



# Institute for Mindfulness-Based Approaches

**Mindfulness-Based Stress Reduction (MBSR)**

**Mindfulness-Based Cognitive Therapy (MBCT)**

## MBSR and MBCT

## Teacher-Training Program

At Avila Carmelite Centre, Dublin 4, beginning January 2017

**Orientation Day: 19<sup>th</sup> November 2016**

**Venue:** Emmaus, Swords, Co. Dublin (near Dublin airport)

### **Faculty:**

Dr. Nils Altner (Germany)

Eva Bruha (Ireland)

Alvina Cassidy (Ireland)

Pamela Duckerin (U.K.)

Günter Hudasch (Germany)

Dr. Linda Lehrhaupt (USA & Germany)

Katharina Meinhard (Germany)

Dipl. Soz. Päd. Johan Tinge (The Netherlands)

Maureen Treanor M.A. (Ireland)

Ingrid van den Hout (The Netherlands)

[www.institute-for-mindfulness.org](http://www.institute-for-mindfulness.org)

E-mail: [info@institute-for-mindfulness.org](mailto:info@institute-for-mindfulness.org)



# Institute for Mindfulness-Based Approaches

Table of Contents	
<b>Description of the MBSR-MBCT Teacher Training</b> <ul style="list-style-type: none"><li>• Mindfulness-Based Stress Reduction (MBSR)</li><li>Mindfulness-Based Cognitive Therapy (MBCT)</li><li>The Institute for Mindfulness-Based Approaches (IMA)</li><li>Three Learning Dimensions of the IMA's Program</li><li>Details of the IMA's Teacher-Training Program</li><li>Curriculum</li></ul>	Page 3
<b>The Institute for Mindfulness-Based Approaches (IMA)</b> Faculty	Page 10
<b>Participation Requirements for the Dublin MBSR-MBCT Teacher-Training Program</b> Certification	Page 14
<b>Dates, Fees and Venue</b> Orientation Day Dates for the Teacher Training 2016-2017 Fees Venue	Page 17



# Institute for Mindfulness-Based Approaches

## Description of the MBSR-MBCT Teacher-Training Program

### Mindfulness-Based Stress Reduction (MBSR)

The MBSR Program was founded in 1979 by Dr. Jon Kabat-Zinn and his colleagues at the Stress Reduction Clinic of the University of Massachusetts, Department of Behavioral and Preventive Medicine, in Worcester, Mass. U.S.A.

MBSR has been successfully implemented in many hundreds of hospitals, clinics, health centres, educational, management and other settings around the world. In Europe the program has been taught successfully since the early 1990s and interest has continued to grow steadily.

MBSR was developed to address populations with a wide range of physical and mental health problems. A significant number of scientific studies underline the effectiveness of the MBSR Program. The studies document impressively that a high percentage of course participants experience one or more of the following results: a decrease of physical and psychosomatic symptoms, being able to cope more effectively with stressful situations, an increased capacity to relax, a growing self-confidence and capacity for self-acceptance and increased vitality.

### Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is “an integration of MBSR with Cognitive Behavioural Therapy. It was initially developed by Zindel Segal, Mark Williams and John Teasdale to help recovered recurrently depressed participants and has been recommended by the U.K. National Institute of Clinical Excellence (NICE) for this group. MBCT is evolving to be taught to a broader range of people based on psychological understandings of what causes human distress and in a range of settings (e.g., health service, schools, forensic settings”). (From the *Good Practice Guidelines* of the U.K.-Mindfulness-Based Teacher Trainer Network.

### The IMA

The Institute for Mindfulness-Based Approaches (IMA) is an educational institution committed to providing high-quality training in mindfulness-based approaches for professionals in the fields of health care, mental health, education, social work, human resources and other related areas. It was founded in 2001 by Dr. Linda Lehrhaupt and has its main offices in Germany. The IMA currently offers teacher-training programs in Austria, Germany, Ireland, Norway, Poland and Switzerland.

The IMA began its offerings in 2002 with a teacher-training program in Mindfulness-Based Stress Reduction (MBSR), the pioneering MB-Approach developed by Professor Jon Kabat-Zinn. In the years since then, the institute has expanded considerably.



# Institute for Mindfulness-Based Approaches

In 2007 it began to offer a teacher-training program in Mindfulness-Based Cognitive Therapy (MBCT) and more recently, Mindfulness-Based Compassionate Living (MBCL), developed by Dr. Erik van den Brink and Frits Koster. The IMA also offers retreats in mindfulness meditation for professionals as well as other further-education seminars to enhance the skills of mindfulness-based approaches teachers. In addition, the IMA offers mentoring for teaching MB-Approaches as well as mindfulness-meditation guidance supervision for trainees and teachers who wish additional support.

The high level of professionalism and experience of the institutes teaching staff is a highlight of the training programs. The IMA's faculty includes some of Europe's leading researchers, teachers and innovators in the field, as well as guest teachers from the USA and other parts of the world. All our faculty members have a personal mindfulness practice extending over many years as well as extensive professional experience in the integration of mindfulness-based approaches in their respective fields.

## Recognition of the IMA and its Support of Training Standards and Criteria

The IMA's teacher-training program is recognized by the German MBSR-MBCT Professional Teachers Association ([www.mbsr-verband.org](http://www.mbsr-verband.org)). It is also recognized by the Swiss MBSR-MBCT Professional Teachers Association and the MBSR Teacher's Association of Austria. Graduates of the IMA's training program may apply for membership in these professional associations.

The above associations and others in Europe are in the process of creating links to one another. Several years ago, the European Associations of Mindfulness-Based Approaches (EAMBA) was formed: [www.eamba.net](http://www.eamba.net). It is expected in future that EAMBA will play a more prominent role in promoting standards and quality criteria in Europe.

The IMA subscribes to the standards of the „Good Practice Guidelines for Teaching Mindfulness-Based courses „of the U.K. Mindfulness-Based Teacher Trainer Network, as well as the Quality Criteria of the Centre for Mindfulness, U.S.A. It also adheres to the Ethics Statement of the MBSR-MBCT Teachers' Association of Germany.



# Institute for Mindfulness-Based Approaches

## Three Learning Dimensions of the IMA Program

The process of becoming an MBSR-MBCT teacher involves immersion in each of the program's three learning dimensions.

Cohort Learning	Individual Learning	Personal Learning
Learning within the same group with various rotating teachers across 7 modules	One-to-one tutoring with a mentor	Deepening of one's own meditation practise

The **cohort learning dimension** means working within the same group of students with rotating faculty members, and consists of six modules of four days and one three-day module.

The **individual learning dimension** is in a one-to-one mentoring process during the teaching of your own 8-week MBSR course. It consists of four single settings either by meetings or by telephone.

The **personal learning dimension** nurtures the deepening of one's own meditation practice as a resource in adding depth to one's teaching capacity.

## Details of the IMA MBSR/ MBCT Teacher-Training Program

The training program is strongly structured, at the same time encouraging personal creativity and expression. The multidisciplinary team is committed to each participant finding his/her own identity as a teacher. The training invites each participant to practice and integrate mindfulness skills in their own daily lives before passing them on to others.

Some students who join our programs have already been teaching mindfulness- based approaches for some time. They join, they tell us, because they want to immerse themselves in a systematic, in-depth training, to profit from the faculty's extensive experience, and to bring together the strands of techniques and methods they have gathered over time in an integrated and thorough way.

The teacher-training program will fully prepare the trainee to teach MBSR and MBCT by himself/herself. The practically oriented learning units, combined with the individual mentoring by an experienced teacher as well as the nurturing of one's own meditation practice, build a three-pronged approach that has been shown to be supportive.



# Institute for Mindfulness-Based Approaches

Specific elements of the program include:

- Teacher trainees learn and practice the main formal exercises of the MBSR/MBCT Programs: body scan, mindful bodywork based on gentle yoga, sitting meditation and walking meditation, as well as learning how to teach these exercises to others.
- The training program emphasizes the deepening of one's own meditation practice as the basis for teaching others.
- The curriculums of both the 8-week MBSR and MBCT courses are examined in detail, and elements of the weekly sessions are taught within the training program.
- Participants teach their own self-organized 8-week MBSR course during the last section of the training program, or shortly thereafter.
- Preparation for teaching takes place in every module as participants teach each other and experiment with delivering elements of the programs.
- Trainees receive a minimum of four, 50-minute, individual, telephone sessions with a mentor during the time they teach their own eight-week course.
- Participants write and create their own Audios for each of the main exercises (Body Scan, Mindful Yoga and Sitting Meditation). These exercises will be covered extensively in the training program.
- Participants receive a complete MBSR teacher handbook in English. Handouts for an MBCT handbook are also provided.
- A sample handbook for participants in an MBSR 8-week course is supplied in digital format for trainees to modify and adapt for their own courses.

A graduate of our teacher-training described her experience as follows:

*"I have never taken part in a training program where so much of what was taught, was also actively practiced. So many of the participants ended up doing what they had been trained to do."*



# Institute for Mindfulness-Based Approaches

## Curriculum

### Overview of the Teacher-Training Program – 7 meetings

#### **1st Meeting (Thursday, Friday, Saturday, 10am - 6pm, Sunday 9am - 3pm)**

**Being acquainted. Presentation of the structure and content of the MBSR program.**

Introduction to the Body Scan: Practical exercises for and theoretical aspects of guiding a Body Scan; preparation for teaching the Body Scan as well as discussion of potential problems. Why do we teach the Body Scan, and what is the purpose of practicing it? Aspects of Week 1 of an MBSR course will be taught and practiced.

#### **2nd Meeting (Thursday, Friday, Saturday 10am - 6pm, Sunday 9am - 3pm)**

**Introduction to Mindful Movement in practice and theory**

Topics: Learning oneself a 45-minute yoga sequence and learning to teach yoga as mindful movement. Themes: Body perception, working with boundaries, mindful breathing to support presence. Guidance and support in developing a mindful bodywork exercise series for an MBSR/MBCT course, including for people with special needs.

Reflecting on one's own Body Scan practice; continuing to explore the role of the Body Scan in the MBSR/MBCT program; exchanging experiences with guiding the Body Scan; the road to creating one's own Body Scan.

Introduction to inquiry – the art of leading exploratory dialogue and group discussion. Mindfulness-based interventions in various settings such as hospitals, business, and schools. A brief look at research on mindfulness.

Aspects of Week 2 of an MBSR course will be taught and practiced.

#### **3rd Meeting (Thursday, Friday, Saturday 10am - 6pm, Sunday 9am - 3pm)**

**How do I teach mindfulness meditation in the context of MBSR/MBCT? Further topics: Fundamental aspects of mindfulness**

Presentation of the sitting meditation and opportunities for guiding sitting meditation, with feedback. Reflection on the content and structure of the MBSR/MBCT sitting meditation. Aspects of guiding meditation, potential problems for participants and for the teacher. Facilitating inquiry on the theme (from homework) of pleasant and unpleasant experiences. Participant requirements for an MBSR course, including indications and contraindications. Conducting interviews prior to an 8-week course will be discussed.

Aspects of Week 3 of an MBSR course will be taught.



# Institute for Mindfulness-Based Approaches

## **4th Meeting (Thursday, Friday, Saturday 10am - 6pm, Sunday 9am - 3pm)**

Stress as a central topic of an MBSR course.

Exploring one's motivations for teaching MBSR.

Stress-aggravating and stress-reducing thoughts and how to work with them. Brief look at stress theory and research, as well as the role stress plays in various illnesses, e.g.

depression. Practical details of how to teach stress theory in an MBSR course.

Differences between MBSR and psychotherapy; the therapeutic/counselling stance and the inner stance of the MBSR teacher.

The art of Inquiry (Part 2): Continuing to work with mindful dialogue (Inquiry).

Dealing with "difficult" participants and themes related to this (e.g. transference/ counter transference, etc.).

What is healing about mindfulness? Reviewing research on the effectiveness of mindfulness, particularly in working with stress themes and emotions.

Mindfulness and emotions. Theoretical and practical aspects of dealing with emotions in an MBSR course. Guiding participants in being with their emotions mindfully. Emotional intelligence of the MBSR teacher, and why it is so important.

Week 4 and 5 of an MBSR course will be taught in part and discussed.

## **5th Meeting (Thursday, Friday, Saturday 10am - 6pm, Sunday 9am - 3pm)**

Module on MBCT

The module on MBCT will focus on the distinctive aspects of the approach as used in mental health settings. Starting from its development from MBSR as a preventative treatment in recurrent depression, we shall trace its subsequent use for people who find their depression is a chronic problem and seems resistant to other medical or psychological approaches.

We shall review the MBCT 8-week course curriculum in detail, focusing on the elements that are specific to MBCT and practice as well as reflect on their aims and intentions. We shall also go into the detail about the cognitive therapy components that we believe to be central to the changes that people experience when they take the classes.





# Institute for Mindfulness-Based Approaches

## **6th Meeting (Thursday, Friday, Saturday 10am - 6pm, Sunday 9am - 3pm)**

The day of mindfulness following the sixth week of an MBSR/MBCT course will be discussed.

The day of mindfulness between the 6th and 7th weekly unit of an MBSR course will be reviewed in detail as well as the aspects of pedagogy in an MBSR/MBCT course.

Supervision of topics that arise while teaching an MBSR/MBCT course will also take place. The art of inquiry: Part 3. Taking time to practice and answering any questions that may arise. Interviews at the end of an MBSR course will be discussed.

Aspects of Weeks 6, 7 and Week 8 of an MBSR course will be discussed and sections of them, including exercises, will be taught.

## **7th Meeting (Friday, Saturday 10am - 6pm, Sunday 9am - 1pm)**

Supervision and discussion on themes arising out of teaching MBSR/MBCT




The teacher-student relationship, code of ethics and other themes. Discussion of final projects. How does an MBSR/MBCT teacher take care of his/her own well-being?

Closing of the training program.



# Institute for Mindfulness-Based Approaches

## Faculty of the MBSR-MBCT Teacher Training Program

	<p><b>Nils Altner</b>, Ph.D., works currently as a mind-body therapist at the Clinic for Natural and Integrative Medicine at the University of Essen, Germany. His work is in research and in teaching aspects of mindful pedagogy, personality development und health themes as taught at the University of Duisburg-Essen and at Harvard University. He is a graduate of the MBSR Professional Internship Program at the Center for Mindfulness, University of Massachusetts. He has intensive experience in Zen and Vipassana meditation, Hatha Yoga and Chi Kung. He is a co-author of <i>Incorporating Qigong in Schools</i> (in German) and author of <i>Mindfulness and Health</i>, (in German).</p>
	<p><b>Eva Bruha</b>, manager and resident teacher at Kalyana Centre, Dingle, Co. Kerry. She has spent over 20 years practicing Mindfulness Meditation and spent all together more than 3 years in intensive silent retreats in Meditation Centres in Burma, Thailand, Europe and the U.S. She now lives at Kalyana Centre in Dingle and offers courses, classes and retreats to those interested in awareness practices.</p> <p>Eva's goal is to make Mindfulness Meditation accessible to everyone, regardless of age and cultural or religious background. She completed her training as an MBSR teacher with the IMA.</p>
	<p><b>Alvina Cassidy</b>, BA (Hons) Soc/Psych, has Certificates in Counselling and Bereavement Counselling. She is a Deep Listening™ Trainer and an Educator in Rigpa's Spiritual Care Education Program, which brings meditation, compassion and mindfulness methodology into healthcare. She has practised meditation for over 20 years and completed numerous retreats including a yearlong, enclosed traditional retreat. She worked for 10 years as the National Coordinator of The Spiritual Care Program at Dzogchen Beara Retreat Centre, west Cork. In 2009, she project managed the first conference on Presence and Compassion in Killarney, Ireland and has co-presented many retreats on meditation, loving kindness and compassion practice. She currently works in Cork, in a health clinic, both as a counsellor and mindfulness teacher. She offers individual and group meditation sessions for people living with chronic illness and addiction and for health and social care professionals and volunteers. She completed her training as an MBSR teacher with the IMA.</p>



# Institute for Mindfulness-Based Approaches



**Pamela Duckerin**, has had a meditation practice for 15 years, initially turning towards mindfulness as a way to manage pain and illness, and has become intrigued by its power to heal both physically and emotionally. She has worked in the field of mental health for 30 years, originally as an occupational therapist, later training in dialectical behaviour therapy, and more recently as a cognitive behavioural therapist. She has provided clinical supervision for over 25 years and mindfulness supervision for 3 years. She currently works in a primary care NHS service where part of her role is lead for mindfulness, with responsibility for the setting up and continuing development of an MBCT program, teaching the 8-week course to clients and staff, and providing training and supervision to trainee mindfulness teachers.



**Günter Hudasch**, has a degree in Biology and worked for 16 years in organizational development in a government environment administration. In 1998 he joined Julia Augustine & Partner, a management consulting company, where he specialized in organizational development, coaching and consulting. He is trained in organizational development, NLP, Gestalt counselling, Gestalt therapy, and he has qualified to work as a psychotherapeutic counsellor. He began working with MBSR in 2000 and completed his MBSR teacher training in 2005 at the Institute for Mindfulness-Based Approaches. He has taught many 8-week MBSR courses. His focus is, however, on mindfulness trainings in companies, where he also offers mindful-leadership Programs. He is at present teaching mindfulness within a research project at the Max-Planck-Institute for Social Neuroscience in Leipzig. He has served as president of the German MBSR-MBCT Teacher Association since it was founded in 2005.



# Institute for Mindfulness-Based Approaches



**Linda Lehrhaupt**, Ph.D. is the Founder and Director of the Institute for Mindfulness-Based Approaches (IMA). With almost 35 years as a teacher and supervisor in mindfulness-based approaches, she has a rich background in their integration in education, health care and personal development. She began teaching Mindfulness-Based Stress Reduction (MBSR) in 1993 and has been training MBSR teachers since the founding of the IMA in 2001. She is certified to teach MBSR from the Center for Mindfulness (CFM), and holds a Ph.D. in Performance Studies and a degree in education. She has been a teacher in adult education for almost 45 years, specializing in curriculum development and interdisciplinary approaches. Dr. Lehrhaupt began practicing Zen meditation in 1979 and has received full authorization as a Zen teacher in the White Plum Lineage of Taizan Maezumi Roshi. She has been leading meditation retreats internationally since 1992. In 1976 she fell in love with Tai Chi and Chi Kung and went on to train with some of the leading representatives of the first generation of Asian teachers in the West. For over 20 years beginning in 1982 she directed innovative teacher-training programs in meditative movement, including Europe's first training Program in Qigong and women's health. She is the Co-Author of *Mindfulness-Based Stress Reduction: The MBSR Program for Promoting Health and Vitality* (2015) and author of *Tai Chi as a Path of Wisdom* (2001). She is also the author of *Riding the Waves of Life: Mindfulness and Inner Balance* (in German, 2012). Dr. Lehrhaupt, who was born and grew up in New York City, has been living with her family in Germany since 1983.



**Katharina Meinhard**, physiotherapist. Director of a Yoga teacher-training program certified by the German Association of Yoga Teachers. She is the Co-Director of the Yoga School of Dresden and has been teaching Yoga since 1992 and MBSR teacher since 2003. She is a graduate of the training program at the Institute for Mindfulness-Based Approaches. She began practicing Zen meditation in 1990. Since 1989 she has worked extensively in health maintenance and rehabilitation programs, with a strong emphasis on mindfulness-based bodywork in clinical settings.

**Johan Tinge**, Diploma in Social Pedagogy, health psychologist and Gestalt therapist. He is the founder and director of the Institute for Mindfulness in Rolde, Netherlands, which offers MBSR and MBCT teacher-training programs. He has been practicing Vipassana meditation since 1981 and is a Vipassana teacher since 1988. He maintains a private psychotherapy practice. He is a graduate of the Professional Training Program and the Professional Internship Program of the Stress Reduction Clinic of the University of Massachusetts in Worcester, USA.



# Institute for Mindfulness-Based Approaches



**Maureen Treanor**, M.A. is the founder and Director of Martello Counselling & Therapy, Portmarnock, Co Dublin, an experienced Psychotherapist, Supervisor and Mindfulness Educator. Maureen holds a BA (Hons) in Theology & Psychology, a postgraduate Diploma in Systemic Psychotherapy and an MA in Cross Professional Supervisory Practice. She completed her MBSR/MBCT teacher training with the Institute of Mindfulness-Based Approaches (IMA) in 2010. Since then she has attended further training in the USA and the UK in the application of mindfulness in variety of settings, Mindfulness in Schools program, Mindful Eating with Jan Chosen Bays & Char Wilkins and Mindfulness Relapse Prevention with Sarah Bowen PhD. Maureen has a particular interest in integrating Mindfulness into therapeutic practice working with individuals and groups and conducting MBSR programs and weekly mindfulness groups. She is an experienced retreat director and group facilitator.



**Ingrid van den Hout**, completed her study of the Science of Human Movement at the Free University of Amsterdam in 1989. She works as a psychomotor therapist in mental health care. She is also a teacher of MBSR, MBCT and Breathworks. She has a background in the martial arts (Aikido) and became a practitioner of Vipassana in 2001. She trained as an MBSR teacher at the Center for Mindfulness (CFM) in the U.S. in 2004 and 2005. Continuing her development as an MBCT teacher, she participated in the Advanced-Training for MBCT offered by the University of Bangor in 2008. She acted as senior teacher and assessor during a multi-clinic study on MBCT by Radboud University. Since 2006 she has been on the faculty of the Dutch Institute for Mindfulness as a trainer of MBSR and MBCT teachers. She completed her formal training as a supervisor at the British Centre for Supervision and Team Development in 2013. Her involvement in psychosomatics led her to train as a teacher of Breathworks. Currently she serves as a Breathworks associate for The Netherlands and as a trainer and supervisor for the British Breathworks Organisation.





# Institute for Mindfulness-Based Approaches

## Participation Requirements for the MBSR-MBCT Teacher-Training Program

- Successful completion of a professional education or training program in the fields of mental health, medicine, education, health care, social work, physical or occupational therapy, nursing, counselling, coaching, pastoral work and related professions. Please check with us if you are not sure whether you qualify.
- If you do not have a professional training but have extensive work or volunteer experience, please give us the details.
- At least 1,5 years of sitting meditation practice (Vipassana, Mindfulness, Zen, Shambhala Training, Dzogchen, Christian, Contemplative, Sufi, Yoga, etc.) before starting the training program
- Participation in at least one, five-day silent meditation retreat approved by the IMA for the teacher training. If you have not yet participated in a retreat, you will be asked to fulfil this requirement within the first 9 months of the training program.

And

- Regular sitting meditation practice
- Minimum Age: 30
- The IMA encourages older professionals to apply. In our training program an ever increasing number of persons 55 + are taking part with the idea of teaching MBSR/MBCT after they retire or work less.
- Some experience in meditative bodywork, particularly yoga. If you do not have any yoga experience, or we feel you can benefit from additional training, we will ask you to take part in a weekly yoga course in your hometown during the training program.
- Participation in the Orientation Day

### Please Note:

#### **Participation in an 8-week MBSR course is strongly recommended.**

We encourage you take part in an MBSR 8-week course before the start of the training. Preference for admission to the program will be given to those who have done so. If you are geographically too far away from a weekly course offering, or your work schedule does not allow it, it is possible to take part in an online 8-week course approved by the IMA either before or during the first five months of the training program. If you are accepted into the program and have not yet done such a course, we will ask you to confirm that you will participate in either a live or an online course approved by the IMA as a condition of acceptance and completion of the training program.



# Institute for Mindfulness-Based Approaches

## Certification

### Requirements for Successfully Completing the Training Program and Receiving an MBSR teaching Certificate

ALL persons who successfully complete the training program according to the terms specified in the enrolment contract will receive a certificate as an MBSR Trainer. This includes:

- Students teach their own self-organised eight-week MBSR course during the last part of the program.
- Mentoring: A minimum of five individual telephone sessions with a Mentor approved by the IMA during the teaching of an 8-week course is required. If the mentor deems it necessary, additional sessions beyond five may be required.
- Completion of a final thesis, including a detailed reflection of the teaching of one's own 8-week MBSR course.
- Preparing audio versions of the Body Scan, Sitting Meditation and Mindful Bodywork/Yoga and submitting them with the final thesis.
- Submission of the student handbook used in the trainee's MBSR course with the final thesis.

### Professional requirements necessary to be awarded an MBCT Certificate

In addition, an MBCT Teacher Certificate will also be awarded to those persons who complete the program based on the terms specified and are professionally qualified according to the laws of the country in which they live to work with patients who have been diagnosed as experiencing mental health conditions such as clinical depression, compulsive disorders, eating disorders, severe anxiety or panic syndrome, etc. This additional requirement for MBCT certification applies only to the awarding of an MBCT certificate. It does not apply to the MBSR certificate.

- Exception: If a participant of the IMA training program is working in a health-care setting under the supervision of a qualified mental health professional, an MBCT teacher certificate can be awarded on the understanding that he/she will teach MBCT only in a setting where such supervision is available.



# Institute for Mindfulness-Based Approaches

## Further Information:

For organisational, logistical and other questions, please contact the IMA at:

E-Mail: [info@institute-for-mindfulness.org](mailto:info@institute-for-mindfulness.org)

## Contact in Ireland

Maureen Treanor, a faculty member of the IMA and MBSR teacher, is assisting the IMA in coordinating its teacher-training program in Dublin. If you have any questions about the program content, etc., please contact her.

E-Mail: [treanormaureen@gmail.com](mailto:treanormaureen@gmail.com)

Phone: 01 8459620, 087 232 6758





# Institute for Mindfulness-Based Approaches

## Dates, Fees and Venue

**Orientation Day:** November 19, 2016 09:00 – 16:00

Registration forms and more information for the Orientation Day are available in separate files in the information packet

### Venue for the Orientation Day Only

**Purcell House**, All Hallows College  
Gracepark Rd.  
Drumcondra  
Dublin 9

### Venue for the Teacher-Training Program

**Avila Carmelite Center** Dublin 4 (Donnybrook)

### Dates for the Dublin Teacher Training 2017-2018 (IRL\_7):

<b>Session 1:</b>	19. – 22. January 2017	Thursday, 10am – Sunday, 3pm
<b>Session 2:</b>	23. – 26. March 2017	Thursday, 10am – Sunday, 3pm
<b>Session 3:</b>	29. June – 02. July 2017	Thursday, 10am – Sunday, 3pm
<b>Session 4:</b>	14. – 17. September 2017	Thursday, 10am – Sunday, 3pm
<b>Session 5:</b>	16. – 19. November 2017	Thursday, 10am – Sunday, 3pm
<b>Session 6:</b>	18. – 21. January 2018	Thursday, 10am – Sunday, 3pm
<b>Session 7:</b>	29. June – 01. July 2018	<u>Friday</u> , 10am – Sunday, <u>1pm</u>

## Fees

**Orientation Day:** € 60,- (including tea & coffee)

**Teacher Training Course Fees:** € 4.380,-

The course fee includes all instruction plus two handbooks. It also includes tea and coffee during program breaks.

The fees do not include either the minimum 5 individual mentoring sessions (which vary between € 75 to € 90 per session and are paid directly to the Mentor) or housing and meals during the training program.



# Institute for Mindfulness-Based Approaches

## Venue



**The Avila Carmelite Centre** is an oasis of peace and tranquillity just 2 km from the centre of Dublin. While close to main roads it is nestled away in an area that offers quiet and green spaces. The modern building, filled with light and surrounded by an extensive garden, offers an ideal space for quiet and reflection. The beautiful chapel is a place of welcome and prayer.

Avila welcomes guests of all faiths and none. It offers a variety of retreats and courses on aspects of spirituality. For those who wish to “get away from it all” and have quiet time we have eight en-suite guest rooms and two hermitages.

The conference facilities and large car park make Avila an ideal location for small conferences, in particular those of charity groups.

Avila is located on Bloomfield Avenue, just off Morehampton Rd (N11) in Donnybrook. It is well served by public transport with bus routes 39A (Blanchardstown to UCD), 46A (Phoenix Park to Dun Laoghaire) and 145 (Heuston Station to Kilmacanogue) and the Aircoach Service (Dublin Airport to Sandyford) within a five-minute walk.