



Institute for Mindfulness-Based Approaches

Mindfulness-Based Stress Reduction (MBSR)

International MBSR-Teacher Training Program

Where: Berlin Area

Start: November 2018

**Two Orientation Meetings Online (webinars)
The webinars are free of charge**

1st Orientation-Webinar MBSR-Teacher Training, 18th October 2017 6 p.m. - 8 p.m. (CET).

Please register today: [Registration webinar](#)

After registration you will receive a confirmation email from which you'll be able to log into the webinar on the day it takes place.

The second webinar takes place on the 15th January 2018 from 6 p.m. – 8 p.m. (CET).

Registration for this webinar is possible after the first webinar has been completed. For further information please get in touch with us by mail.

Other webinars for later in 2018 are being planned

Venue: **Rosenwaldhof Centre near Berlin and Potsdam.**
(Accessible by public transport from all Berlin airports and the Central Train Station)

**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 early 1990s and interest has continued to grow steadily. In some European countries the National Health Service is reimbursing its members for taking part in MBSR courses, and more and more hospitals and rehabilitation clinics include MBSR as one of their offerings.

There is also a growing interest among companies and public organizations 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. As well, business executives are coming to rely even more on MBSR elements to lead themselves, their teams and their organizations more mindfully and with greater serenity.

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 and largest mindfulness training institute on the European Continent. Since 2002 it has provided training of excellence in mindfulness-based approaches for professionals in the fields of health care, mental health, education, social work, human resources and other related areas. It was founded in 2001 by Dr. Linda Lehrhaupt, one of the most senior MBSR teachers worldwide. Linda is American and has been living in Europe since 1983.

The IMA, which has its main office in Germany, currently offers MBSR-Teacher Training Programs in Austria, France, Germany, Greece, Ireland, Norway, Poland and Switzerland. Over 1500 professionals have completed the Mindfulness-Based Approaches MBSR-Teacher Training and many more have taken part in its other programs.

The IMA is officially recognized in Germany as an independent institute of further education and professional training. Its programs are recognized by German government authorities, and many professional associations (doctors, psychologists) grant its members further education credits for participating in its programs. A percentage of the IMA's trainees are subsidized by their employers or receive grants or other support to participate. As an institute accredited by the German MBSR-MBCT professional teacher association, the IMA's certified graduates are recognized by the German National Health Service as qualified suppliers of MBSR courses, and health insurance members receive subsidies for taking part in an MBSR course

The IMA's independence allows it to be more flexible than other institutions and capable of responding quickly to developments in the mindfulness field. At the same time, the IMA has cooperation agreements with universities and other large educational institutions. In Norway it offers its MBSR/MBCT-Teacher-Training in cooperation with the Norway University of Science and Technology. In Germany the IMA has entered into a cooperation with the Clinic for Integrative Medicine at the University of Essen.

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. med. Erik van den Brink and Frits Koster
- Mindfulness retreats for experienced teachers and trainees
- Skills deepening workshops
- Mentoring for teachers of MBSR, MBCT and MBCL
- Mindfulness-meditation guidance for trainees and teachers who wish additional support



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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 (please see teacher bios in this prospectus). 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 Berlin training includes the IMA's most senior teachers. Not only do they have decades of teaching experience of mindfulness-based approaches, but three of them are authorized meditation teachers in their own traditions. All have also been involved in training teachers in mindfulness-based programs for many years, and several are heads of their own training institutes in the countries where they live.

Faculty for EUR_1

(Please see Pg. 12 for further info about our faculty)

Dr. Linda Lehrhaupt (USA & Germany)

Dipl. Biol. Günter Hudasch (Germany)

Eva Bruha, (Ireland)

Ingrid van den Hout, Drs (The Netherlands)

Dr. med. Bernd Langohr (Germany)

Siri Nordhus, BA (Norway)

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

Why is the IMA Offering an International English-language MBSR-Teacher Training Program in Berlin?

The Berlin program is the IMA's response to the many requests we have received from the international community to present our highly successful training program in a format that makes it accessible for people living in all parts of Europe and around the world. It is also our answer to requests from people living in countries where no program is offered.

The international MBSR-Training in Berlin offers a compact format of four weeks within 1.5 years. Berlin is easy to reach, with many direct flights from major cities. As a cosmopolitan city at the center of Europe, it is a lively and culturally rich place to visit. The seminar house is a lovely yoga center in a countryside landscape a short distance outside the city, reachable by public transport from Berlin's airports and central train station.



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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 time, 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 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, but 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.

Recognition of the IMA and its Support of 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 with its standards and ethics policy. The IMA is also recognized by the professional teachers' associations of The Netherlands, Norway, Poland, Switzerland and Austria. In countries where teacher associations do not yet exist, the IMA is recognized as an institute of high quality whose graduates interface with organizations in their country, and their IMA certificate is recognized for professional standing.

Several years ago, the European Association of Mindfulness-Based Approaches (EAMBA) was formed: www.eamba.net. One of its mandates is to support the development of MBSR and MBCT through networking teachers associations on a Europe-wide basis. At the same time, the autonomy of each country to make its own decisions is supported. It is expected in future that the EAMBA will play a more prominent role in promoting standards and quality criteria in Europe. At the present time (summer 2017), it is in the process of establishing a formal network.

Internationally there has been a movement by training institutes to identify standards of training programs and criteria for teacher training. Dr. Linda Lehrhaupt, the director of the IMA, has served on the Elder Committee that is advising this "Global Integrity Network for MBSR and MBCT". The recommendations of this network, which are expected to be adopted in all or part by most teacher organizations, will be an important resource to support the quality of MBSR & MBCT training programs and teacher qualifications worldwide and in Europe.



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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 mentor	Deepening of one's own meditation practice

The **cohort learning dimension** means working within 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 mentoring process during the teaching of your own 8-week MBSR course. It consists of a minimum of five single 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.

As part of this process, the program includes three interactive online meetings in small group of ca.10 trainees with an IMA faculty member. Here participants will have a chance to reflect on their own personal meditation practice and to receive guidance. Since one's own practice is the basis for teaching others, the IMA wishes to further support trainees in this area.

Details of the International MBSR-Teacher Training Program

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.

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.

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



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Specific elements of the program include

- The graduates of our program are fully qualified to teach MBSR on their own.
- Teacher trainees are thoroughly immersed in the formal meditation exercises of the MBSR programs: body scan, gentle yoga, sitting meditation and walking meditation. They receive detailed instruction and opportunities for practice teaching within the training program.
- The training program emphasizes the deepening of one's own meditation practice as the basis for teaching others. The three online small-group sessions will further support this process.
- 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 mentoring sessions with a faculty member per Skype give intensive support during the teaching of an 8-week course.
- Three online webinars with faculty members to support trainees' personal meditation experience.
- Preparation for teaching takes place in every module as participants teach each other and experiment with delivering elements of the programs.
- Participants write and create their own audios for each of the main exercises (Body Scan, Mindful Yoga and Sitting Meditation). These exercises will be covered extensively in the training program.
- The program presents up-to-date information on research in MBSR and mindfulness, which is supplemented by online presentations.
- 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.

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

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



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Overview of the International MBSR-Teacher Training Program 4 Modules

Module 1 (November 2018) Sunday to Sunday, Start: 3 p.m.; End: 1 p.m.

Presentation of the structure and content of the MBSR program. Intensive review and practice of key exercises in Weeks 1, 2 & 3 Introduction to Mindful Movement in practice and theory.

Raisin Exercise: The raisin exercise and its importance in the MBSR course. Practice in teaching it.

Body Scan: Introduction to the Body Scan: Practical exercises for and theoretical aspects of guiding a Body Scan; preparation for teaching the Body Scan as well as discussion of potential problems. Why do we teach the Body Scan as a mindfulness exercise?

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

Gentle Yoga: Receiving in-depth instruction in a 45-minute gentle yoga sequence and learning to teach it to others. Themes: Body perception, working with boundaries, mindful breathing to support presence. Guidance and support in developing a mindful bodywork exercise series for an MBSR course, including for people with special needs.

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

Week 1 & 2 of an MBSR course: Aspects of each week will be taught and practiced.

Module 2 (April 2018) Saturday to Saturday, Start: 3 p.m.; End: 1 p.m.

Gentle Yoga: Deepening and supervision of yoga practice.

Sitting meditation: Presentation of the sitting meditation and opportunities for guiding. 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. Structure and purpose of interviews prior to an 8-week course. Art of Inquiry (Part 2).

Week 4 & 5 Stress, Reacting and Mindful Responding: Stress as a central topic of an MBSR course. Stress-aggravating and stress-reducing thoughts and how to work with them. Brief look at stress theory and research, as well as the role stress plays in various illnesses, e.g. depression. Practical details of how to teach stress theory in an MBSR course. Exploring one's motivation for teaching MBSR. Emotional Intelligence of an MBSR teacher. Participant requirements for an MBSR course, including indications and contraindications.



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Differences between MBSR and psychotherapy; the therapeutic/counselling stance and the inner stance of the MBSR teacher. The Art of Inquiry (Part 2): Continuing to work with mindful dialogue (Inquiry). Working with "difficult" participants and themes related to this (e.g. transference/counter-transference, etc.). Reviewing research on the effectiveness of mindfulness, particularly in working with stress and emotions. What is healing about mindfulness? Emotional intelligence of the MBSR teacher and why it is so important. .

Week 3, 4 & 5 of an MBSR course: Aspects of each week will be taught and practiced.

Module 3 (November 2019) Saturday to Saturday, Start: 3 p.m.; End: 1 p.m.

Mindful Communication: The theme of mindful communication in Week 6 will be explored through exercises from the Insight Dialogue method of Gregory Kramer, which provides a context for exploring the inner attitude of an MBSR teacher.

Further explorations of mindful communication include: The Art of Inquiry, Part 3. Deepening skills in leading Mindful Dialogue (or Inquiry) through practical exercises. Understanding the theme of communication as a source of stress. What is mindful communication? Practical experience in working with this theme.

The Day of Mindfulness: The full day of mindful silent practice between the 6th and 7th week of an MBSR course will be taught, including all its exercises. Discussions on how to teach the exercises will also occur.

Week 7: How to Take Care of Oneself: Various themes that are part of Week 7 of the MBSR curriculum will be explored: Shifting perspectives, working with expectations, the strength of habit etc. How to work mindfully with these forces?
Encouraging course participants to reflect on self-care through various exercises.

Week 8 Looking Backward. Going Forward: Bringing the MBSR course to a close, including reflecting with participants on continuing the practice and the momentum they have generated during the 8 weeks.

**Week 6, 7 & 8 of an MBSR course, and the Day of Mindfulness:
Aspects of each week will be taught and practiced**



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Module 4 (April/May 2020) Saturday to Friday, Start: 11 a.m.; End: 1 p.m.

The Inner Landscape of teaching MBSR

“An intensive session central to the development of an MBSR teacher coming at exactly the right time in the training program.”

Over several days participants will engage in a deep exploration of what Master Teacher Parker Palmer calls “the inner landscape of teaching.”

Exploration of one’s own attitude toward themes such as compassion and self-compassion, suffering and hope.

How do I work with participants with these themes as an MBSR teacher?

In-depth exploration of how expectations (of oneself, the students- and their expectations of us) shape the teaching and learning experience.

Deepening of the practice of inquiry through structured exercises and self- practice.

Toward the end of the week, we will engage in exchange and reflect on central themes related to teaching MBSR including: ethics, networking, possibilities of graduate courses after the first MBSR course.

There will also be a review of the MBSR courses taught by trainees, and opportunities for exchange and mentoring.



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Faculty of the EUR_1 MBSR-Teacher Training Program



Linda Lehrhaupt, PhD, is the Founder and Director of the Institute for Mindfulness-Based Approaches (IMA). She is one of the most senior MBSR teachers worldwide. With almost 35 years as a teacher and supervisor in mindfulness-based approaches, she has a rich back-ground in their integration in education, health care and personal development. She began teaching Mindfulness-Based Stress Reduction (MBSR) in 1993 and has been training MBSR teachers since the founding of the IMA in 2001. She is certified to teach MBSR from the Center for Mindfulness (CFM), and holds a PhD in Performance Studies and a degree in education. She has been a teacher in adult education for almost 45 years, specializing in curriculum development and interdisciplinary approaches. Dr. Lehrhaupt began practicing Zen meditation in 1979 and has received full authorization as a Zen teacher in the White Plum Lineage of Taizan Maezumi Roshi. She has been leading meditation retreats internationally since 1992. In 1976 she fell in love with Tai Chi and Chi Kung and went on to train with some of the leading representatives of the first generation of Asian teachers in the West. For over 20 years beginning in 1982 she directed innovative teacher-training programs in meditative movement, including Europe's first training program in Qigong and women's health. She is the Co-Author of *Mindfulness-Based Stress Reduction: The MBSR Program for Promoting Health and Vitality* (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.



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.



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Eva Bruha, is the manager and resident teacher at Kalyana Centre for Mindfulness, Dingle, Co. Kerry, Ireland. She completed her training as an MBSR teacher with the IMA and has been teaching MBSR for many years. She has spent over 20 years practicing Mindfulness Meditation and altogether more than 3 years in intensive, silent retreats in meditation centres in Burma, Thailand, Europe and the U.S. She now lives at Kalyana Centre in Dingle and offers courses, classes and retreats to those interested in awareness practices.

Eva's goal is to make mindfulness meditation accessible to everyone, regardless of age, cultural or religious background.



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 psycho-somatics led her to train as a teacher of Breathworks. Currently she also serves as a Breathworks associate for The Netherlands and as a trainer and supervisor for the British Breathworks Organisation.



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.



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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.



Siri Nordhus, BA, is a co-owner of Zenit Yoga in Trondheim, Norway, where she works as a yoga and mindfulness teacher. She has been practicing yoga and mindfulness since 1998. She trained as a teacher of MBSR with the IMA. She is also a certified teacher of Deva yoga, a gentle, therapeutic yoga form, especially developed for musculoskeletal issues. In addition, she is a professional child welfare worker with continuing education in child development and pedagogy focusing on music and movement; guidance in ethical reflection and mindfulness; coaching and existential psychological perspective on the art of conversation. Siri has cystic fibrosis and chronic asthma and has been using yoga and mindfulness meditation as a complementary treatment together with compassion and a good sense of humor in order to cope with her illnesses.



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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.
- At least 2 years of sitting 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 unit (November 2019).
- 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 Orientation Webinar**
- **Participation in a Personal Interview**
- **Participation in an 8-week MBSR-course**

We encourage 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 during the first five months of the training program.

If there are enough people interested, the IMA will offer its own live online course (at an additional charge) for those who require it.

If you are accepted into the program and have not yet done an 8-week course, we will ask you to confirm that you will participate in a live or online course approved by the IMA as a condition of acceptance and completion of the training program.



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Certification

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

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

- Students teach their own self-organised 8-week MBSR course between the third and fourth unit of the training program.
- Mentoring: A minimum of five individual telephone/Skype sessions with a Mentor approved by the IMA during the teaching of an 8-week course is required. If the mentor deems it necessary, additional sessions beyond five may be required.
- Completion of a final 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 and submitting them with the final thesis.
- Submission of the student handbook used in the trainee's MBSR course with the final thesis.
- Participation in all units of the training program is required.



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Dates, Fees and Venue

Venue: Rosenwald Centre near Berlin and Potsdam

Dates:

Week 1:	18. - 25. November 2018	Sunday, 3 p.m. – Sunday, 1p.m.
Week 2:	20. - 27. April 2019	Saturday, 3 p.m. – Saturday, 1p.m.
Week 3:	09. - 16. November 2019	Saturday, 3 p.m. – Saturday, 1p.m.
Week 4:	25. April - 01. Mai 2020	Saturday, 11 a.m. – Friday, 1p.m.

Course Fee: € 4.700,- for private persons
€ 6.200,- for persons sponsored by their company or own company

The course fee is payable in four rates:

For private persons:

Payment 1:	€ 1.000	At the time of registration for the training program
Payment 2:	€ 1.500	Oct. 1, 2018
Payment 3:	€ 1.100	March 1, 2019
Payment 4:	€ 1.100	Sept. 15, 2019

For companies or self-employed in one's own company:

Payment 1:	€ 1.500	At the time of registration for the training program
Payment 2:	€ 2.000	Oct. 1, 2018
Payment 3:	€ 1.350	March 1, 2019
Payment 4:	€ 1.350	Sept. 15, 2019

The course fee includes all instruction plus two handbooks and three webinar sessions. The fees do **not** include the minimum 5 individual mentoring sessions during the teaching of the course (which vary between € 80 to € 100 per session and are paid directly to the Mentor). The fees also do not include costs for housing and meals, which are paid directly to the seminar house.



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The Orientation Webinar

The webinar is for everyone who would like more information about the training program and a chance to engage with a member of the IMA Team.

During the webinar, a faculty member of the IMA will review the training program and aspects of MBSR in detail. There will also be time for Questions and Answers.

The webinar is free of charge.

Two alternate dates for the orientation webinar are being offered:

Oct. 18, 2017 6 p.m. – 8 p.m.

Jan. 15, 2018 6 p.m. – 8 p.m.

Other webinars for later in 2018 are being planned

If you cannot attend either of these webinars, please check back with or contact us to register for other dates once they are posted.

Registering for the Webinar

To take part in the orientation webinar you must register beforehand.

To register please use the following link: [Registration webinar](#)

After registration you will receive a confirmation email with which you will be able to log into the webinar on the day it takes place.

If this is your first time participating in a webinar, we want to assure you that it is not complicated. The instructions are clear and easy to follow.



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Next Steps after the Webinar: A personal interview

Participation in a Webinar is required if you wish to register for a personal interview.

During the personal interview, a staff member will review the details included in your personal information form. Together you will explore if the MBSR-Teacher Training Program is appropriate for you in terms of your interest and goals.

We will also explore if you fulfill the participant requirements or if some additional preparation needs to be done. There is also time to address questions and other themes that were not covered in the webinar.

Registering for a Personal Interview

Step 1: To register for an interview you will need to fill in a personal information form with details of your training, meditation experience and work experience as well as making your payment of Euro 50,-. The personal information form is included as a separate file sent with this information packet. It will also be available for download from our web site.

Step 2: Once your form and payment have been received, we will schedule a time for an online interview (per Skype).

Cost for the personal interview:

€ 50 for a 30-minute interview, payable in advance. This fee is non-refundable.

Registering for the Training Program after the Personal Interview

Step 1: When the interview is over, we will send an enrolment form for the training program. Staff of the IMA office are available to answer questions per Email.

Step 2: If you choose to enroll, please send your form back promptly. Once we receive it, we will review your application in full and send you our decision.

Deadline for Registration for the Training Program after the Personal Interview

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

The first payment for the training program is due 14 days after you receive our acceptance notification.

Contact:

**For all questions and further information, please contact us at:
info@institute-for-mindfulness.org**