



Institute for Mindfulness-Based Approaches

Stand: 17-1-2020

Mindfulness-Based Stress Reduction (MBSR)

International MBSR Teacher-Training Program

Where: Berlin Area

Start: December 2020

Online Orientation Meetings per ZOOM Video Conference

DATES

Monday May 18, 2020 19:30 - 21:00 (CET)

Wednesday Sept 9, 2020 19:30 – 21:00 (CET)

More info about the ZOOM meetings is available on Page 17

www.institute-for-mindfulness.org

E-mail: info@institute-for-mindfulness.org



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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 Behavioural and Preventive Medicine, in Worcester, Mass. U.S.A.

An MBSR course consists of eight weekly sessions lasting a minimum of 2.5 hours per session. There is a full day of silent mindfulness practice during the 6th and 7th week. As well as learning formal mindfulness-meditation exercises like the body scan, gentle yoga, sitting meditation and walking meditation, class participants also discuss various themes such as the mental and physical effects of stress, mindful communication, how to take care of oneself, and how mindfulness supports a person to meet stress with wisdom and kindness.

MBSR has been successfully implemented around the world in varied settings. From its initial development in hospital, clinical and health-care environments, MBSR is today being offered in many other areas including management and leadership training, schools and universities, employee health programs, rehabilitation settings, counselling and coaching. In Europe the program has been taught successfully since the 1990s, and interest has continued to grow steadily. In some European countries, the national health services are reimbursing their members for taking part in MBSR courses.

There is also a growing interest among companies, universities, health-organizations, government agencies and other groups to provide mindfulness training based on MBSR to their employees as an evidence-based program that supports them to stay healthy, calm and focused even in stressful and continuously changing times.

A significant number of scientific studies underline the effectiveness of MBSR. The studies impressively document 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
- Increased vitality



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The Institute for Mindfulness-Based Approaches (IMA)

The Institute for Mindfulness-Based Approaches (IMA) is the oldest professional mindfulness-training institute on the European Continent. Its founder and director, Dr. Linda Lehrhaupt, has been teaching mindfulness-based programs since 1983 and is recognized as a leader in the field. Since 2001 the IMA has provided trainings of excellence for professionals in the fields of health care, mental health, education, social work, human resources and other related areas.

The IMA, which has its main office in Germany, offers MBSR teacher-training programs in Austria, France, Germany, Ireland, Norway, Poland, and Switzerland. Over 1500 professionals have completed its MBSR training to date.

The IMA is officially recognized in Germany as an independent institute of further education and professional training. Its programs are recognized by government authorities, and professional associations grant its members further education credits for participating in its offerings.

The IMA's independence allows it to be flexible and to respond quickly to developments in the mindfulness field. As well as offering programs on its own, the IMA has cooperation agreements with other educational organizations.. In Austria, Norway, France and Poland, we work with cooperation partners who are well-known in their countries for their quality and expertise.

In the years since 2001, the institute has expanded considerably. In addition to MBSR, it now also offers trainings in:

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Compassionate Living (MBCL), developed by Dr. Erik van den Brink and Frits Koster.
- Mindfulness retreats for mindfulness teachers and trainees
- Skills deepening workshops.
- Supervision for teachers of MBSR, MBCT and MBCL.
- Mindfulness-meditation guidance for trainees and teachers who wish additional support.

Recognition of the IMA and Its Support of International Training Standards and Criteria

The IMA's teacher-training program is accredited by the German MBSR-MBCT Professional Teachers Association (www.mbsr-verband.org). The IMA aligns itself with its standards and ethics policy. The IMA is also recognized by the professional teachers' associations of France, The Netherlands, Norway, Poland, Ireland, Switzerland and Austria. In many countries where teacher associations do not yet exist, the institute's graduates successfully interface with organizations in their own country, and their IMA teaching certificate is recognized as a professional qualification.



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It is also possible for participants without teachers' associations in their own country to join the Europe-wide association (European Association of Mindfulness-Based Approaches- EAMBA), which recognizes the IMA as an accredited institute of professional training.

Why does the IMA Offer an International English-Language MBSR Teacher Training in Berlin?

The Berlin program is the IMA's response to the many requests it has received from the international community to present its highly successful training program in a format that makes it accessible for people living in all parts of Europe and around the world.

The training in Berlin offers a compact format of four weeks leading to full certification within ca. 14 months. Berlin is easy to reach, with many direct flights from major cities. The seminar house, a lovely yoga center in a countryside landscape a short distance outside the city, is reachable by public transport from Berlin's airports and central train station.

Who Might Be Interested in Our Program?

- Trainees who are interested in a certificate-level training that is compact, clearly structured and transparent in terms of requirements, certification process, etc.
- Our program is in a cohort group structure (the same students attend each time). Unlike many programs with different participants each module, our program develops an MBSR teacher community that extends far beyond the end of the IMA program.
- Our groups are limited to 26 participants. This allows a more personal atmosphere as well as an opportunity for more intensive interaction between faculty and students. We have committed to quality, rather than quantity
- The IMA's program is viable and accessible for people from countries where no MBSR teacher training is offered.
- For people who live in Germany, Switzerland or Austria and who do not speak German well and therefore cannot participate in our German-language programs.
- For people who like to study in an international context and wish to establish network contacts with participants outside their own country.

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



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systematic in-depth training, to profit from the faculty's extensive experience, and to move from autodidactic or piecemeal training, into a more integrated, certificate-based program.

Three Learning Dimensions of the IMA Program

The process of becoming an MBSR teacher involves immersion in each of these three learning dimensions.

Cohort Learning	Individual Learning	Personal Learning
Learning within the same group with various rotating teachers	One-to-one tutoring with a supervisor	Deepening of one's own meditation practice

The cohort learning dimension means working with the same group of students with rotating faculty members. Our training programs are limited to 26 participants.

The individual learning dimension is in a one-to-one supervision process that takes place during the teaching of a student's own 8-week MBSR course. It consists of a minimum of five individual sessions on Skype 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.

The training also includes three interactive online meetings in small groups with an IMA faculty member.

The training program is strongly structured and at the same time encourages 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 his/her own daily life before passing them on to others.

The program will fully prepare trainees to teach MBSR by himself/herself. The practically oriented learning units, combined with the individual supervision and the nurturing of one's own meditation practice, build a three-pronged approach that has been shown to be very supportive to developing teachers.



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Specific elements of the program include

- The graduates of our program are certified and fully qualified to teach MBSR on their own.
- Teacher trainees are thoroughly immersed in the formal meditation exercises of the MBSR program: body scan, gentle yoga, sitting meditation and walking meditation. They receive detailed instruction and opportunities to practice teach within the training program.
- The training emphasizes the deepening of one's own meditation practice as the basis for teaching others.
- The curriculum of the 8-week MBSR course is examined in detail, and thematic elements of the weekly sessions, in addition to the meditation exercises, 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.
- Five individual supervision sessions with a faculty member per Skype give intensive support during the teaching of one's own 8-week course.
- One online session with a faculty member between each module and online peer-group meetings maintain continuity throughout the program.
- Preparation for teaching takes place in every module as participants guide each other and experiment with delivering elements of the programs.
- Participants write and create their own audios in their native language for each of the main exercises (Body Scan, Mindful Yoga and Sitting Meditation). These exercises will be covered extensively in the training program.
- The program presents up-to-date information on research in MBSR and mindfulness.
- Participants receive a comprehensive MBSR teacher-training manual in English.
- 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.



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Brief Overview of the International MBSR Teacher-Training Program 4 Modules

Module 1 (December 4 – 11, 2020 (Friday to Friday)) Start: 15:00, End: 13:00

- Presentation of the structure and content of the MBSR program.
- Practical experience as well as opportunities to teach the main exercises of MBSR: Raisin Exercise, Body Scan and Gentle Yoga.
- Receiving in-depth instruction in a 45-minute gentle yoga sequence and learning to teach it to others.
- Introduction to inquiry – the art of leading exploratory dialogue and group discussion.
- MBSR in various settings and brief review of research
- Weeks 1, 2 & 3 of an MBSR course exercises and themes of each week will be taught and practiced.

Module 2 (April 30 – May 7, 2021 (Friday to Friday)) Start: 15:00, End: 13:00

Topics covered include:

- Deepening and supervision of yoga practice
- Exploring one's motivation for teaching MBSR
- Presentation of the sitting meditation and opportunities for guiding
- Participant requirements for an MBSR course, structure of pre-interviews
- Brief look at stress theory and research, and practical details of how to teach stress theory in an MBSR course
- Differences between MBSR and psychotherapy
- The Art of Inquiry (Part 2): Continuing to work with mindful dialogue (Inquiry).
- Reviewing research on the effectiveness of mindfulness, what is healing about mindfulness?
- Exercises of Week 4 and 5 of an MBSR course will be taught and students will practice teach the exercises.



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Module 3 Sept. 17 – Sept. 24, 2021 (Friday to Friday) Start: 15:00, End: 13:00

- The theme of mindful communication will be explored through exercises from the Insight Dialogue method of Gregory Kramer
- Practical experience in working with difficult emotions.
- Emotional Intelligence of an MBSR teacher
- Practice of kindness and compassion in MBSR teaching
- Exploring the inner attitude of an MBSR teacher.
- Mountain meditation, lake meditation
- The Art of Inquiry, Part 3. Deepening skills in leading Mindful Dialogue (or Inquiry) through practical exercises.
- Week 6, Week 7 and Week 8 of an MBSR course, and the Day of Mindfulness will be covered in detail. All the exercises of each week will be taught and there will be opportunities to practice teach.
- The full day of silent practice between the 6th and 7th week of an MBSR course will be taught.

Module 4 January 12 – 16, 2022. (Wednesday to Sunday) Start: 15:00, End: 13:00

Topics include:

- Group review of MBSR courses taught by participants. Opportunities for supervision and deepening of themes related to teaching.
- The fabric of the MBSR-course, how do underlying themes show up in the sessions of the 8-week course. Integrating the learning.
- Exploring topics such as How Does an MBSR teacher take care of oneself?
- Reflecting on themes related to teaching MBSR including: ethics, networking, possibilities of graduate courses after the first MBSR course.
- Closing Ceremony



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Our Faculty

The high level of professionalism and experience of the institute's teaching staff is a highlight of its 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.

The faculty for the EUR 2 International Training includes some of Europe's most senior teachers and the founder of the IMA, a pioneer in introducing MBSR in Europe

Faculty of the EUR 1 MBSR Teacher-Training Program



Linda Lehrhaupt, PhD, is the Founder and Executive Director of the Institute for Mindfulness-Based Approaches (IMA). 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 PhD in Performance Studies and a degree in education. 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. 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. She is the Co-Author of *Mindfulness-Based Stress Reduction: The MBSR Program for Promoting Health and Vitality* (2017) 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.



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Günter Hudasch, has a degree in biology and worked for 16 years in organizational development in a government environmental administration. In 1998 he joined Julia Augustine & Partner, a management consulting company, where he specializes 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 was also 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.



Bernd Langohr, Dr. med, is a teacher of MBSR and MBCT since 2010. He has been practicing meditation since 2002 and lived for two years in a Theravada monastery in Germany. He studied medicine at the Universities of Tübingen and Jena and was responsible for the establishment of a mindfulness program at the University Clinic in Weimar. He has completed a program in Deep Ecology with Joanna Macy. He is also a lecturer at the Ernst-Abb University in Jena as part of a model project on "Healthy Teaching and Learning." He completed his certification training in MBSR and MBCT with the IMA.



Elise Jansen, B.A, is the owner of Bloom Studio in Oslo, Norway where she works as a yoga and Mindfulness teacher. She has been practicing yoga and meditation since she was a teen-ager and has trained as a teacher of MBSR with the IMA. She is also a certified Yogaworks, Ashtanga Vinyasa, Restorative, Yin and TRE teacher. Elise has been teaching yoga for 15 years and teacher trainings in Mindful Restorative Yoga for the last 3 years. She travels extensively teaching yoga and trainings with focus on interception, mindfulness and deep rest in Europe and beyond.



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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 CFM's Stress Reduction Clinic of the University of Massachusetts in Worcester, USA.



Ingrid van den Hout, Drs, 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. She is the coordinator of the IMA MBSR Teacher Training Programs



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Participation Requirements for the MBSR 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, human resources, 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.

Meditation Experience: At least 1.5 years of meditation practice (Mindfulness, Vipassana, 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 before the start of the third training module). It is strongly recommended you complete this requirement before the program begins. We can help you with finding a suitable retreat.
- Regular sitting meditation practice.
- Minimum Age: 30.
- 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, if possible, in a free ZOOM online Video Conference
- Participation in a personal interview
- Participation in an 8-week MBSR course
We ask you take part in an MBSR 8-week course before the start of the training. 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 before the start of the second module. We can help you with finding a suitable online course.



Certification

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

All participants 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-organized 8-week MBSR course between the third and fourth module of the training program.
- Supervision: A minimum of five individual telephone/Skype sessions with an IMA supervisor during the teaching of an 8-week course is required.
- Completion of a final written thesis, including a detailed reflection on the teaching of one's own 8-week MBSR course.
- Preparing audio versions of the Body Scan, Sitting Meditation and gentle Yoga exercises in one's native language and submitting them with the final thesis.
- Submission of the student handbook in the language in which you have taught your MBSR course
- Participation in all units of the training program is required.



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Dates, Fees and Venue

Venue: Rosenwaldhof near Berlin and Potsdam
www.rosenwaldhof.de

(Accessible by public transport from Berlin airports and Central Train Stations of Berlin and Potsdam)

Dates:

Week 1:	04. - 11. December 2020	Friday, 3 pm - Friday, 1 pm
Week 2:	30. April - 07. May 2021	Friday, 3 pm - Friday, 1 pm
Week 3:	17. - 24. Sept. 2021	Friday, 3 pm - Friday, 1 pm
Week 4:	12. - 16. January 2022	Wednesday, 3 pm - Sunday, 1 pm

Course Fee: € 4.850, - for private persons
€ 6.250, - for persons paid for by their company

Payment schedule for private persons

Payment 1:	€ 200, -	At the time of returning the contract registration (Includes Euro 50 for refund of Interview fee)
Payment 2:	€ 1.550, -	November 1, 2020
Payment 3:	€ 1.550, -	March 1, 2021
Payment 4:	€ 1.550, -	August 1, 2021

Payment Schedule for persons sponsored by their company

Payment 1:	€ 250, -	At the time of returning the contract registration (Includes Euro 50 for refund of Interview fee)
Payment 2:	€ 2.000, -	November 1, 2020
Payment 3:	€ 2.000, -	March 01 2021
Payment 4:	€ 2.000, -	August 1, 2021

What the course fee includes:

The course fee includes all instruction plus two handbooks and three webinar sessions, one between each module.

The fees do **not** include the minimum 5 individual supervision sessions (Cost: Euro 95, - per session and paid directly to the Supervisor).

The fees also do **not** include costs for housing and meals, which the participant pays directly to



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the seminar house.

Accommodation

The training program takes place at Rosenwaldhof, about one hour by public transportation from Berlin.

Rosenwaldhof is a seminar house and meditation center in the greater Berlin area. It is situated close to forests and several lakes. The river Havel and a hill-top viewpoint are within short walking distance. The cities of Brandenburg and Potsdam are 25 km away.

The food at Rosenwaldhof is organic vegetarian. It is freshly made daily. They also offer vegan food and can accommodate people with allergies. Please contact them if you have further questions about the food, etc.

Rosenwaldhof has single and double- bedrooms with or without bathroom. Bed linen, towels and internet access (in the lobby area) are included in the room rates. All rooms are non-smoking.

We ask all participants to stay at the seminar house during the training.

You can view pictures of Rosenwaldhof at the following link:

<http://www.rosenwaldhof.de/fotouebersicht-raster/>

Rosenwaldhof's website in English: <http://www.rosenwaldhof.de/english-version/>

Booking Accommodation:

Rosenwaldhof asks you to book your accommodation with them directly.

Rosenwaldhof
Bergstraße 2
D-14550 Groß Kreutz (Havel)
OT Götzer Berge
+4933207-56680
E-Mail: gast@rosenwaldhof.de (It's fine to write or telephone in English)



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Online Orientation Meeting with ZOOM

The ZOOM video meeting online offers an opportunity to learn in depth about the training program and to engage with one or more IMA senior trainers. There will also be time for Questions and Answers.

Participation in an Online ZOOM Meeting is generally required if you wish to have a personal interview or enroll in the program.

If you feel you are well-enough informed about the program, you may apply for an interview without completing the Orientation. Please contact us and let us know. This is helpful if you wish to know as soon as possible if you will be admitted to the program.

DATES for Online ZOOM Orientation Meetings

Monday	May 18, 2020	19:30 - 21:00 (CET)
Wednesday	Sept 9, 2020	19:30 – 21:00 (CET)

The Orientation meetings are free of charge

If you cannot attend one of these online events, please check back with us online to register for later dates once they are posted on our web site.

How to Register for the ZOOM Meeting

Please send an Email to <http://info@institute-for-mindfulness.org> and indicate which date you wish to take part.

Your registration will be confirmed and you will be sent a link 5 days before the event with which you can connect at the time of the meeting.

Zoom is User-Friendly!

Our experience with ZOOM is very positive and for the participant it is easy. Just click the link sent to you and you will be able to join without having to download any software.



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Next Steps after the ZOOM Orientation meeting: A Personal Interview

If you wish to enroll in the program, seek more information, or want to discuss your qualifications, please request a personal 30-minute interview with a senior trainer of the IMA.

**Participation in a personal interview is required
In order to join the training program**

Cost for Interview: Euro 50,-

If you register for the training program, the interview fee will be deducted from the tuition fee.

What happens during the Interview?

During the interview, an IMA senior trainer will review with you the details contained in your personal information form. Together you will explore whether the MBSR teacher-training program is appropriate for you in terms of your interest and goals.

We will also explore with you if you fulfill the participant requirements or some additional preparation needs to be done.

As well, there is time to address questions and other themes that you would like to cover.

Registering for a Personal Interview:

To register for the interview, you must download the personal information form from our web site. Please fill this out on the computer and return it to us per Email. A faculty member will then contact you to arrange a date to meet online.

Registering for the Training Program after the Personal Interview

Step 1: After the interview, we will send you an enrolment contract.

Step 2: If you decide to enroll in the training, we ask you to send back the signed enrollment contract and transfer the first payment of Euro 150, -

Step 3: We will confirm receipt of your form and payment. Two months before the program begins, we will send further instructions about the training.

Deadline for Registration

Enrolments will be accepted in the order in which they arrive in the IMA office. Once all training places are filled, further applicants will be put on a waiting list.

Email Contact: info@institute-for-mindfulness.org