

UW Health Mindfulness Program

MBSR Teacher Training Intensive (TTI) - Winter 2022

Info Sheet

The MBSR Teacher Training Intensive will open for application from November 1 – December 1, 2021. Applicants will be notified of admission status by December 15, 2021.

The TTI program will take place during January 13 – March 24, 2022.

Informational Session:

Tuesday, November 9, 2021, 6:30-7:30pm CT

Join Zoom Meeting: <https://zoom.us/j/92527186738?pwd=NWxjUWZDdmUySEtYcWJuVkFRdFZrUT09>

Meeting ID: 925 2718 6738

Passcode: Train

Description:

The MBSR Teacher Training Intensive program is for those who are interested in teaching Mindfulness-Based Stress Reduction (MBSR) or who want to integrate mindfulness into their professional or community work.

We wish to train teachers who are dedicated to their own mindfulness practice, and who intend to live what they teach. In most cases, this translates into daily sitting practice and experience attending silent, teacher-led retreats.

The Teacher Training Intensive program is approved for continuing education credits through UW Extension. To determine whether these credits work for your professional licensing board, please contact UW Extension and/or find more information on their [website](#).

This TTI program is recognized as meeting the TTI requirement (step 1) in the MBSR certification pathway of the Mindfulness-Based Professional Training Institute of the University of California-San Diego Center for Mindfulness.

Please note: *The MBSR Teacher Training is not a complete preparation nor does it provide certification for teaching MBSR.*

Objectives:

- Experience MBSR as a participant, and as an observer
- Deepen and refine one's own mindfulness practice
- Become familiar with the intentions and methodology of the MBSR curriculum
- Learn to facilitate guided mindfulness practice, group discussion, and didactic material
- Learn to lead basic yoga poses in a safe manner
- Learn basic ways to adapt practices and content for people with different needs
- Become familiar with giving and receiving feedback about teaching

As a Teacher Training participant, you will be asked to:

- Participate in an 8-week foundational MBSR class as a participant-observer, taught by a senior MBSR teacher, including a one-hour orientation, 8 weekly classes of 2.5-3 hours, and one all-day 7 hour session on a weekend
- Attend a 3-hour weekly seminar that runs for 10 weeks, including class reflection, teach-backs, and inquiry with a small group of fellow students and your seminar teachers
- Keep a journal of your experiences and observations in the MBSR class, and complete any reading assignments to support your learning

Preferred Prerequisites:

- Career/work experience in health care, behavioral health, social work, education or related field
- Complete an 8 week MBSR class
- Maintain a regular meditation practice and a regular mindful movement practice for at least one year
- Attend at least one 5-10 day, silent, teacher-led, residential mindfulness meditation retreat
- Complete one rotation as a volunteer/assistant or equivalent experience in an adult mindfulness-based class

Dates:

Please review carefully as full attendance (excluding emergencies and illness) is expected.

Each student will participate in one of the following three MBSR classes AND the Thursday evening seminar.

MBSR Classes (choose one): *all times listed are US Central Time

Sunday afternoon MBSR (2pm) - virtual class via Zoom

Intro Session: 2-3pm, Sunday, January 16, 2022

Classes: 2-4:30pm, Sundays, January 23 - March 13, 2022

Day of Mindfulness: Saturday, March 5, 9:30am-3:30pm

Monday evening MBSR (5:00pm) - virtual class via Zoom

Intro Session: 5:00-6:00pm, Monday, January 17, 2022

Classes: 5:00-7:30pm, Mondays, January 24 - March 14, 2022

Day of Mindfulness: Saturday, March 5, 9:30am-3:30pm

Tuesday evening MBSR (5:30 pm) - in-person class

Intro Session: 5:30-6:30pm, Tuesday, January 18, 2022

Classes: 5:30-8pm, Tuesdays, January 25 - March 15, 2022

Day of Mindfulness: Saturday, March 5, 9:30am-3:30pm

Teacher Training Seminar:

Thursday evenings (5:30pm) - in-person class

Intro Session: 5:30-6:30pm, January 13, 2022

Classes: 5:30-8:30pm, January 20- March 24, 2022

Location:

UW Health at The American Center (TAC), [4602 Eastpark Blvd](#), Madison WI 53718, Rm 1660

Program Cost:

\$1700 plus a non-refundable \$25 application fee. This includes the registration fee for the MBSR class. Payment plans are available.

Financial Support:

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.

Application:

As an applicant for admittance to the program, please send:

- A [completed application](#) and personal statement
- Your professional CV

We will be selecting a limited number of applicants for each training. We will notify you as to whether you have been admitted to the program by December 15.

To inquire about the MBSR Teacher Training Intensive, please contact Lisa Thomas Prince at Lthomasprince@uwhealth.org.