



MBSR Teacher Training MBSR Foundations

17 Feb – 27 Apr 2019

Overview

In spring, the Hong Kong Center for Mindfulness is going to offer the Mindfulness-Based Stress Reduction (MBSR) Foundations, the first step on the MBSR teacher training pathway towards becoming an MBSR teacher. While MBSR Foundations is not a training to teach the full 8-week MBSR program, it offers an in-depth learning experience to participate in and reflect on the multifarious aspects of the MBSR program.

After taking the MBSR class as a full participant in the morning, a cohort of 10 MBSR Foundations trainees explore and reflect on their experiences with the trainer in a 3.5 hour seminar in the afternoon. Through observing and investigating their personal experience with their mindfulness practice, the MBSR class, the curriculum and the group process, the trainees develop an experiential understanding of the attitudes and skills, use of language, elucidation of theories and principles, pedagogical methods and ways to engage participants in inquiring their practice and learning experience in teaching MBSR.

In the seminars, trainees guide each other in mindfulness practices, reflect upon reading assignments and engage in learning activities and group discussion. The mainstays of MBSR curriculum - experiential education, contemplative eastern psychology traditions, western science, and group processes – are also reviewed and discussed. Trainees begin to cultivate teacher qualities and knowledge that will form the foundation of understanding the essence of MBSR.

To support well-rounded learning, a variety of learning activities that nurture experiential learning and critical thinking take place in the MBSR Foundations seminars, in online discussions, and through reflective journaling and written assignments.

Towards the end of the course, trainees will receive feedback and guidance for offering short introductory workshops based on the MBSR curriculum.

*What is “good enough”
teaching?*

*It is “good enough” for now
if you don’t contribute to or
exacerbate the harm and
suffering others are
experiencing, or become
aware that you are and
alter your approach and
even apologize when you
inadvertently do.*

*It is “good enough” for now
if you know you don’t really
know what you are doing
but somehow find a way to
be real within the container
of the MBSR curriculum or
other curriculum you are
facilitating in support of
mindfulness, and bring it to
life in the face of life
unfolding and expressing
itself in the human beings
you are working with, and
in yourself, of course*

-Jon Kabat-Zinn



Course Objectives

As the first step on the teacher training pathway, the MBSR Foundations provides a fundamental platform for

- * Enhancing understanding of the essence and pedagogy of MBSR;
- * Deepening embodiment of mindfulness;
- * Increasing teaching capacity.

Learning Outcome

At the end of the MBSR Foundations, trainees will be able to:

- * Identify and articulate how key learnings are conveyed in the 8-week MBSR curriculum;
- * Distinguish the essential language principles of MBSR teaching;
- * Investigate and express the nature and significance of the relational field and group processes in MBSR teaching;
- * Examine and interpret clinical implications of current MBSR research;
- * Conduct short introductory workshops based on mindfulness practices of the MBSR curriculum;
- * Reflect on one's own strengths, patterns, and learning needs for further development in teaching MBSR.



What is 'good enough' teaching?

It is "good enough" for now if you know you don't really know what you are doing but somehow find a way to be real within the container of the MBSR curriculum or other curriculum you are facilitating in support of mindfulness, and bring it to life in the face of life unfolding and expressing itself in the human beings you are working with, and in yourself, of course

- Jon Kabat-Zinn

Pre-requisites

- * Cantonese-speaking and proficiency in both written Chinese and English;
- * Completion of an 8-Week MBSR/MBCT course in person (including eight, 2.5 hour classes, an all-day class, and daily home practice);
- * At least one year of consistent personal mindfulness meditative practice;
- * Completion of at least one mindfulness retreat in the last 3 years that was
 - ⊕ 5-7 full days in length
 - ⊕ held in silence
 - ⊕ teacher-led (live, in-person – not recorded teaching of teachers)
 - ⊕ in a group setting ;
- * Graduate degree in healthcare, public health, medicine, education or related fields

(It will be an advantage if you have at least one year of consistent body awareness movement, preferably yoga.)

Attendance Requirements:

Full attendance at all MBSR Foundations sessions is required, excluding emergencies or weather cancellations.

Venue, Dates & Times

Hong Kong Center for Mindfulness

Room 1701, 17/fl., Far East Consortium Building, 121 Des Voeux Road Central, Hong Kong.



*What is 'good enough'
teaching?*

*It is "good enough" for now
if you carefully drink in
what is being offered in
Teaching Mindfulness and
take it to heart as you
develop your own unique
strengths and skills and
questions as a meditation
teacher and mindfulness
instructor.*

*It is "good enough" for now
if you keep in mind at all
times that life is the real
meditation teacher, and life
is the real meditation
practice.*

-Jon Kabat-Zinn

17 Feb 2019 (Sun)	9:30am -1pm (Orientation Launch) 2:30pm – 4:30pm (MBSR Orientation)
3 Mar 2019 (Sun)	10am -1pm (MBSR Week 1) 2:30pm - 6pm (Seminar Week 1)
10 Mar 2019 (Sun)	10am -12:30pm (MBSR Week 2) 2pm - 5:30pm (Seminar Week 2)
17 Mar 2019 (Sun)	10am -12:30pm (MBSR Week 3) 2pm - 5:30pm (Seminar Week 3)
24 Mar 2019 (Sun)	10am -12:30pm (MBSR Week 4) 2pm - 5:30pm (Seminar Week 4)
31 Mar 2019 (Sun)	10am -12:30pm (MBSR Week 5) 2pm - 5:30pm (Seminar Week 5)
5 Apr 2019 (Fri)	10am -12:30pm (MBSR Week 6) 2pm - 5:30pm (Seminar Week 6)
7 Apr 2019 (Sun)	10am - 5pm (MBSR All-Day)
14 Apr 2019 (Sun)	10am -12:30pm (MBSR Week 7) 2pm - 5:30pm (Seminar Week 7)
20 Apr 2019 (Sat)	9:30am -1pm (MBSR Week 8) 2:30pm - 6pm (Seminar Week 8)
27 Apr 2019 (Sat)	9:30am -1pm (Closure)

CE/CPE/CME Points

Applications for CE/CPE/CME points for the course from the following professional organisations in Hong Kong are underway:

- * Division of Clinical Psychology, HKPS
- * Division of Educational Psychology, HKPS
- * Division of Counselling Psychology, HKPS
- * Social Workers Registration Board
- * College of Psychiatrists
- * College of Family Physicians

Trainer

Dr Helen Ma has worked as a clinical psychologist in Hong Kong since 1987. She began a regular mindfulness meditation practice in 1992 and started teaching MBSR in 1997. She first taught MBCT in 2001 under the supervision of Dr. John Teasdale, while conducting her doctoral research on MBCT at the University of Cambridge. Since then, she has been teaching MBSR and MBCT, conducting teacher training programs and supervising professionals in mindfulness-based approaches. She is the Founding Teacher of the Hong Kong Center for Mindfulness, an Associate Teacher/ Trainer of the Oxford Mindfulness Centre, and a certified MBSR teacher and supervisor of Center for Mindfulness, University of Massachusetts (UMass CFM). She has completed a one-year Train-the-trainer Course by UMass CFM, and is going to teach the MBSR Foundations under the mentorship of Florence Meleo-Meyer.

MBSR Teacher Training Pathway

*What is “good enough”
teaching?*

*It is “good enough” if you
can remember from time to
time, especially when you
forget, that nothing you
think is personal is
personal, so it is best not to
take things personally,
including your own
performance, since it is not
a performance but an
exchange, a gift, a love
affair.*

*Then you just might make a
very big and beneficial
difference in some people’s
lives, and in your own.*

– Jon Kabat-Zinn



(Please read this section carefully before you apply)

In 2016-2017, the UMass CFM trained 32 seasoned MBSR teachers around the world in a one-year Train-the-Trainer (TT) program, which qualified them to offer MBSR teacher training under mentorship. Dr Helen Ma is one of them. At the end of the TT, Florence Meleo-Meyer, then Director of Train-the-Trainer program, advised that people who have taken training taught by one of the 32 trainers will be able to take further training by UMass CFM, if they choose, and continue their journey on [MBSR Teacher Education Pathway of UMass CFM](#). However, in July 2018, Florence Meleo-Meyer and some senior UMass CFM teachers moved to join the Brown Mindfulness Centre (BMC), Brown University. It is not certain at this stage whether there will be any changes in the policy of UMass CFM regarding the aforementioned advice. Meanwhile, Dr Helen Ma continues to be under the mentorship of Florence Meleo-Meyer. BMC is currently considering allowing people who have taken training taught by one of the aforesaid 32 trainers to take further training by BMC, if they choose, and continue their journey on [MBSR Teacher Training Track of Brown Mindfulness Center](#).

Tuition

HKD 12,000

Application

Please submit your application [here](#) on or before 15th January, 2019. You will be asked to upload a copy of

- * a certificate of your highest academic attainment;
- * a certificate of completion of MBSR/MBCT course;
- * your resume.

Please have them ready before you fill in the application form.

You will be notified of the result of your application by e-mail on or before 22nd January, 2019. If you do not hear from us, please enquire at s.helen.ma@hkcfm.hk.

Payment for the course by successful applicant is required by 1st February, 2019, but no payment is required prior to acceptance.

Cancellation Policy

If you withdraw before the course starts, we shall refund your fee with a reduction of \$500 to cover our administration costs provided that we can find a suitable applicant to take your place.

We regret that there will be no refund if your place is not taken up by another suitable applicant.