

Mindfulness Teacher Training Programme

We know from personal experience how helpful mindfulness can be to people whatever their circumstances. But we also recognise the importance of mindfulness being introduced by teachers/therapists/coaches and mentors with the necessary skills, knowledge, experience and personal attributes. We would like to contribute to the development of an appropriately qualified workforce by offering a Mindfulness Teacher Training Programme made up of 10 individual modules.

The Programme is offered:

- As a complete Teacher Training pathway to people who have completed an 8 week course, have an established mindfulness practice and are now wanting to share mindfulness with others
- As individual CPD Modules for people who have completed their teacher training

We are also offering teachers and teachers in training the opportunity to join a Teacher Support Network as a way of joining and contributing to a mindfulness teaching community.

TEACHING STRATEGIES AND LEARNING ACTIVITIES

We have adopted a learning approach which supports the development of individual learners. This will include E learning and teaching days which provide opportunities to apply the learning through experiential learning activities and individual and group reflection.

The aims and aspirations of mindfulness teachers in training, including those with identified additional support needs, is taken into account and appropriate support mechanisms are put in place which includes telephone mentoring. Course numbers are kept to a maximum of 10 in order to provide a high level of individual support.

The delivery of each module is linked with the real work environment and learners should therefore have access to a real work environment. Learners are also encouraged to conduct personal research and to make use of other mindfulness teachers/mindfulness experts and on-line forums to enhance their learning.

METHODS OF ASSESSMENT

The Mindfulness Teacher Training Programme will be internally assessed via a learner's portfolio, observation of delivery and other related evidence, against course outcomes and assessment criteria.

All learners are required to complete a portfolio of evidence that demonstrates achievement of all the relevant learning outcomes and assessment criteria. Evidence is not prescribed but may include any of the following:

- Oral/written questions and answers
- Reports/notes
- Worksheets/workbooks
- Recorded evidence e.g. video or audio
- Photographic evidence
- Case studies/assignments
- Other suitable supplementary evidence
- Interview/professional discussion
- Witness evidence in the form of observation reports
- Reflective journals/diaries

The most appropriate evidence for the module should be used. This is not an exhaustive list and other evidence is acceptable.

TUTORS AND ASSESSORS

The tutors and assessors of the Mindfulness Teacher Training modules have:

- Mindfulness - related and teaching qualifications and minimum of five years' experience of working within the context of mindfulness- teaching and have broader relevant experience of an established personal mindfulness practice
- A sound understanding of the Mindfulness Based Approaches: Teaching Assessment Criteria
- A sound understanding of the requirements for competency- based assessment and relevant experience of assessment
- A commitment to further training and development

TRAINING MODULES

Introduction to the Programme

Module Summary	This module outlines knowledge relating to the course structure, teaching and learning strategies including reflective practice, methods of assessment and portfolio building.
Learning Outcomes	By the end of the session learners will be able to: <ul style="list-style-type: none">• Explain their motivation for doing the course• Outline the course structure• Describe the teaching and learning strategies that will be used• Explain the methods used for assessment and what is involved in portfolio building• Outline the assessment criteria used for each learning outcome

Module 1: Explaining Mindfulness

Unit Summary	This module outlines the awareness, understanding and skills that are needed to introduce mindfulness to different audiences, including children and young people and those in the workplace.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Define mindfulness, by drawing on direct experience• Outline the history of mindfulness• Illustrate the concept of mindfulness using different approaches• Explain how mindfulness works – neuroscience• Outline mindfulness research findings• Describe how mindfulness can be used

Module 2: Teaching the basics of mindfulness

Unit Summary	This module outlines the awareness, understanding and skills needed to introduce mindfulness to others.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Outline the basics of leading meditation• Describe the process of mindfulness• Outline the person and skills of a mindfulness teacher• Outline how to get others to engage with mindfulness• Demonstrate how to practice mindfulness alongside others• Help learners to identify and overcome obstacles to practicing mindfulness• Define individual learning outcomes and describe how to track progress

Module 3: The core curriculum

Unit Summary	This module outlines the awareness and understanding needed to describe the core curriculum and the skills needed to adapt this when necessary
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Describe the MBSR curriculum• List the teaching intentions associated with the core curriculum• Demonstrate how to adapt the programme• Create unique content• Launch a Mindfulness Programme

Module 4: Teaching mindfulness practices and facilitating feedback

Unit Summary	This module outlines the awareness, understanding and skills needed to teach specific mindfulness skills:
Learning Outcomes	<p>By the end of the module learners will be able to demonstrate approaches to teaching:</p> <ul style="list-style-type: none">• Mindful breathing• Present moment awareness• Body awareness• Mindful movement• Mindfulness of thoughts and emotions• Mindful interpersonal skills and communication <p>They will be able to:</p> <ul style="list-style-type: none">• Offer participants options and autonomy• Help participants deal with distractions• Demonstrate how to use poems and stories• Demonstrate how to explore learners' own experience• Deal with frequently asked questions

Module 5: Mindfulness of thoughts and emotions

Unit Summary	This module outlines the awareness, understanding and skills needed to explore mindfulness of thoughts and emotions
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Explain what is meant by mindfulness of thoughts• Demonstrate how to access the space between thoughts• List automatic negative thoughts• Describe a range of emotions and their associated physical sensations

Module 6: Mindfulness and stress

Unit Summary	This module outlines the awareness, understanding and skills needed to explore the relationship between mindfulness and resilience.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Support people to self-assess their levels of stress and how it is affecting their lives• Explain what is meant by stress reaction and stress response• Describe the role of mindfulness in stress reduction• Demonstrate meditation practices for stress and anxiety

Module 7: Mindfulness, pain and chronic illness

Unit Summary	This module outlines the awareness, understanding and skills needed to explore the use of mindfulness in handling pain and illness.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Demonstrate the use of a pain management approach• Explain how mindfulness can be used to support those with chronic illness – physical and mental

Module 8: Mindfulness and compassion

Unit Summary	This module outlines the awareness and understanding needed to explore the relationship between mindfulness and compassion.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• List the foundational attitudes that support and strengthen mindfulness and compassion• Describe what is meant by compassion and explain the difference between mindfulness and compassion• Explain the traps of detachment and sentimentality• Outline the importance of self-compassion• Describe how to use compassion research as a teaching tool• Demonstrate the loving kindness meditation

Module 9: Launching a mindfulness course

Unit Summary	This module outlines the awareness, understanding and skills needed to launch a mindfulness course.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Explain the importance of ethical integrity• Describe how to recruit participants• Select or exclude participants• List the common pitfalls of offering mindfulness course

Module 10: Looking after the teacher

Unit Summary	This module outlines the awareness, understanding and skills needed to practice self-care as a teacher.
Learning Outcomes	By the end of the module learners will be able to: <ul style="list-style-type: none">• Outline the importance of being open to vulnerability and not-knowing• Demonstrate how to support their personal practice• Access support from the mindful teacher community• Explain the importance of boundary making• Outline strategies for maintaining intrinsic wellbeing

FEES

£ 100.00 per module which includes all materials. There is a 10% discount for those booking all 10 modules. £ 150.00 for observation and assessment of evidence report.

COURSE DATES

Course Introduction	1 day	£ 100.00	11.09.18
Module 1: Explaining mindfulness	1 day	£ 100.00	16.10.18
Module 2: Teaching the basics of mindfulness	1 day	£ 100.00	13.11.18
Module 3: Mindfulness: The core curriculum	1 day	£ 100.00	15.01.19
Module 4: Teaching Mindfulness Practices & Facilitating feedback after a practice	1 day	£ 100.00	12.02.19
Module 5: Teaching mindfulness of thoughts and emotions	1 day	£ 100.00	12.03.19
Module 6: Mindfulness and stress	1 day	£ 100.00	09.04.19
Module 7: Mindfulness, pain and chronic illness	1 day	£ 100.00	14.05.19
Module 8: Mindfulness and Compassion	1 day	£ 100.00	11.06.19
Module 9: Launching a mindfulness course	1 day	£ 100.00	09.07.19
Module 10: Looking after the teacher	1 day	£ 100.00	12.08.19

SUPPORT NETWORK

Taking part in the Teacher Training Programme will provide you with the opportunity to become a Member of a Mindfulness Teacher Support Network.

Benefits of membership include:

- Access to an online discussion forum
- Access to guided practice recordings
- Opportunities to observe teachings
- Priority bookings and a 10% reduction on courses and retreat fees
- Individual meditation and teachings advice
- A 10% reduction of supervision and assessment fees
- A quarterly newsletter

As a Members of the Network you are asked to agree to:

- Maintain a daily mindfulness practice
- Embody the principles of mindfulness as core in your day to day life
- Be kind and respectful to others, accepting there may be differences of opinion

FEE: £ 45.00 per year.