

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: 28 hours over 8 weeks
Fee: \$515

Mindfulness Core Concepts

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

In-Person or Online: 6 hours
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: \$2,400+

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

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 Intensive

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

Intensive: 35 hours **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.

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