

# Mindfulness-Based Stress Reduction (MBSR) Facilitation Certificate

MBSR is an empirically-supported program for participants to develop a different relationship to stress resulting from chronic physical and psychological conditions. Our highly-trained faculty is led by Patricia Rockman MD CCFP FCFP, Susan Woods MSW LICSW, and Evan Collins MD FRCP.

## Step 1: Do you have the prerequisites?

### Mindfulness-Based Stress Reduction

Participate in an 8-week MBSR to experience the essential foundations of the program.

**In-Person:** 23 hours over 8 weeks  
**Fee:** \$520

### Mindfulness Core Concepts

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

**In-Person or Online:** 6 hours over 1 day or 3 sessions  
**Fee:** \$350

### You will also need:

Clinical designation or an advanced degree | Daily mindfulness practice | Silent retreat[s] totalling 5-7 days

## Step 2: Attaining your MBSR Facilitation Certificate

**Apply** (\$50 Admin Fee) at [MindfulnessStudies.com/apply](https://www.mindfulnessstudies.com/apply) → **Acceptance** → **Register for Modules:**

### MBSR Teacher Training Intensive

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

**Intensive:** 45 hours over 6 days  
**Fee:** \$2,350+

### Facilitation Mentorship

Complete 22+ hours of mentorship with an approved MBSR mentor\* virtually or in-person.

**Fee:** \$200 administrative fee + mentors fee\*  
*\*Mentors charge between \$130 - \$180/hr*

### Inquiry Essentials

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

**Intensive:** 12 hours over 2 days

**Fee:** \$560

Request your certificate online upon completion of modules.

## Step 3: Pursuing your Advanced Certification

### Facilitation Mentorship

Complete 12+ hours of mentorship with an approved MBSR mentor.

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

### 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 charitable organization and the leading professional development and service delivery organization for mindfulness programs in Canada. We create communities of well-being.

[MindfulnessStudies.com/pro-dev](https://www.mindfulnessstudies.com/pro-dev)