Institute for
Mindfulness-Based Approaches

Mindfulness-Based Compassionate Living (MBCL)

Teacher Training Programme

with

Dr. Erik van den Brink and Frits Koster

07 – 13 May 2018

in Norway

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What is MBCL?

MBCL is an 8-week programme that supports the development of compassion to enhance mental and physical health.

MBCL encourages individuals to cultivate a friendly and compassionate attitude toward themselves and others. MBCL exercises also help individuals experience key aspects of emotional well being.

Class participants are also introduced to background information about compassion training, as well as the ways to anchor it in everyday life. A central theme is how to nurture compassion with oneself and others in the face of difficult emotions and challenging life situations. MBCL can be particularly supportive for persons living with depression, anxiety, illness, chronic pain and traumatic experience.

The MBCL course consists of eight weekly sessions of 2.5 to 3 hours and a silent, all-day practice session. The course is particularly suitable as a follow-up course to an 8-week course such as MBSR, MBCT or other mindfulness-based program. It is also suitable for participants who have had some exposure to mindfulness whether in meditation training, or in the context of other offerings that incorporate it (ACT, DBT, rehabilitation or care programs).

Learning Objectives of the MBCL Teacher Training

- Experiencing the main exercises of MBCL beyond the foundation course level.
- Intensive practicing teaching the MBCL curriculum, guided meditations and leading inquiry
- In-depth review of the MBCL course structure and its exercises from the teaching perspective
- Cultivating the attitudes necessary for working with compassion-focused methods.
- Enhancing skills for presenting background theory on compassion training
- Clarifying participant criteria for taking part in an MBCL course.
- Strengthening one's own mindfulness practice and clarifying its relationship to compassion training.

Participation Requirements

1) Participation in an MBCL Foundation Course either in Norway or in another country

And either

2) Holding certification as an MBSR MBCT

Or

- Being in the later stages of training as an MBSR or MBCT teacher with the IMA or any other recognized institute in Europe or other places

Or

- Interested persons who are not MBSR or MBCT teachers may participate in the MBCL Teacher Training if they have sufficient professional experience in medical, health, social or educational fields, and have an established mindfulness practice
- They must also have significant experience in teaching mindfulness to individuals or small groups and be able to document it

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And

3) Retreat Experience
All participants must have completed a minimum five-day silent meditation retreat that includes mindfulness and/or compassion training before the teacher training begins.

4) Professional Work Experience
Participants must have completed a professional degree or certificate training in one or more of the following fields: psychotherapy, counselling, medicine, nursing, art, dance or movement therapy, occupational therapy, mental health, physical therapy, social work, education, chaplaincy and related professions.

5) Participation in an MBCL course
Participation in an 8-week MBCL course before the training begins is strongly recommended.

However, because MBCL is new in Norway it will be more difficult to find certified MBCL-teachers. Therefore, we will accept participation in an MBSR or MBCT course with a teacher approved by the IMA (not necessarily trained by it) as a substitute.

If it is not possible to participate in an MBSR or MBCT course because of geographical limitations, it is possible to substitute an online MBCL, MBSR or MBCT course. Please discuss this with us for our recommendations.

What will you receive upon completing the MBCL Teacher Training

If you are a certified MBSR or MBCT teacher you will receive a certificate as an MBCL teacher
If you are in the process of completing certification as an MBSR or MBCT teacher, you will receive a statement that you have completed the MBCL teacher training. When you are awarded your MBSR or MBCT certificate, you can then apply to receive an MBCL certificate.
Non-certified teachers will receive a confirmation of having completed the program. They are permitted to integrate elements of MBCL into their work.

Course Teachers

Frits Koster is a Vipassana meditation teacher and a certified teacher of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). He had taught mindfulness in mental health settings, including clinics and hospitals, for many years. He has been practicing Theravada Buddhism for more than **35** years and lived as a Buddhist monk in Thailand for six years in the 1980s. He has been leading Vipassana retreats since the 1980s. He is a member of the faculty of the Institute for Mindfulness-Based Approaches (IMA), the Institute for Mindfulness (IvM) in the Netherlands as well as various training institutes across Europe. He has also trained and worked as a psychiatric nurse. He is the author of several books, including *Liberating Insight* und *Buddhist Meditation as Stress Management*. He is a Co-Author, with Erik van den Brink, of *Mindfulness-Based Compassionate Living* (Routledge, May 2015).

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Erik van den Brink is a psychiatrist/psychotherapist and teacher of MBSR and MBCT. He is a co-founder of the Centre for Integrative Psychiatry, an innovative mental health clinic in the north of Holland. He has specialised in mindfulness-based and compassion-focused approaches in mental health. He is a guest teacher at training institutions in the Netherlands and abroad. He has many years of experience in practicing Zen and Vipassana meditation. He has also trained in Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy (CFT) and Interpersonal Mindfulness (Insight Dialogue). He is co-founder of the Center for Integrative Psychiatry, an innovative mental health clinic, and currently works in a psycho-oncology center in the north of Holland. Together with Frits Koster, he is co-author of *Mindfulness-Based Compassionate Living* (Routledge, May 2015)

MBCL Teacher Training Programme

Course Fee:	Euro 1,450,-	Costs for accommodation and meals are in addition to the course fee and are to be paid directly to the course venue
Date:	07 - 13 May 2018	
Venue:	The venue is in the process of being selected. It will be in the Oslo area, reachable by car within ca. 2.5 hours or less.	
Times:	Begin: Monday 18.30 with dinner; End: Sunday 12.00 with lunch	

Registration and Info

You may download all information and a registration form from the IMA web site:
www.institute-for-mindfulness.org
You may also request our course coordinator to send it to you.
Email: info@institute-for-mindfulness.org

Literature

Mindfulness-Based Compassionate Living
A new training programme to deepen mindfulness with heartfulness
by Dr. Erik van den Brink and Frits Koster

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