

Professional Training in MBSR Essentials – 10 Week

Course Overview

Living into the underlying theoretical, philosophical, and pedagogical foundations of Mindfulness-Based Stress Reduction (MBSR), learning with peers and teachers provides opportunity for rigorous self-assessment, large and small group dialogue, and direct knowledge of MBSR principles.

MBSR Essentials students participate in a 10-session seminar and in the 8-week MBSR course.

Students guide each other in mindfulness practices incorporated directly from the MBSR curriculum, reflect upon reading assignments, examine the ethos of MBSR standards of practice from their own lived experience in the MBSR class, and become familiar with MBSR and other mindfulness-based research and scientific literature.

Educational Objectives

- Educate and train physicians, nurses, behavioral health professionals, other health care professionals, educators, researchers and others who qualify based upon their background and experience, in mindfulness-based stress reduction (MBSR) through *in-vivo* experiential learning
- Discuss and analyze the scientific, theoretical, and pedagogical underpinnings of MBSR
- Identify and examine MBSR within the larger fields of mind-body, integrative and participatory medicine
- Become familiar with MBSR and other mindfulness-based research and scientific literature

Teacher Assessment in MBSR Essentials

The training in MBSR Essentials, while not a “training to teach,” is very much a learning process; and as in any learning process, assessment is critical to assure participants are able to move forward with confidence. It is the intention to bring curiosity, kindness and clarity to a mutual investigation of actions, behaviors, or speech that seem unclear, confusing or are perceived potentially as impacting future training and teaching.

Feedback will be offered individually during the training itself, and shortly afterwards. If you have any concerns or questions, the instructor, Dr. Carol Greco, is happy to speak with you, and ongoing dialogue is encouraged throughout the training.

Learning Outcomes

- Distinguish how key theoretical features of MBSR are embedded within the MBSR curriculum
- Identify and practice essential language principles of MBSR teaching
- Expand competence in leading short, guided mindfulness meditation practices used in MBSR
- Examine relational dynamics demonstrated in both the MBSR classroom and in the training

Competencies

- Deepen personal MBSR mindfulness meditation practice
- Demonstrate an increased capacity for authentic self-awareness and expression
- Recognize, appraise and develop competence in the ethos, structure, and content of the MBSR course, informed by one’s commitment to practice and learning and cultivated as a teaching skill set. This includes the capacity to assess one’s strengths and areas of growth, and the ability to receive constructive feedback from peers and training facilitators.

At the end of the MBSR Essentials course, participants will be qualified to lead workshops and presentations based upon meditation, mindfulness, and MBSR, and to proceed on the path to becoming a MBSR Teacher.