



Institute for Mindfulness-Based Approaches

In cooperation with



Creationwork

Mindfulness-Based Stress Reduction (MBSR)

MBSR Teacher-Training Program In Oslo, Norway

Start: 17. February 2022

End: 4. June 2023

Online Orientation Meeting per ZOOM Video Conference

Saturday, 30. October 2021 at 10:00 – 12:00

Monday, 6. December 2021 at 19:00 – 21:00.

More info about the ZOOM meetings is available on Page 18

www.creationwork.org

www.institute-for-mindfulness.org

E-mail: info@creationwork.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

The Institute for Mindfulness-Based Approaches (IMA)

The Institute for Mindfulness-Based Approaches (IMA) is the oldest professional mindfulness-training institute offering an MBSRT Teacher Training 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, Norway, Poland, Switzerland, Czech Republic and Japan. Over 1750 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 some of the countries 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

Recognition of the IMA's Teacher-Training Program and IMA's support of International Training Standards and Criteria

The IMA's teacher-training program in Germany is recognized by the German MBSR-MBCT Professional Teachers Association (www.mbsr-verband.org). Graduates of the program are able to join the association if they meet the further requirements of the organization. The MBSR teacher-training program of the IMA is also recognized by the professional teachers' associations of France, Norway, Poland, Ireland, Switzerland and Austria.

Dr. Lehrhaupt, founder and executive director of the IMA, participated as an adviser to the working committee that formulated the statements of the International Mindfulness Integrity Network, "a global network informing the ethics and standards of mindfulness training and teaching." (<http://iminetwork.org>.)

Dr. Lehrhaupt was also one of the early organizers of meetings that led to the founding of EAMBA (The European Association of Mindfulness-Based Approaches (EAMBA), whose "mission is to be a network connecting and inspiring associations (and associations in progress) of mindfulness professionals working with evidence-based secular programs." (www.eamba.net/about). Together with Dr. Edel Maex,, Dr. Lehrhaupt taught the first EAMBA yearly retreat in 2014.

In many countries where teacher associations do not yet exist, the institute's graduates often successfully interface with organizations in their own country, and their IMA teaching certificate is often recognized as a professional qualification. However, it is best to make inquiries in one's own country about recognition.

Creationwork, Sandvika – Oslo, Norway

Creationwork is one of the leading mindfulness institutes in Norway, founded by Barbra Coco Laure. The institute has been involved with mindfulness courses over the past 10 years, offering a variety of mindfulness courses, MBSR and MBCT training programs, and the Nordic Mindfulness Teacher Training. Creationwork is now also offering IMA's MBSR teacher training in Norway.

Contact us at info@creationwork.org

Who Might Be Interested in the IMA's MBSR teacher-training program?

- Trainees who are interested in a certificate-level training that is 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 in 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.

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 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.

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 ZOOM.

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 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.

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, live or online, give intensive support during the teaching of one's own 8-week course.
- Preparation for teaching takes place in every module as participants guide each other and experiment with delivering elements of the programs.
- Deepening of teaching skills is further supported by six peer supervision group meetings.
- Participants write and create their own audios in Norwegian for each of the main exercises (Body Scan, Lying Down Yoga and Standing 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 in Norwegian is supplied in digital format for trainees to modify and adapt for their own courses.

Brief Overview of the MBSR Teacher-Training Program

Module 1 (Thursday 17th to Sunday 20th February 2022, Start: 15:00, End: 15:00) :

Becoming acquainted. Presentation of the structure and content of the MBSR teacher-trainer program.

- Introduction to the Body Scan: Practical exercises for and theoretical aspects of guiding a Body Scan. Why do we teach the Body Scan, and what is the purpose of practicing it? Preparation for teaching the Body Scan as well as discussion of potential problems.
- Aspects of Week 1 of an MBSR course will be taught and practiced.
- Organizing peer groups and finding a buddy for working together between the modules.

Module 2 (Thursday 7th to Sunday 10th April 2022, Start: 10:00, End: 15:00) :

Introduction to Mindful Movement in practice and theory
Week 2 of the MBSR course

- 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.
- Learning oneself the MBSR yoga sequences and learning to teach yoga as mindful movement (Day 3 and 4).
- Themes of Mindful Movement: Body perception, working with boundaries, mindful breathing to support presence, people with special needs.

Module 3 (Thursday 26th to Sunday 29th May 2022, Start: 10:00, End: 15:00) :

How do I teach mindfulness meditation in the context of MBSR?

Further topics: Fundamental aspects of mindfulness, yoga

- Deepening and supervision of yoga practice (Day 1).
- Presentation of the sitting meditation and opportunities for guiding sitting meditation, with feedback.
- Reflection on the content and structure of the MBSR 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.

Option: Retreat 5 days led by Dr. Linda Lehrhaupt

Friday 24th June – Wednesday 29th June 2022,

Start Friday 16:00, End Wednesday 11:00

A 5-day silent mindfulness retreat

The retreat is strongly recommended for those who have not yet completed such a retreat.

It is optional but recommended for those who have already done a retreat (that is accepted by the IMA as satisfying the prerequisite).

Participants have a chance to train with Linda Lehrhaupt and observe how a mindfulness retreat is taught, as well as deepen their own mindfulness practice with the IMA founder.

The cost of the retreat and accommodation is not included in the training program fees.

The venue for the retreat is: Nøsen Yoga og Fjellhotell, Panoramavegen, 2960 Røn

The retreat includes:

- Teacher-led guided meditations
- mindful bodywork (yoga, etc.)
- Individual interviews
- Daily talks by the teacher
- Deepening of personal practice
- Modelling of how to teach a mindfulness retreat and exercises

Module 4 (Thursday 18th to Sunday 21st of August 2022, Start: 10:00, End: 15:00) :
Stress as a central topic of an MBSR course.
Exploring one's motivations for teaching MBSR.

- Brief look at stress theory and research, as well as the role stress plays in various illnesses. Practical details of how to teach stress theory in an MBSR course.
- Themes: reacting and mindful responding, habitual behaviour patterns and choice
- The art of Inquiry (Part 2): Continuing to work with mindful dialogue (Inquiry).
- Dealing with difficult teaching situations and the role of embodiment.
- The inner stance of the MBSR teacher compared to other professions, e.g. teaching, medicine, counselling, psychotherapy.
- What is healing about mindfulness? Reviewing research on the effectiveness of mindfulness, particularly in working with stress themes and emotions.
- Aspects of Week 4 and 5 of an MBSR course will be taught.

Module 5 (Thursday 27th to Sunday 30th of October 2022, Start: 10:00, End: 15:00,

The Day of Mindfulness.
Exploring mindful communication and contact.

- The theme of mindful communication will be explored through exercises from the Insight Dialogue method of Gregory Kramer.
- Stressful and mindful contact and communication in Week 6. Practical experience in working with this theme.
- The art of Inquiry (Part 3): Deepening skills in leading Mindful Dialogue (or Inquiry) through practical exercises.
- Aspects of Week 6 of an MBSR course will be taught.
- The full day of silent practice between the 6th and 7th week of an MBSR course will be taught.
- Preparing to teach the MBSR course.

Module 6 (Friday 2nd to Sunday 4^h of December 2022., Start: 10:00, End: 15:00:

Taking care of oneself

- Week 6, Week 7 and Week 8 of an MBSR course and the post-interview will be covered in detail. All the exercises of each week will be taught and there will be opportunities to practice to teach.
- Mindfulness and emotions. Theoretical and practical aspects of working 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.
- Tapestry of the MBSR course (How the different weeks and their themes weave together).

Module 7 (Friday 2nd to Sunday 4th of June 2023, Start: 10:00, End: 13:00) :

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

- Reflecting on themes related to teaching MBSR including: ethics, networking, possibilities of graduate courses after the first MBSR course.
- Exploring topics such as How does an MBSR teacher take care of oneself?
- Group review of MBSR courses taught by participants. Opportunities for supervision and deepening of themes related to teaching.
- Closing Ceremony

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 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 NOR 5 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 Nor_5 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 1994 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) at the University of Massachusetts, USA, 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.



Ingrid van den Hout, M.Sci, 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 serves as senior

	teacher and senior coordinator for IMA.
	<p>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.</p>
	<p>Rene Ryorin Slikker, M. Sci., is a psychologist and physical therapist. His specific interest is mind-body medicine and personal development. As a psychologist, he combines mental and physical well being with return-to-work programs. He has worked in the United States, Great Britain and Germany as a physical therapist. When he learned about MBSR and Jon Kabat-Zinn, he was immediately inspired and still is. He was one of the first students to train in MBSR with Johan Tinge and his teaching staff at the Institute for Mindfulness in Holland in 2008. He has worked as a mindfulness teacher trainer at the post-doc program of the Hogeschool Utrecht. He has taught numerous MBSR courses and guided several retreats. He started practicing Zen Buddhism in 1998 and has integrated this into his work. At present, he works as a Buddhist psychologist in his own practice in Amsterdam. He and his wife have also founded and teach in a small Zen temple.</p>
	<p>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.</p>
	<p>Barbra Coco Laurré is an associated professor at the Norwegian Academy of Music. She is the founder of Creationwork, one of the leading mindfulness institutes in Norway offering MBSR and MBCT 8 week courses, the Nordic Mindfulness Teacher Training program and IMA's MBSR and MBCT teacher-training program. As an experienced workshop leader Barbra has worked with body, mind and creative expression for more than 3 decades, mainly in Denmark and Norway. Her passion throughout her work is to inspire freeing human potential through meditation, mindfulness and creativity. In addition to a 5-year basic education as an actor and voice therapist in Switzerland, she is a certified psychotherapist (MPF), Conflict counselor (CFKL), grief therapist (CGT) and is trained in family constellation with more than 25 years of experience</p>

on the field. She has completed a 3-year mindfulness teacher training in Denmark and is a certified MBSR/MBCT teacher trained by IMA.



Michael de Vibe, M.D., was a senior advisor at the Norwegian Center for the Health Services (Kunnskapssenteret). He is a medical doctor and a family therapist. He has an extensive background in general practice and family therapy and is a supervisor in family medicine. He has worked on quality improvement of health services since 1998. He has practiced mindfulness from his youth and took an MBSR instructor course at the CFM in 2002. He has developed and researched methods of mindfulness training and stress management, and has developed instructional material for this. He has taught this at college level since 2003 and held courses for many different health institutions. He has completed a Ph.D. studying mindfulness training for medical and psychology students in a two-centre randomized trial with long-term follow-up. In 2007-8 he ran an instructor course for mindfulness teachers at a university hospital in the north of Norway.

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. A five-day retreat will be offered during the MBSR teacher training, led by IMA founder Dr. Linda Lehrhaupt. This retreat is strongly recommended for trainees who haven't completed this requirement. It is also recommended for those who have already participated in a retreat (which is accepted as a prerequisite by the IMA).
- 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 in an 8-week MBSR course. We ask you to finish your MBSR 8-week course before Module 2 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. We can help you with finding a suitable online course.
- Participation in a personal interview.

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:

- Being present and participating at all 7 training modules. Participation in the 5-day retreat when one has not already been completed one before the training begins
- Participating in all six peer supervision group meetings (online / Skype or Zoom).
- Students teach their own self-organized 8-week MBSR course between the sixth and seventh module of the training program.
- Supervision: A minimum of five individual live or online 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, Lying Down Yoga and Standing Yoga in one's native language and submitting them with the final thesis.
- Submission of the participant handbook in the language in which you have taught your MBSR course.

Dates, Fees and Venue

Venue :

Creationwork
Furukollen Helsehus
Otte Sverdrups vei 9
1337 Sandvika
Norge

Dates:

ZOOM Orientation Online:

30. October 2021 Saturday, 10:00 – 12:00.
06. December 2021 Monday, 19:00 – 21:00

Module 1: Thursday 17th to Sunday 20th February 2022

Thursday 15:00-18:30
Friday/Saturday 09:30 -18:00
Sunday 09:00-15:00

Module 2: Thursday 7th to Sunday 10th April 2022

Thursday 10:00-18:00
Friday/Saturday 09:30 -18:00
Sunday 09:00-15:00

Module 3: Thursday 26th to Sunday 29th May 2022

Thursday 10:00-18:00
Friday/Saturday 09:30 -18:00
Sunday 09:00-15:00

Retreat (optional): Friday 24th – Wednesday 29th 2022,

Start Friday 16:00, end Wednesday 11:00

The venue for the retreat is: Nøsen Yoga og Fjellhotell
Panoramavegen, 2960 Røn

Module 4: Thursday 18th to Sunday 21st of August 2022

Thursday 10:00-18:00

Friday/Saturday 09:30 -18:00

Sunday 09:00-15:00

Module 5: Thursday 27th to Sunday 30th of October 2022

Thursday 10:00-18:00

Friday/Saturday 09:30 -18:00

Sunday 09:00-15:00

Module 6: Friday 2nd to Sunday 4th of December 2022

Friday 10:00-18:00

Saturday 09:30 -18:00

Sunday 09:00-15:00

Module 7: Friday 2nd to Sunday 4th of June 2023

Friday 10:00-18:00

Saturday 09:30 -18:00

Sunday 09:00-13:00

Course Fee: (5.700 Euro)

Payment schedule

Interview Fee:	50 euro	At the time of sending in the Personal Info Form
Payment 1:	1.850 euro	At the time of returning the contract
Payment 2:	1.900 euro	21. April 2022
Payment 3:	1.900 euro	21. October 2022

Payment is to be made in Euro.

What the course fee includes:

The course fee includes all instruction plus one teacher-trainer manual and one MBSR course participant handbook. Also the six webinar sessions, one between each module.

What the course fee does not include:

The course fees do **not** include

- the 5-day silent retreat.
Information about the retreat fees will be provided at a later date
- the minimum 5 individual supervision sessions (Cost: Euro 95, - per session and paid directly to the Supervisor).
- costs for travel, housing, and meals.

Accommodation

Students are responsible for finding their own accommodation. Hotels and Airbnb are available in the area.

The MBSR- Teacher Training will take place at

Creationwork

Furukollen Helsehus

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MBSR Teacher-Training Program

© Institute for Mindfulness-Based Approaches

Otte Sverdrups vei 9
1337 Sandvika
Norge

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.

Date for Online ZOOM Orientation Meeting

Saturday	30 October 2021	10:00 - 12:00 (CEST)
Monday	06 December 2021	19:00 - 21:00 (CEST)

The Orientation meeting is free of charge

How to Register for the ZOOM Meeting

Please send an Email to info@creationwork.org to register for the orientation meeting.

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.

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. This can be done by contacting Creationwork at info@creationwork.org

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

Cost for Interview: 50 Euro

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 (www.creationwork.org).

Please fill this out on the computer and return it to us per Email (info@creationwork.org).

A faculty member will then contact you to arrange a date to meet online, preferably the week following the online ZOOM orientation meeting.

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 1850 Euro,-

Step 3: We will confirm receipt of your form and payment. No later than one month 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 Creationwork's mailbox. Once all training places are filled, further applicants will be put on a waiting list.

Email Contact: info@creationwork.org