



Institute for Mindfulness-Based Approaches

# International Mindfulness and Mindfulness-Based Stress Reduction (MBSR)

## Teacher-Training Program (Mostly Online)

Begin: May 2025

Orientation: Saturday

March 22, 2025 (Online)

with

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**International MBSR Teacher-Training Program**

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## The training program at a glance

### **MBSR - the training program according to Jon Kabat-Zinn**

Mindfulness-Based Stress Reduction was developed in 1979 by Prof Dr Jon Kabat-Zinn and his colleagues at the Stress Reduction Clinic at the University of Massachusetts in Worcester, USA.

#### **Successfully in use worldwide**

Mindfulness-Based Stress Reduction, also known as MBSR for short, has been used successfully in many hundreds of clinics of various types and health centres around the world. In Europe, the program has also been used successfully for many years in Switzerland, Germany, Austria and other European countries. The Institute for Mindfulness-Based Approaches (IMA) has been running its teacher-training program since 2002. It takes place several times a year in Germany and regularly in Switzerland, Poland, France, Austria and Japan. We have also offered programs in Ireland, Norway and Turkey.

#### **Scientifically researched and proven**

Numerous scientific studies have underlined the effectiveness of the MBSR program. The studies impressively document that course participants experience, among other things, a lasting reduction in physical and psychological symptoms, more effective coping with stressful situations, an increased ability to relax, growing self-confidence and acceptance, more joie de vivre and vitality. Course participants who have experienced significant relief from their symptoms by attending an MBSR course include people with cancer, AIDS, heart disease, headaches, sleep disorders, anxiety and panic attacks and stress-induced gastrointestinal complaints. Although MBSR started in a hospital environment, it has spread throughout society and can be found in many different settings including but not limited to schools and university-health care programs, the business world, employee health care programs. Burn-out prevention, coaching and private therapeutic practices, rehabilitation and mental-health clinics, and many more environments.



## Our Program is also a Mindfulness Teacher Training

Completing our training program not only prepares you to teach MBSR but also Mindfulness courses in general. Many of our graduates use the skills they learn in our program to offer mindfulness courses in various settings. They also offer follow-up programs and retreats. Our training provides you with a wide variety of skills and possibilities that can be applied to broaden one's course offerings.

## The three-pillar concept at IMA

The Institute for Mindfulness-Based Approaches (IMA) trains MBSR and Mindfulness teachers based on a three-pillar concept.

### The three pillars are:

Modular Learning	Individualised Learning	Personal Learning
through the group process in 9 modules	through the supervision process in the individual setting	through the further development of your own meditation practice

The **modular learning process** is a group process and consists of nine modules of three to five days each. Two modules (the first and last) are live, and the remaining are online.

The **individual learning process** consists of at least five individual supervision sessions, which can be conducted in person or by telephone and which accompany your teaching of your own MBSR course. We work with you to find out what you still need in order to grow into the role of MBSR teacher and to be able to competently accompany people on the course.

The **personal process** includes the further development of your own meditation practice. To this end, the IMA offers mindfulness retreats and further training and works together with meditation teachers who offer guidance for meditation practice.



## What can you expect from this training program?

The aim of the training is to prepare you to teach MBSR and Mindfulness. To this end, we will teach you the content and the specific elements of the MBSR program interactively and experientially, e.g.:

- Body scan, mindful movement and sitting meditation - what are the main exercises of the MBSR program all about?
- What are the pedagogical aspects of meditation and how do I deal with participants' questions and problems?
- How do I conduct an "inquiry" - the exploratory conversation - as an important instrument of mindfulness-based approaches?
- What practical questions would I like to clarify on the subject of teaching and learning?
- What is the role of MBSR teachers and what are their own limits?
- How can I deepen my own mindfulness practice and develop my competence in teaching mindfulness?
- What resource does the opportunity for collegial exchange represent for my future work as an MBSR teacher?
- How do I create my own course materials (including three audio recordings for the main exercises of the program) and how do I run my own first MBSR course?
- What is the current state of research on MBSR?
- and much more.

The training program is structured, but at the same time allows for a high degree of individual creativity and expression. The IMA teachers will support and guide you through all stages of this process, both in class and through supervision. The exact content of the individual modules can be found in the following overview.

*"I have never taken part in a training course where so much of what was taught was actually put into practice and where so many participants in the course actually practised what they were trained to do... in this case, teach MBSR."*

(Note from a graduate)



## Modular teaching of the course content

The contents of the MBSR 8-week training program are taught in 9 modules

### Session 1 (Sunday to Friday) LIVE SESSION in Rosenwaldhof near Berlin

**Familiarisation. Presentation of the structure and content of the MBSR program.**

Introduction to the body scan: practical exercise and theoretical aspects of leading a body scan; preparation for teaching the body scan, as well as discussion on possible problems of using it.

Why is the body scan carried out and why is it practised at all? Initial thoughts on preparing your own MBSR certification course.

Aspects of week 1 of an MBSR course are taught.

### Introduction to mindful movement in practice and theory

Topics: Body awareness, dealing with boundaries, breathing awareness to support presence. Guidance and support for developing a series of exercises: Mindful movement (yoga) for an MBSR course with special target groups in mind. Intro to sitting meditation in a Mindfulness course. Reflection on your own body scan practice, importance of the body scan in the MBSR program. Exchange of experiences with guidance of the body scan, the path to your "own" body scan. Introduction to inquiry: exploratory dialogue and group discussion.

Mindfulness-based interventions in various settings such as hospitals, companies and schools. Insights into mindfulness research. Aspects of week 2 of an MBSR course are taught.

### Session 2 (Friday to Sunday-Online)

**How do I teach meditation? Other key topics: Basic aspects of mindfulness.**

Guided sitting meditation: content and structure, aspects of guiding a meditation, possible participant problems. Practising a guided sitting meditation. How do I guide the MBSR topic "Pleasant and unpleasant experience"?

Contents and implementation of the preliminary interview before the start of an MBSR course. Prerequisites for participation in an MBSR course, indications, contraindications and personal limits. Preparation of your own MBSR course for certification. Aspects of week 3 of an MBSR course are taught.

### Session 3 (Friday to Sunday-Online)

**Stress as a core topic of an MBSR course and the self-motivation to teach MBSR - Part 1**

What is stress? How do we experience stress? How do we deal with it? Stress theory and how it is taught in the MBSR course - the role of thoughts in stressful life - thoughts that exacerbate and relieve stress - dealing with thoughts in sitting meditation.



#### **Session 4 (Friday to Sunday-Online)**

##### **Stress as a core topic of an MBSR course and the self-motivation to teach MBSR - Part 2**

Exploring your own motivation to teach MBSR. The distinction between MBSR and psychotherapy and the difference between the therapeutic or counselling attitude and the inner attitude of the MBSR teacher. The art of inquiry: the exploratory conversation in the MBSR course. Dealing with "difficult" participants (transference/countertransference). The healing power of mindfulness based on personal experience with meditation practice. Research findings on the impact factors of mindfulness.

Topics and exercises from Weeks 4 and 5 are taught and explored.

#### **Session 5 (Friday to Sunday-Online)**

##### **Mindful communication**

Gregory Kramer's Insight Dialogue method as a means of deepening the inner attitude in inquiry, the exploratory conversation. The art of inquiry - deepening through practical exercises - Communication as a stress trigger in contact with yourself and others - What is mindful communication? Practical experience of your own attitude in communication

#### **Session 6 (Friday to Sunday-Online)**

##### **The day of mindfulness**

The day of mindfulness is guided, reflected upon and the accompaniment through the day of silence with all exercises is worked out. Aspects of week 6 of an MBSR course are taught.

#### **Session 7 (Friday to Sunday-Online)**

##### **Self-care and the conclusion of the 8-week course. How can I take good care of myself in a stressful everyday life?**

Self-care in everyday life and with the help of formal practice - Change of perspective: expectations, fears and habitual patterns - what does mindfulness mean here? Farewells and new beginnings - Worst case scenarios: What are my greatest fears as an MBSR teacher? The post-interview: Aim and content.

Aspects of weeks 7 and 8 are explored thematically and practically.



## **Session 8 (Friday to Sunday-Online)**

### **The inner landscape of teaching MBSR**

We will work with texts and exercises by Parker Palmer, a pedagogue who has strongly influenced the exploratory conversation (Inquiry). This module is primarily about exploring what Parker Palmer calls "the inner landscape of teaching".

To this end, we explore our own attitudes to topics such as compassion and self-compassion, dealing with the suffering of course participants and our own, with hope and trust. How can I work with these aspects as an MBSR teacher? We take a closer look at our expectations, which particularly characterise our way of learning and teaching: Expectations of ourselves, of the participants, but also the participants' expectations of us and of MBSR. Through various structured exercises and self-reflection, the practice of Inquiry is further deepened. This module is tailored to the first experiences of teaching and accompanying in the MBSR course and addresses central aspects for the development of one's own self-image as an MBSR teacher.

## **Session 9 (Thursday to Sunday-Live Session)**

### **Conclusion and farewell**

Practice and guidance

Exchange and reflection on questions of teaching based on the experience of the first self-guided MBSR course - Ethical values as an MBSR teacher - Networking, advanced courses.

## **Certification and finalisation**

The training concludes with a certificate which is recognised by the MBSR-MBCT Teacher Association in Germany and enables admission to the association.

To obtain the certificate of completion, you must fulfil the following requirements:

- Participation in all nine modules of the training program
- Teach your own MBSR course with at least four participants
- Participate in five individual supervision sessions during the MBSR certification course
- Submission of a final paper and the teaching material (audio files, manual) for your own course

MBSR courses are subsidised in Germany by health insurance companies as prevention courses if the teacher fulfils criteria established by the Central Examination Centre for Prevention (ZPP). Membership in the German MBSR Teachers association is one of those requirements.

The IMA's MBSR Teacher-Training program meets the quality criteria of the MBSR-MBCT Association e.V. (Germany), the MBSR Association Switzerland and the MBSR Association Austria.





## The IMA training institute

The Institute for Mindfulness-Based Approaches (IMA) in Bedburg is a training and further education institute that was founded in 2001 by Dr Linda Lehrhaupt.

### **The first and oldest MBSR training institute in Germany**

The Institute for Mindfulness-Based Approaches (IMA) has been running MBSR Teacher Training courses since 2002. More than 1,500 people have taken part to date and teach MBSR in a wide variety of fields. Both the training management and the training content and structures fulfil the quality criteria established by the German, Swiss and Austrian MBSR-MBCT associations. Participants who are certified by the institute are accepted as members by these associations on request.

### **A team of lecturers with many years of experience**

The institute has a highly qualified, international, interdisciplinary team of lecturers. Many members of the teaching team are among the pioneers of the integration of mindfulness, MBSR and MBCT (Mindfulness-Based Cognitive Therapy) into society in German-speaking countries as well as in other European countries. All lecturers have decades of experience in teaching mindfulness and its application in various settings such as clinics, outpatient settings, commercial enterprises, and some are involved in research projects with universities, etc.

Graduates of the Institute for Mindfulness-Based Approaches have also played a decisive role in establishing the MBSR-MBCT professional association in Germany.

This is now networked with many other European MBSR-MBCT associations.






**Further information on MBSR Teacher Associations can be found at:**

[www.mbsr-mbct-verband.org](http://www.mbsr-mbct-verband.org), [www.mbsr-verband.ch](http://www.mbsr-verband.ch) or [www.mbsr-verband.at](http://www.mbsr-verband.at)



## Faculty of the EUR 7 Mindfulness and MBSR Teacher-Training Program

	<p><b>Ingrid van den Hout</b>, M. Sc., 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 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 senior coordinator of the IMA MBSR Teacher Training Programs</p>
	<p><b>Wolfgang Schröder</b>, born 1962, is co-leader of the (Mindfulness Practice)'Achtsamkeitspraxis Berlin' since 2012. His interest in spiritual development and meditation was awakened in 1985. When he trained as a bookseller in the Rhineland, he made a fundamental decision to dedicate his life to practicing and deepening the Buddhist practice. During a stay of several years in the Triratna Sangha in Great Britain, he was able to intensify his practice and study of Buddhism. At that time, he worked in cooperatively run companies and certified as a yoga teacher in 1994. Since he became familiar with Jon Kabat-Zinn's book 'Full Catastrophe Living' in 2005, he continued to practice and train as teacher within the context of MBSR. In 2008 he certified as MBSR teacher, in 2009 as MBCT teacher and also trained as MBCL teacher. He feels fortunate to meet people in different ways and to support them on their way to more awareness, clarity and kindness. He is the senior coordinator of the IMA MBSR Teacher Training Programs.</p>
	<p><b>Bernd Langohr</b>, 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</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.



**Amir Imani**, Amir holds a master's degree in counselling and Adult Education from University of Toronto, Canada. He worked in mental health research at the Department of Psychiatry of University of Toronto, and studies and practices the effect of mind-body integration in mental health and balanced living since the year 2000. He has undergone MBSR Teacher Training Program at the Centre for Mindfulness in Medicine, Health and Society at the University of Massachusetts Medical School and has been teaching MBSR to different groups including Mindfulness trainers, corporate staff and executives since 2005. Amir has also trained with pioneer leading teachers including Joseph Goldstein and Larry Rosenberg. He is the Cofounder/director of the Indian based Omega Wellbeing, founding director of the only hospital based MBSR program in the Middle East region, and senior certified mindfulness teacher at UMASS Medical School. Amir holds workshops and retreats internationally for public and private organisations.



**Rene Ryorin Slikker** is a psychologist and physical therapist. His specific interest is mind-body medicine and personal development. As a psychologist, he combines mental and physical wellbeing 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.



**Jean-Daniël Rüedi**, PhD, worked for more than 15 years in academia and private companies as project manager, R&D manager and CEO, before starting to work as freelance coach and consultant. He is the co-founder of O'Centre Formation and now works as trainer, coach and therapist with teams and individuals. He is trained in coaching, organization and relationship systems coaching, Neuro-Linguistic Programming (NLP), hypnosis, Non-Violent Communication (NVC), transpersonal therapy, as well as acceptance and commitment therapy (ACT). He trained as MBSR teacher with the IMA and as MBCL teacher with the Mindfulness Network. He teaches both these programs in Switzerland and online



## Registration

You must fulfil certain requirements before you can register for the Teacher-Training course. These can be found below. In addition, participation in an **orientation day** is mandatory. Please note the following registration procedure:

### Step 1: Register for the online orientation day

Please send the registration form for the orientation by letter or e-mail to:

Postal address: Institute for Mindfulness Based Approaches  
c/o Susanne Schneider, Tackweg 13, D-47918 Tönisvorst  
Fax: 0049 (0) 2151 327 4665  
E-mail: [programs@institute-for-mindfulness.org](mailto:programs@institute-for-mindfulness.org)

### Step 2: Transfer of the course fee for the orientation

#### Bank details:

<b>Account:</b>	Dr. Linda Lehrhaupt / Institut für Achtsamkeit
<b>Amount:</b>	110,- Euro
<b>Intended use:</b>	Name / O EUR 7-2
<b>IBAN:</b>	DE35 3601 0043 0418 1074 33
<b>BIC:</b>	PBNKDEFF360

After receipt of the registration form and payment of the course fee, we will confirm your participation in the orientation day.

### Step 3: Register for teacher training

#### Important:

Registration **for** the **Mindfulness and MBSR Teacher Training** program is only possible **after** the orientation day. The personal information form that you have submitted for the orientation serves also serves as part of your registration for the teacher-training program.



## Participation requirements

- Professional training in the psychosocial fields of education, health care, counselling or therapy as well as coaching, trained yoga or Qigong teachers or similar. But also people with other professions who want to reorient themselves.
  - At least 2 years of regular meditation practice (Vipassana, Zen, Shambhala training, Dzogchen, Contemplation, Mindfulness, etc.) before starting the training.
  - Participation in a silent retreat of at least five days under the guidance of an authorised meditation teacher.
  - Participation in an MBSR 8-week course
- As well as
- Daily sitting meditation practice (at least 20 minutes)
  - Minimum age 30 years (exception possible by arrangement)
  - Experience in meditative movement (Yoga, Tai Chi, Qigong or similar) is helpful
  - Participation in the orientation day

In some cases, a participation requirement can also be fulfilled during the training program.

If you have any questions about the participation requirements or registration, please contact us.

### **Institute for Mindfulness-Based Approaches**

Fax: 0049 (0) 2151 327 4665

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



### **Dates** Orientation day:

Saturday, 22. March 2025 from 09.30 to 17.00 - online

### **Dates for the Teacher Training:**

**Sessions 1 and 9 are live Sessions 2 through 8 are online**

- 1. Session:** 18. - 23.05.2025 (5 days); Sunday, 3 pm to Friday, 1 pm  
**in presence\*** at Rosenwaldhof
- 2. Session:** 01. - 03.08.2025 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 3. Session:** 05. - 07.09.2025 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 4. Session:** 21. - 23.11.2025 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 5. Session:** 16. - 18.01.2026 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 6. Session:** 13. - 15.03.2026 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 7. Session:** 29. - 31.05.2026 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 8. Session:** 10. - 12.07.2026 (2.5 days); Friday, 9 a.m. to Sunday, 1 p.m.
- 9. Session:** 19. - 22.11.2026 (3.5 days); Thursday, 9 a.m. to Sunday, 1 p.m. **\*in presence**

**\* The live sessions** take place live at Rosenwaldhof near Berlin. Session 1 serves to help participants get to know each other personally and to create a better group feeling. It also allows for the teaching of parts of the MBSR program that are better done live (eg. Yoga, etc. The last session allows for a processing of the teaching experience and the entire course.

### **Costs**

**Orientation day:** € 110,- This fee will be deducted from the total price if you enrol in the teacher training.

**Teacher Training Fee:** € 4,500,- (incl. teaching materials)

plus 5 supervision sessions of approx. € 95,- each (to be paid directly with the supervisor)





### **Payment method**

After a deposit/first payment of € 1,500,- the remaining course fee will be transferred in 2 instalments of € 1,500 each.

The costs for accommodation and meals are **not** included in the course fees

### **Number of participants:**

min.: 12 participants, max.: 26 participants

### **Subsidies**

More and more participants are being supported by their employers to take part in this further training. This support takes the form of partial or full reimbursement of the course fee and/or time off work.

**Please inquire yourself about the possibility of public funding in your federal state.**

### **Accommodation**

The live modules of the training program take 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 live modules of the training. You can view pictures of Rosenwaldhof at the following link: [www.rosenwaldhof.de](http://www.rosenwaldhof.de)





## Registration procedure

