

MINDFULNESS SUPERVISION TRAINING

new international program

Are you thinking of becoming a supervisor? Or already supervising but looking for more solid background and skills? Become a certified Mindfulness Supervisor with the new training program starting in 2019.



With the new international criteria for ongoing education and supervision for mindfulness teachers, as developed in the Global Integrity Network in 2016, the mindfulness field sees an increasing demand for experienced supervisors. Supervisors who are steeped in the mindfulness practice, and who are able to support, encourage and challenge their supervisees in their development, deepening their experience and understanding of the work in mindfulness.

FOR WHOM

When you are a senior teacher and supervisor, or on your way to become one, this might be the program for you. This training welcomes teachers of mindfulness based programs (MBPs) with an experience of at least 20 programs over a period of 5 years or more.

PROGRAM THEMES

Basics of supervision - contracting – attitude and languaging – mindful communication skills – learning styles – transference, countertransference, parallel processing – working with shadow sides – supporting and challenging your supervisees – anxiety and the inner critic – deepening the practice, refining supervision skills - mindfulness group dynamics and individual processes.

TEACHING TEAM

The international team teaching the program consists of Maria van Balen, Lot Heijke (The Netherlands), Günter Hudasch and Petra Meibert (Germany); mindfulness teachers, teacher-trainers and supervisors with extensive and international teaching experience.

REGISTRATION

The Mindfulness Supervisor training is a 1-year program consisting of 3 modules of four days each (Thursdays to Sundays) in 2019-2020, offered at a centrally located venue in the Netherlands, close to a trainstation and good to reach from various airports. More information and registration via our website. Should you have any questions, please contact us through info@presentmind.net.

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SCHOOL OF MINDFULNESS

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