



## Mindfulness Teacher Training in English 2-year programme - 2018-2020

Has mindfulness transformed your life in a positive way and are you looking for ways to deepen the practice and pass it on to others?

**Do you identify with one of the following?**

- **You would like to give mindfulness training to individuals and/or companies.**
- **You are a coach/therapist and would like to bring mindfulness into your work with clients.**
- **You would like to bring mindfulness into the organisation where you work, and do so in a professional way.**
- **You would like to deepen your practice and understanding of mindfulness**

Mindfulness training programmes have attained solid ground in many areas of life: personal development, work, health, education, leadership, parenting, childbirth etc.

As mindfulness is becoming more mainstream, there is a growing need for professionalism. While more people are starting to teach mindfulness, there is increasingly a need for teachers with a solid background and certified training skills.

**Brussels Mindfulness offers a Mindfulness Teacher Training programme in 2 years, starting in November 2018. With lead teacher Jake Dartington.**

**Completion of all parts of the programme leads to the award of a Certificate of Competency in Teaching Mindfulness-Based Approaches.**

## Mindfulness Teacher Training: a 2-year programme

The Mindfulness Teacher Training (MTT) by Brussels Mindfulness offers a 2-year teacher training programme according to international certification standards. It is organised in a two-year programme comprising **four residential modules of 20 days in total, and one 5-day retreat**.

The Mindfulness Teacher Training has been developed in line with the [UK Mindfulness-Based Teacher Training Organisation's Good Practice Guidance for teachers](#), and the [Mindfulness-Based Interventions-Teacher Assessment Criteria \(MBI-TAC\)](#).

Completion of all parts of the MTT leads to the award of a **Certificate of Competency in Teaching Mindfulness-Based Approaches**. The programme is based on the internationally valid Mindfulness-based Interventions Teaching assessment criteria (MBI-TAC).

**The training is organised in two levels, followed by an assessment period, spread over two years:**

- 1. Level 1 – Mindfulness Teacher Training - Foundations Programme: 2 residential modules from 14-17 November 2018 and 6-10 April 2019 in Brussels**
- 2. Level 2: Mindfulness Teacher Training – Advanced Programme: 5-day Summer Retreat from 10-14 July 2019 + 2 residential modules from 30 October-3 November 2019 and 15-19 April 2020 in Brussels**
- 3. Assessment period with supervision and certification**

After completion of year 1 you will be able to deliver short mindfulness interventions, start guiding meditations and teaching the 8-week programme in a supervised setting.

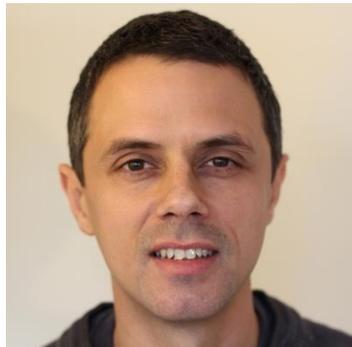
In order to obtain the certificate for mindfulness teacher it is required to attend the two years and go through the assessment procedure. This will enable you to teach the 8-week curriculum to open groups and companies as well as be admissible as a member of a professional mindfulness association.

### Who can participate?

The mindfulness teacher training is open to anyone who wants to be a mindfulness teacher and meets the following requirements:

- You have followed an 8-week mindfulness training as a participant.
- You would like to combine your passion for mindfulness with professional trainer skills and attitudes.
- You have completed some form of higher education (at least Bachelor's degree).
- You have at least one year of daily meditation practice.
- You have attended one silent retreat of at least 2 nights.

## Meet the lead teacher – Jake Dartington



Jake Dartington is a teacher of Insight Meditation and Mindfulness-based Approaches. He began his meditation practice in 1995 and has taught at Gaia House retreat centre since 2007, following a three-year teacher training with Christina Feldman. He has also taught retreats in Finland and Denmark and worked as a mentor on the mindfulness teacher training led by Jack Kornfield and Tara Brach.

In 2012, he began to teach eight-week mindfulness courses and has trained to deliver MBSR and MBCT with Bangor University (TTR 1 and 2). He is registered with the UK Network of Mindfulness-Based Teacher Training Organisations.

As well as running his own courses in Nottingham, Jake leads workshops with organisations including London Insight Meditation, Bodhi College and Nottinghamshire NHS Trust. He has a particular specialism in teaching the Buddhist foundations of mindfulness practice.

Before becoming a full-time mindfulness teacher, Jake spent thirteen years teaching Philosophy and Religious Studies at Bilborough College in Nottingham. He has a B.A in Social Sciences, a Post-Graduate Certificate in Education, Masters degrees in Philosophy and Buddhist Studies, and a Foundation Certificate in Psychotherapy and Counselling.

Jake will be assisted by the [teachers of Brussels Mindfulness](#).

## Planning

### Information sessions

**Monday 14 May 2018, 7.30-9.30pm, MM81 Training Centre, Brussels**

or

**Saturday 22 September 2018, 14.00-17.00, MM81 Training Centre, Brussels**

In these sessions we will explain:

- The process of the teacher training.
- The content of the two-year programme.
- The requirements for application.
- The assessment criteria.
- The skills of the teachers and supervisors.

We will answer all questions you might have. There will be the opportunity to meet the other participants of the class, and we will also be meditating together.

While it is not obligatory to participate in this session, we strongly advise you to join, whether you have already registered or are still doubting if this is the right training for you.

Register for free through the website of Brussels Mindfulness (Agenda > choose “Teacher Training”).

## Level 1: Mindfulness Teacher Training - Foundations Programme

**Dates: 14-17 November 2018 & 6-10 April 2019, plus one day of mindfulness (date of your choice)**

**Location: Convent and Training Centre Chant d’Oiseau, Brussels,**

**Teachers: Jake Dartington, supported by the teachers of Brussels Mindfulness**

The **Mindfulness Teacher Training - Foundations Programme** is an opportunity to understand and embody all the elements of a mindfulness course and develop the skills, attitudes and knowledge required to begin to deliver elements of a mindfulness training, guide basic meditations or teach an 8-week mindfulness course with supervision.

The training experiences are designed to help you develop your personal mindfulness practice; to begin to become familiar with teaching the curriculum and acquire first teaching skills. It is a beginning of the journey from practitioner of mindfulness to becoming a practicing teacher of mindfulness-based courses. For people wanting to integrate mindfulness at their workplace in the form of silent pauses with guided meditations, short interventions or use mindfulness elements in their work as a counsellor, therapist or coach this can be a perfect start.

### **We will be focusing on the following elements:**

1. Deepening your personal mindfulness practice and experientially learn an embodied understanding of mindfulness.
2. To understand the background, theory and structure of mindfulness-based approaches, including MBCT and MBSR.
3. To have a basic understanding of the underpinning rationales/intentions, background, theory, cognitive science, evidence base, ethical framework, structure and sequence of the curriculum.
4. To practice guided meditations in controlled and supportive settings.

### **The following modules will be offered:**

- Structure and learning curve of the eight-week mindfulness training.
- Psycho-education and brain research.
- Guiding the meditations and practices of a mindfulness course.
- Basic skills in inquiry.
- Yoga as a mindfulness practice.
- Cognitive and Buddhist psychology.
- (Self-)compassion and kindness in mindfulness.
- Overview of research on MBCT and MBSR.
- Self-care (also for yourself).

**Results:**

After completing this programme, you will have acquired the basic skills of a mindfulness trainer: guiding practices, a basic understanding of how inquiry works and an introduction into psycho-education. In addition, you will have developed in the embodiment of mindfulness. You will understand the structure and different ingredients of the 8-week programme. You will be able to work independently with elements of training in a private practice as well begin to teach mindfulness-based courses in a supervised setting.

**Connection to the Mindfulness Teacher Training - Advanced Programme (year 2)**

The Foundations Programme integrates seamlessly with the Advanced Programme. While it is possible to start with the Foundations Programme and decide later if you wish to continue with the Advanced Programme, we recommend planning both modules from the start since they form a complete and integrated programme. It is only after the full completion of both years and the assessment module that you will become a certified mindfulness teacher based on the internationally recognised criteria of the MBI-TAC.

## Price for level 1- Mindfulness Teacher Training - Foundations Programme

**EUR 1.995, -** (excluding VAT; to be paid in up to 3 instalments)

The price includes the following:

- Participation in the 9-day training programme
- One day of mindfulness of your choice with Brussels Mindfulness (see [www.brusselsmindfulness.be/agenda](http://www.brusselsmindfulness.be/agenda)). The price of the day of mindfulness is included in your fee. You are however free to choose another provider at your own cost if this is more convenient for you. In this case, you will need to submit the programme and structure of this mindfulness day to your trainer for approval.
- Structured review of your progress and assignments.
- Residential formula at the training centre Chant d'Oiseau in Brussels, including:
  - Accommodation in single room with shared bathroom.
  - Breakfast, vegetarian lunch and dinner, tea-breaks.
  - Use of the vast and beautiful garden in your free time.

## Conditions for participation in the Mindfulness Teacher Training - Foundations Programme:

Prior to application for the Teacher Training you must have:

- Followed an 8-week mindfulness training as a participant.
- Completed some form of higher education (at least Bachelor's level).
- At least one year of daily mindfulness meditation practice.
- Attended one silent retreat of at least 2 nights.

**Your application for the Teacher Training should include the following:**

- We recommend the participation in one of the information sessions on [14 May 2018](#) or on [22 September 2018](#).
- Certificates of attendance for all required courses (copies are sufficient), and details of all mindfulness training you have followed, retreats, and if applicable, teaching and supervision experience.
- Reflective writing on your experience of your development as a mindfulness practitioner (1000 words).

You might want to consider questions such as:

- What draws me to mindfulness and mindfulness practice?
- What is particularly challenging in my mindfulness practice?
- What intrigues me and keeps me motivated?
- How has my practice developed over time?
- How does practice serve me in times of difficulty?
- What is my motivation to teach?

Please submit this information to [info@brusselsmindfulness.be](mailto:info@brusselsmindfulness.be) by 30 September 2018.

**Please note that once the course is full (max. 24 participants) no further applications will be accepted.**

## Level 2: Mindfulness Teacher Training - Advanced Programme

### Summer Retreat

**Dates: 10-14 July 2019**

**Location: Convent Hurtebise, Saint-Hubert, Belgian Ardennes.**

**Teachers: Jake Dartington, Beate Trück**

This silent retreat kicks off the Advanced Programme with a deep dive into your personal meditation practice. The silent retreat takes place in an active Benedictine monastery in the forests of the Belgian Ardennes region, which contributes to deepening your focus and healing process. It will provide you with the tools and the experience that are required to start the Advanced Programme.

### Price for the Summer Retreat

**EUR 550,-** for the 5-day retreat (including VAT and full board)

Included in the fee are:

- Participation in the retreat.
- Accommodation in single rooms with shared bathrooms.
- Breakfast, vegetarian lunch and dinner, tea-breaks.
- Participation in the monastery's programme, i.e. chanting of the Benedictines.
- Use of the garden and living room in the monastery.
- Possibility to book a massage at extra cost.

## Mindfulness Teacher Training – Advanced Programme

**Dates: 30 October to 3 November 2019 (5 days) and 15-19 April 2020 (5 days)**

**Location and date: 30 October to 3 November 2019 and 15 to 19 April 2020 in la Maison du Chemin des Roches, Dongelberg (approx.. 30 minutes from Brussels).**

This part is an opportunity to develop experience and confidence in teaching mindfulness-based approaches through further training, supervised teaching, attendance of retreats and continuing personal practice. During this programme, you will also be expected to work with a supervisor to reflect on your readiness for teaching and on your skills and experience.

### Outcomes to be expected

The following criteria are in line with the Mindfulness-Based Interventions-Teacher Assessment Criteria (MBI-TAC).

1. Demonstrate competence in teaching mindfulness-based courses which would constitute 'fitness to teach', within the students own professional context.
2. Demonstrate awareness of professional and ethical issues, including use of supervision.

3. Demonstrate relevant teaching skills by selecting, organising and evaluating teaching materials, to facilitate integration of theoretical and experiential learning.
4. Demonstrate relevant qualities for teaching mindfulness-based approaches including embodiment of mindfulness and kindness.
5. Demonstrate responsive and flexible pacing to cover an appropriate curriculum, as well as holding a group learning environment and managing challenges and difficulties.
6. Demonstrate good relational skills throughout teaching.

Completion of the mindfulness advanced teacher training deepens, develops and assesses the skills, attitudes and knowledge required to deliver a mindfulness-based course competently and consistently. The training modules develop your teaching competences and prepare you for the assessment of your teaching proficiency.

### **Content of the programme**

1. Develop competencies to teach the full curriculum of an 8-week-programme.
2. Ongoing cycle of learning and feedback on teaching, directly observed by a supervisor.
3. Deepen the experiential understanding of mindfulness.
4. Deepen your skills and understanding of mindfulness-based approaches, which includes keeping up to date with the current evidence-base.

### **Modules of the programme (non-exhaustive list):**

- Deepening and reinforcing your inquiry skills.
- Refining guidance skills for guided meditations and practices.
- Learning to use mindfulness movement to enhance bodily awareness.
- Understanding and managing group dynamics and responding wisely to difficult behaviour.
- Educational themes of the training; their rationale and how to present them.
- Being aware of strengths and limitations in your own teaching.
- Developing further competency in taking care of the group (while taking care of yourself).
- The Buddhist roots of mindfulness.
- Update on research and similarities and differences of MBCT/MBSR and other mindfulness-based approaches.
- Counter-indications, secondary effects, dealing with difficulties, clinical applications and non-clinical applications of mindfulness.
- Practical organisation of a mindfulness course (syllabus, organisation, intake, etc.)

### **Giving your pilot training**

During or after year 2 -training, the participant is required to give a (pilot) training, which he/she organises him/herself and on which he/she also writes a reflection report. Supervision starts in conjunction with this training.

## Price for level 2- Mindfulness Teacher Training - Advanced Programme

**EUR 1.995, -** (excluding VAT; to be paid in up to 3 instalments)

The price includes the following:

- Participation in the two training blocks.
- Structure review of your writing assignment and other tasks.
- All course materials.
- Residential formula at the Maison du Chemin des Roches in Dongelberg, including:
  - Accommodation in double or single room with shared bathroom.
  - Breakfast, vegetarian lunch and dinner, tea-breaks.
  - Use of the beautiful garden in your free time.

Not comprised in this fee:

- Supervision fees (max. 80€ per hour).
- The costs of the assessment

## Assessment

This module aims to assess competences in teaching mindfulness-based programmes. It is the end point of the Mindfulness Teacher Training and aims to assess student's capacity for professional teaching of mindfulness-based courses in their own professional contexts.

Having completed both year programmes, you can apply to register for assessment once you are ready to submit your work. The submission should not exceed one year after completion of the second-year programme. The assessment requires the successful completion of both years as well as the submission of video recordings of your teaching and a written reflection of your progress.

### **Prerequisites to apply for the assessment**

- Participation in at least 90% of the training course (year 1 and 2).
- Having assisted an experienced mindfulness teacher in his/her course (optional).
- Having taught a minimum of 1 supervised mindfulness-based 8-week course (giving your pilot training).
- At least 2 sessions of supervision ( a list of supervisors will be provided amongst which you can choose freely)

### **The following materials need to be submitted:**

- Submission of recordings of at least one session of the mindfulness course for which you have had primary teaching responsibility.
- Your course material (syllabus and at least 4 recorded guided meditations).
- A written reflection on your progress.
- The material will be assessed by experienced trainers using MBI TAC (see below)

## **Mindfulness-Based Interventions-Teacher Assessment Criteria (MBI-TAC)**

Throughout the Mindfulness Teacher Training, you will be engaging with training and self-assessment using the MBI-TAC. These criteria have been developed by highly respected mindfulness centres in Bangor and Oxford universities. Their Masters' programmes use these criteria to assess teaching practice skills, and they are also being adopted by other training organisations in Europe and the USA. To the individual practitioner, these competency criteria can be used as a reflective tool to support learning as skills in teaching mindfulness-based courses develop. To the training organisation the MBI-TAC offers a transparent methodology for assessing student's skills. More information can be found at <https://www.bangor.ac.uk/mindfulness/documents/MBI-TACMay2012.pdf>

## **Confidentiality, ownership and ethical conduct**

Personal information from or about participants will be handled with confidentiality. Brussels Mindfulness will prevent any abuse or disclosure of participants' information or data. The trainers of Brussels Mindfulness commit to working within the boundaries of ethical codes in the sector.

Brussels Mindfulness will ensure the respect of copyright and ownership of ideas and products.

In this spirit strong effort is done to respect the integrity of the curricula of MBSR, MBCT and others and to refrain from any political, ideological or religious indoctrination.

All our trainers are trained according to the highest standards in the mindfulness sector and follow continuous training, supervision and residential retreats.

Registration and more information at [www.brussel mindfulness.be](http://www.brussel mindfulness.be)

## Mindfulness Teacher Training - Outline

### Level 1: Mindfulness Teacher Training - Foundations Programme

**Deepening and embodiment of mindfulness practice, developing the skills, attitudes and knowledge required to begin to deliver short mindfulness-based interventions or guided practices.**

- Complete year 1: attend 2 modules of 10 days in total of residential teacher training, including 1 day of mindfulness.

### Level 2: Mindfulness Teacher Training - Advanced Programme

**Deepening and developing competencies in offering mindfulness-based courses.**

- Attend the 5-day silent retreat.
- Complete Teacher Training level 2: 10 days of teacher training.
- A minimum of 2 supervision sessions.

### Assessment

**Objective:** to assess competence in teaching mindfulness-based courses.

- Participation in at least 90% of the training programme.
- Teach a minimum of 1 supervised mindfulness-based 8-week course.
- Submission of recordings of at least one session of the mindfulness course for which you have had primary teaching responsibility.
- Your course material (syllabus and at least 4 recorded guided meditations).
- Reflective writing part training (<3000 words).

Please note that the criteria may be subject to change according to the development of international criteria for mindfulness teachers.