

UW Health Mindfulness Program

MBSR Teacher Training Intensive: Winter 2022 Application

This Teacher Training will open for application from November 1 - December 1, 2021.

Applicants will be notified of admission status by December 15, 2021.

The training will take place during January - March 2022.

For more detailed information and schedules, click [here](#).

Please mail this completed application: (check payable to: *UWHC/MBSR*)

Peggy Kalscheur
UW Health Mindfulness Program
621 Science Dr
Madison WI 53711

Email: uwhealthmindful@uwhealth.org
Phone: 608-265-8325

Name:

DOB:

Gender/pronouns:

Ethnicity/race:

Email:

Address:

Telephone:

Occupation:

Emergency contact (name/telephone):

UW Health Mindfulness Program is committed to supporting people of color to have access to mindfulness-based training and teacher development. Through the generosity of program donors, funding is available to support three BIPOC scholarships and financial assistance in cases of need for the 2022 TTI.

Preferred Online MBSR Class:

In addition to the TTI Seminar held weekly on Thursday evenings, all TTI participants will enroll in one 8-week MBSR class. *Please indicate all sessions you can attend in order of preference*

_____ **Sunday afternoon MBSR** *(please see website for dates/times)*

_____ **Monday evening MBSR** *(please see website for dates/times)*

_____ **Tuesday evening MBSR** *(please see website for dates/times)*

Previous Experience:

When and with whom have you taken the 8-week MBSR class? Please include dates, location and teacher.

Please indicate if the class was an “in-person” class, virtual or some other on-line format. If other than in-person please describe the format (live instruction, pre-recorded, etc).

Have you volunteered to assist an MBSR class with UW Health or another provider? If yes, please describe (when/who you assisted/your role and experience).

If you have volunteered or assisted with some other mindfulness based intervention/class please describe (title of class/when/who you assisted/your role and experience).

Do you have a regular meditation practice? If so, please state the number of times per week you practice, typical length of practice session, tradition/type of practice, and number of years or months you have been practicing.

Please briefly describe your meditation retreat experience. Please include dates, location, length of retreat, guiding teacher, theme or practice style.

Describe your experience leading/facilitating groups. Please include setting, size of group, population served, frequency.

Please describe your background/training with mindful movement practice and describe your current movement practice (frequency/duration/type):

Please describe any experience you have teaching any type of MBI (mindfulness-based intervention).

Do you have a degree and/or relevant certification or training? If so, please specify type of degree (bachelors, masters) or certification, and in what field/discipline.

Please briefly describe any current personal challenges or circumstances that may impact your participation in this training, and/or supports you might need from the teachers.

Is there anything else that you feel might be helpful for us to know?

Please submit a personal statement addressing the following (no more than one page single spaced, please):

What draws you to participate in the MBSR Teacher Training Program?

Specifically reflect on:

- **How has your experience of mindfulness practice impacted your life?**
- **What are you most interested in learning during this teacher training?**
- **What are your concerns?**
- **In what professional and/or personal capacities are you interested in sharing mindfulness practices?**