly teachers' meetings with MBSR teachers at the CFM, and
- Explore the dynamics of the participant-practitioner relationship through the lens of mindfulness.

It is indeed a radical act of love just to sit down and be quiet for a time by yourself... It is only love that can give us insight into what is real and what is important. And so a radical act of love makes sense – love for life and for the emergence of one's truest self.

Jon Kabat-Zinn

How to Apply

Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Residential Training/Retreat

This program is offered annually at different locations in the USA in collaboration with the Omega Institute, Rhinebeck, NY. For more information and/or to register, please contact Omega Institute, 150 Lake Drive, Rhinebeck, NY 12572-3212. Tel: (800) 944-1001, Fax: (845) 266-4828 www.eomega.org

European Program

Sweden 2006

www.mindfulness-programs.com

Germany 2007

www.arbor-verlag.de

All Other Oasis Professional Education and Training Programs

Please send your application to:
Professional Training Programs, Center for Mindfulness, Shaw Building, UMass Medical School, 55 Lake Avenue North, Worcester, MA 01655.
Tel: (508) 856 – 1097
Fax: (508) 856-1977
email: CFM.OASIS@umassmed.edu.
Fees may be paid by check or major credit card.

Please include:

- Your non-refundable application fee
- Your current CV or resume, which includes information about your professional training and graduate degree, if any, in the fields of health care, psychology, education or a related field.

- A cover letter which includes the following,
 - o The name and dates of the program for which you are applying,
 - o How you meet all of the program's prerequisites,
 - o How you learned about this program, what draws you to participate in it, and your vision or intentions for integrating it into your work,
 - o A description and brief history of your personal psychological and spiritual development,
 - o A description and brief history of your meditation training, the tradition(s) in which you practice, your regularity of practice, all teacher-led retreats you have attended, and the meaning of practice in your life and work,
 - o A description and brief history of your yoga or other bodywork training and practice.

For the **Teacher Development Intensive**, the **Supervision and Consultation**, the **Apprenticeship** program, and for **MBSR Teacher Retreats**, also include a description and brief history of your teaching of MBSR.

For **Teacher Certification in MBSR**, also include your portfolio, as described in the detailed program description.

Cancellation policy: Your registration represents a commitment. Because spaces in our training programs are limited, your tuition is non-refundable.

***Note:** This policy does not apply to the 7-Day Residential Training Retreat. Please refer to the Omega Institute's policy as it appears on page 23.

Tuition Assistance

Tuition assistance is available for some programs. The CFM does not have scholarship funds for professional training, but we can reduce tuition payments in some cases of demonstrable need. We also offer flexible payment plans. Please include your request for tuition assistance or a payment plan in your application.

For information about scholarships for **Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Residential Training/Retreat**, and for **Mindfulness Tools for Living the Full Catastrophe** (part of the Summer Intensive Practicum) please refer to the Omega Institute website www.eomega.org or their catalogue.

Dates and Fees

Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Residential Training/Retreat

- Program tuition: \$1,400, payable to the Omega Institute
- Room and board costs are additional. Please inquire directly to Omega Institute for costs and options.
www.eomega.org 800-944-1001

Winter 2007 Feb. 25-March 4, 2007
Watsonville, CA

Summer 2007 June 1-8, 2007
Rhinebeck, NY

European Program

Summer 2006 Aug. 25-Sept. 1, 2006
Sweden

Summer 2007 June 15-22, 2007
Germany

European programs are not offered through the Omega Institute. No U.S. continuing education credits are offered.

Practicum in Mindfulness-Based Stress Reduction

• 8-week Seminar Practicum

Application fee: \$50, payable to the CFM
Tuition: \$1,800, payable to the CFM

Teaching Cycle

Program Dates	Application Deadline
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Fall 2006 Sept. 25-Nov. 17	August 26
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Winter 2007 Jan. 22-Mar. 16	December 30
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Spring 2007 Apr. 24-June 15	March 17
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Summer 2007 June 19-Aug. 10	May 12
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9-Day Summer Intensive Practicum

Application fee:

\$50, payable to the CFM

Tuition for the Seminar:

\$1,800, payable to the CFM

Tuition fee for Mindfulness Tools for Living the Full Catastrophe: \$395, payable to the Omega Institute, 150 Lake Dr., Rhinebeck, NY 12572-3212

Tel: (800) 944-1001 • Fax: (845) 266-4828

www.eomega.org

- Room and board costs are additional.
 - o For Mindfulness Tools, please inquire directly to Omega Institute for costs and options.
 - o For the Seminar in Worcester, Massachusetts, some meals are included. Participants are responsible for their own housing over the four nights. Special area hotel rates may be available through the CFM.

Program Dates

July 8 – 17, 2007

Application Deadline

April 5, 2007

Applicant Notification

June 9, 2007

European Program

Tentative Date:
August 2007
Sweden

Teacher Development Intensive

- Application fee: \$50, payable to the CFM
- Tuition: \$2,250, payable to the CFM
- Room and board costs are additional. Because of the intensive nature of this program, residency is required. Please inquire directly to Jean Baril at the CFM: (508) 856-5493, for room and board costs and options.

Program Dates

March 18 – 26, 2007

Application Deadline

January 15, 2007

Applicant Notification

February 1, 2007

Supervision and Consultation in MBSR

- Application fee: \$50 payable to the CFM

Supervision and Consultation is ongoing and may be initiated at any time, following the acceptance of your application for the program. The fee for Supervision is \$125 per hour. Hourly supervision charges are applied to the following:

- Telephone and/or onsite Supervision and Consultation sessions
- Review of classroom teaching materials, including audiotapes and CD's
- Review of teaching demonstration videotape or onsite observation.

Fees for Supervision and Consultation are billed per session hour and due upon receipt of statements.

Apprenticeship in MBSR

- Application fee: \$200, payable to the CFM
- 46 hours of collaborative planning, supervision and mentoring
- Tuition fee: \$2,300

Teacher Certification in MBSR

- Application fee: \$200, payable to the CFM
- Review fee: \$700, payable to the CFM

Related Services, Programs and Ongoing Initiatives

- Ongoing Professional Development Seminars, Workshops, and Programs
- Annual International Scientific Conference
- Apprenticeship in MBSR
- MBSR Teacher Retreats
- Supervision and Consultation

See www.umassmed.edu/cfm for program details.

Continuing Education Credits

Mindfulness-Based Stress Reduction in Mind-Body Medicine: a 7-day Residential Training/Retreat

The Institute for the Advancement of Human Behavior (IAHB), the Center for Mindfulness, and Omega Institute have entered into a joint sponsorship agreement to provide quality educational activities that are available for professional continuing education credit.

IAHB is a 501(c)(3) nonprofit educational organization located in Portola Valley, California. Its mission is to provide innovative, top quality continuing education and continuing medical education activities for professionals. The Institute's programs encompass a comprehensive and multidisciplinary array of educational activities in the form of workshops, conferences, multimedia home-study materials, and customized training programs.

IAHB has been approved as a provider of continuing education and continuing medical education by the organizations listed. In all cases, IAHB as the approved sponsor maintains responsibility for the educational activities offered and for following the standards and regulations for the organizations listed above. This activity is offered for up to 59 CE/CME hours. (UNA=70.8)

Certified Counselors

IAHB is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for National Certified Counselors. IAHB adheres to NBCC Continuing Education Guidelines (NBCC Provider #5216).

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of IAHB, the Center for Mindfulness, and the Omega Institute. IAHB is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IAHB designates this educational activity for a maximum of 59 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Alcoholism and Drug Abuse Counselors

IAHB is a provider approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC). Indicated activities are offered for 59 CEHs. (NAADAC Approved Education Provider #187). Provider approved by CAADAC, Provider #45-86-074-1006 an ICRC member which has reciprocity with most ICRC member states, for 59 CEHs.

Nurses

IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (UNA = 70.8 contact hours, Provider Code P06-02). Provider approved by the CA board of Registered Nursing (BRN Provider CEP #2672) for 59 credit hours.

NOTE: UNA credit is equivalent to American Nursing Association (ANA) credit.

Psychologists

This program is co-sponsored by IAHB, the Center for Mindfulness, and the Omega Institute. IAHB is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program and its content.

Social Workers and Counselors-State Accreditations

IAHB meets the qualifications for MFTs and LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). IAHB is approved by the State of Illinois Department of Professional Regulation for marriage and family therapists (License # 168-00119); the State of Illinois Department of Professional Regulation for registered social workers (License # 159-000223). IAHB is approved by the State of Maryland Board of Social Work. Examiners to sponsor Category I continuing education programs. IAHB is approved by the State of Ohio Social Worker Board (Approved Provider #RSX039403) and the State of Ohio Counselor Board (Approved Provider #RCX029501). IAHB has been approved by the State of Texas Board of Social Work Examiners to provide continuing education activities for social workers. Provider No. CS3876. IAHB has been approved by the State of Texas Marriage and Family Therapist Examiners to provide continuing education activities.

NOTE:

Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted. In all cases, IAHB as the approved sponsor maintains responsibility for the educational activities offered and for following the standards and regulations for the organizations listed above.

Refund Policy

A full refund, less a \$100 processing fee, will be offered for cancellations made on or before the close of business, 45 days before each program. No refund will be offered for cancellations made with less than 45 days notice, if you do not show up, or if you leave a program early.

Practicum in Mindfulness-Based Stress Reduction 8-Week Seminar Practicum **Physicians**

The University of Massachusetts Medical School (UMMS) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The UMMS designates this continuing medical education activity for up to 63.5 credit hours in Category 1 toward the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Nurses

This offering meets the requirements for a maximum of 76.2 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.00).

Psychologists

The Department of Psychiatry at the University of Massachusetts Medical School is a co-sponsor of this program. The Department of Psychiatry at the University of Massachusetts Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts Medical School maintains responsibility for the program and its content. This program is being offered for 32 continuing education credits (CE) for psychologists. No partial credit will be given.

Social Workers

Application has been made to the NASW for Category 1 continuing education hours. To obtain verification of approval, call the sponsor at (508) 856-1671.

Licensed Mental Health Counselors

Application has been made to the MMCEP for approval as a continuing education activity.

To obtain verification of approval, call the sponsor at (508) 856-1671.

Educators

The Office of Continuing Education, University of Massachusetts Medical School, is an approved sponsor of professional development for educators. This offering carries a maximum of 63.5 Professional Development Points (PDP's).

Others

Other professionals will be eligible for 63.5 continuing education hours (CEU's) from the University of Massachusetts Medical School.

In accordance with the Standards of the Accreditation Council for Continuing Medical Education (ACCME) and the guidelines of the Association of American Medical Colleges (AAMC), it is the policy of the University of Massachusetts Medical School to disclose whatever interest or affiliation a speaker might have with any commercial organization whose products or services are related to the subject matter being presented. Such disclosure will be made available on the day of the program.

9-Day Summer Intensive Practicum

Physicians

The University of Massachusetts Medical School (UMMS) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The UMMS designates this continuing medical education activity for up to 73.25 credit hours in Category 1 toward the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Nurses

This offering meets the requirements for a maximum of 87.9 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.00).

Psychologists

The Department of Psychiatry at the University of Massachusetts Medical School is a co-sponsor of this program. The Department of Psychiatry at the University of Massachusetts Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts Medical School maintains responsibility for the program and its content. This program is being offered for 57.5 continuing education credits (CE) for psychologists. No partial credit will be given.

Social Workers

Application has been made to the NASW for Category 1 continuing education hours. To obtain verification of approval, call the sponsor at (508) 856-1671.

Licensed Mental Health Counselors

Application has been made to the MMCEP for approval as a continuing education activity.

To obtain verification of approval, call the sponsor at (508) 856-1671.

Educators

The Office of Continuing Education, University of Massachusetts Medical School, is an approved sponsor of professional development for educators. This offering carries a maximum of 73.25 Professional Development Points (PDP's).

Others

Other professionals will be eligible for 73.25 continuing education hours (CEU's) from the University of Massachusetts Medical School.

In accordance with the Standards of the Accreditation Council for Continuing Medical Education (ACCME) and the guidelines of the Association of American Medical Colleges (AAMC), it is the policy of the University of Massachusetts Medical School to disclose whatever interest or affiliation a speaker might have with any commercial organization whose products or services are related to the subject matter being presented. Such disclosure will be made available on the day of the program.

Teacher Development Intensive

Physicians

The University of Massachusetts Medical School (UMMS) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The UMMS designates this continuing medical education activity for up to 89 credit hours in Category 1 toward the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

Nurses

This offering meets the requirements for a maximum of 106.8 contact hours, as specified by the Massachusetts Board of Registration in Nursing (244-CMR 5.00).

Psychologists

The Department of Psychiatry at the University of Massachusetts Medical School is a co-sponsor of this program. The Department of Psychiatry at the University of Massachusetts Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts Medical School maintains responsibility for the program and its content. This program is being offered for 56.5 continuing education credits (CE) for psychologists. No partial credit will be given.

Social Workers

Application has been made to the NASW for Category 1 continuing education hours. To obtain verification of approval, call the sponsor at (508) 856-1671.

Licensed Mental Health Counselors

Application has been made to the MMCEP for approval as a continuing education activity.

To obtain verification of approval, call the sponsor at (508) 856-1671.

Educators

The Office of Continuing Education, University of Massachusetts Medical School, is an approved sponsor of professional development for educators. This offering carries a maximum of 89 Professional Development Points (PDP's).

Others

Other professionals will be eligible for 89 continuing education hours (CEU's) from the University of Massachusetts Medical School.

In accordance with the Standards of the Accreditation Council for Continuing Medical Education (ACCME) and the guidelines of the Association of American Medical Colleges (AAMC), it is the policy of the University of Massachusetts Medical School to disclose whatever interest or affiliation a speaker might have with any commercial organization whose products or services are related to the subject matter being presented. Such disclosure will be made available on the day of the program.

Oasis Faculty and Staff

Faculty

Melissa Blacker, MA – Senior Teacher,
Co-Director Professional Education and
Training

Florence Meleo-Meyer, MS, MA – Senior
Teacher, Co-Director Professional
Education and Training

James Carmody, PhD – Director of
Research, Assistant Professor of Medicine

Pamela Erdmann, MA – Senior Teacher

Jon Kabat-Zinn, PhD – Founding Teacher

Elana Rosenbaum, LSW, LICSW – Senior
Teacher

Saki Santorelli, EdD, MA – Executive
Director, Assistant Professor of Medicine

Robert Smith, DO – CFM Teacher

Zayda Vallejo, MLitt – CFM Teacher

Staff

Jean Baril, CFM Manager

*By being with yourself, by watching yourself
in your daily life with alert interest, with the
intention to understand rather than to judge,
in full acceptance of whatever may emerge,
because it is there, you encourage the deep to
come to the surface and enrich your life and
consciousness with its captive energies. This
is the great work of awareness; it removes
obstacles and releases energies by
understanding the nature of life and mind.
Intelligence is the door to freedom and alert
attention is the mother of intelligence.*

Nisargadatta



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