

# Mindfulness-Based Stress Reduction (MBSR) Facilitation Certificate Program

MBSR is an empirically-supported intervention for participants to develop a different relationship to stress resulting from chronic physical and psychological conditions. The Centre is the leading professional development and service delivery organization for mindfulness-based interventions in Canada. Our highly-trained faculty is led by Patricia Rockman MD CCFP FCFP, Zindel Segal PhD, Susan Woods MSW LICSW, and Evan Collins MD FRCPC.

## MBSR Facilitation Certificate

### Prerequisites:

- Daily mindfulness practice
- Participate in an 8-week MBSR program
- Participate in 5-7 day silent retreat/s

**TO APPLY:** [MindfulnessStudies.com/APPLY](http://MindfulnessStudies.com/APPLY)  
Submit the application form and your CV online.

### 1. Mindfulness Core Concepts

Learn about the principles, origins, and practices of MBSR along with its research and application.

**In-Person:** 6 hours over 1 day  
**Online:** 6 hours over 3 weeks  
**Fee:** \$335

### 2. MBSR Intensive Training & Retreat

Study and experience the foundational underpinnings, mindfulness practices and specific exercises of MBSR.

**Intensive:** 45 hours over 6 days  
**Fee:** \$2,350+  
**Locations:** Ontario and British Columbia

### 3. Facilitation Mentorship

Completion of 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.

**Intensive:** 12 hours over 2 days  
**Fee:** \$535

## Advanced Certification

### 1. Facilitation Mentorship

Completion of at least 12 hours of mentorship with an approved MBSR mentor virtually or in-person.

**Fee:** \$200 administrative fee + mentors fee

### 2. Advanced Teacher Training

Deepen your skills and enhance your facilitation of mindful inquiry while assessing competency.

**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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