

Mindfulness-Based Stress Reduction (MBSR) Facilitation Certificate Program

MBSR is an empirically-supported health intervention for participants to develop a different relationship to stress resulting from chronic physical and psychological conditions. This rigorous certificate program is recognized as equivalent to that offered by the University of California at San Diego's Mindfulness-Based Professional Training Institute, for the purposes of certification.

MBSR Facilitation Certificate

Prerequisites:

- Have a daily mindfulness practice
- Participate in an 8-week MBSR program
- Participate in silent retreat/s totalling 5-7 days

TO APPLY: MindfulnessStudies.com/APPLY
Submit the application form and your CV online.

1. Mindfulness Core Concepts

Learn about the research and application of mindfulness in a rigorous setting. Core concepts include the origins, principles, & practices of mindfulness-based programs.

Facilitators: Gwen Morgan *MSW RSW*, Evan Collins *MD FRCPC*
In-Person: 6 hours over 1 day **Fee:** \$335

2. MBSR Intensive Training & Retreat

Study and experience the foundational underpinnings, mindfulness practices and specific exercises that are the framework of the MBSR program.

Facilitators: Susan Woods *MSW LICSW*, Patricia Rockman *MD*
Intensive: 45 hours over 6 days **Fee:** \$2,350+

3. MBSR Facilitation Mentorship

Mentoring is considered essential for competency. Complete at least 22 hours of mentorship with an approved MBSR mentor.

Fee: \$200 administrative fee + mentors fee
(*MBSR mentors typically charge between \$130 - \$180 per hour*)

4. Inquiry Essentials

Examine the essentials of mindful inquiry as they pertain to therapeutic mindfulness.

Facilitator: Patricia Rockman *MD CCFP FCFP*
Intensive: 12 hours over 2 days
Fee: \$535

Advanced MBSR Facilitation Certification

1. Advanced MBSR Mentorship

Completion of at least 12 hours of mentorship with an approved MBSR mentor.

Fee: \$200 administrative fee + mentors fee

2. Advanced Facilitation Training

Facilitators: Susan Woods *MSW LICSW*,
Patricia Rockman *MD CCFP FCFP*
Intensive: 40 hours over 5 days **Fee:** \$2,400+



We are a mental health charity specializing in evidence-based mindfulness programs.

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