

Envisioned by Saki Santorelli, EdD, MA, and established in collaboration with his colleagues in 2001, *Oasis Institute* for mindfulness-based professional education and training is now under the direction of Florence Meleo-Meyer, MS, MA. *Oasis Institute* is an innovative and rigorous school for a new generation of professionals intent on learning how to integrate mindfulness and mindfulness-based stress reduction (MBSR) into medicine, health care, and other disciplines and communities all over the world. As the place of origin of MBSR, *Oasis Institute's* comprehensive education, training, and certification programs set the standard for the formation and continuing education of MBSR teachers and are an integral part of the Center for Mindfulness in Medicine, Health Care, and Society within the Department of Medicine and Division of Preventive and Behavioral Medicine at the University of Massachusetts Medical School.

Oasis Institute

Mindfulness-Based Professional Education and Training

“Cultivating wisdom is the teacher’s path. It is an unfolding odyssey – a way of living into what is deepest and truest in our lives. And, because we are teachers, it is our invitation to those we teach to make contact with and live into what is deepest and truest within them...and together be transformed.”



Saki Santorelli, EdD, MA, Executive Director, Center for Mindfulness

Becoming an MBSR teacher

Teaching mindfulness-based stress reduction (MBSR) requires the capacity to meet your own suffering and that of others with attention, transparency, compassion, and resilience. Cultivating these qualities takes patience, time, and effort – and the process is both cumulative and non-linear. Therefore, we encourage you to proceed through *Oasis Institute* programs slowly and thoroughly, allowing time to integrate what you are learning into your life and teaching.

The path to becoming a professionally trained MBSR teacher consists of successive phases of intensive preparation, study, training, reflection, practice, and direct teaching experience.

PHASE 1: FIRST STEPS

PHASE 2: NEXT STEPS: FOUNDATIONAL STUDY AND TRAINING

PHASE 3: DEEPENING YOUR EXPERIENCE AS AN MBSR TEACHER

PHASE 4: TEACHER CERTIFICATION IN MBSR

Completion of Phases 1 and 2 is required before beginning to teach MBSR courses. Once you meet all the requirements for completion of Phase 3, *Preparation for Certification Review* begins. After successfully completing Phases 1 through 4 you will be granted full *Teacher Certification in MBSR*. If your intention is simply to learn and apply MBSR principles in your professional and personal life, we welcome your participation in one or more Phase 2 foundational study and training programs.

In addition to participating in *Oasis Institute* study and training programs, dedication to ongoing personal and professional development is essential, including participation and engagement with:

- daily mindfulness meditation practice,
- teacher-led mindfulness meditation retreats,
- yoga and other body-centered awareness practices, and
- relevant professional education and training.



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For complete descriptions of all courses, prerequisites, fees, class locations, program calendar, and continuing education (CE) credits, please visit:

www.umassmed.edu/cfm/oasis

Oasis Institute

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Center for Mindfulness
in Medicine, Health Care, and Society

University of
Massachusetts
UMASS Medical School
Department of Medicine
Division of Preventive and
Behavioral Medicine

The Oasis Institute training path Becoming an MBSR teacher

PHASE 1: FIRST STEPS

- Take an 8-week MBSR course as a participant
- Mindfulness meditation retreat (1 minimum before Practicum)

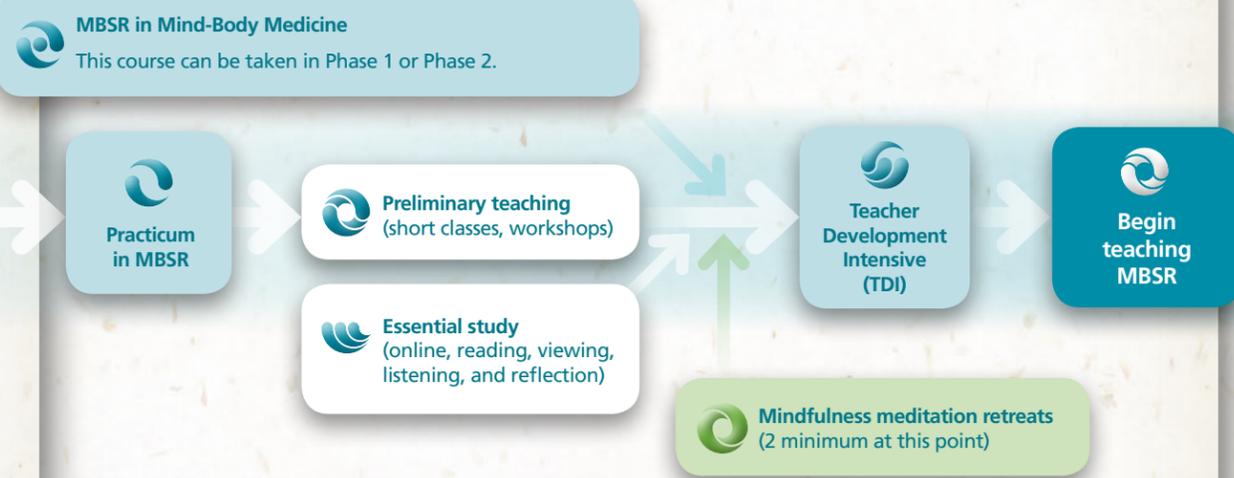
Participation in Oasis Institute study and training programs requires the following prerequisites:

Completion of an eight-week MBSR course as a participant. Before taking part in foundational study and training programs, we ask that you attend an eight-week MBSR course as a participant rather than as a professional trainee. This will give you an opportunity to experience MBSR classes directly, understand what it means to be an MBSR program participant, know the context within which MBSR teaching takes place, and learn from other class participants.

Participation in at least one mindfulness meditation retreat. Teaching MBSR is a direct outcome of your experience and understanding of mindfulness meditation practice. Therefore, before beginning foundational study and training, you must complete one or more 5–10 day, silent, teacher-led mindfulness meditation retreats.*

*Complete retreat requirement information is posted on the Oasis Institute website.

PHASE 2: NEXT STEPS: FOUNDATIONAL STUDY AND TRAINING



Oasis Institute foundational study and training consists of three foundational courses – Practicum in MBSR, MBSR in Mind-Body Medicine, and Teacher Development Intensive (TDI) – supplemented by other essential study. To begin the process, you may take either the Practicum in MBSR or MBSR in Mind-Body Medicine. After completing the Practicum in MBSR, you are encouraged to begin preliminary teaching based on elements of the MBSR curriculum. After the successful completion of the TDI you will have the minimum qualifications to begin teaching complete MBSR courses.

Full participation in Oasis Institute foundational study and training includes the following:

- Practicum in Mindfulness-Based Stress Reduction training program** allows you to explore issues and questions arising out of the MBSR program, guide formal and informal mindfulness practice, and study the MBSR curriculum and contextual background. There are two versions of the Practicum: An Eight-week Practicum, which includes participation in the eight-week MBSR course, along with weekly seminar classes; and a Nine-day Practicum, which includes participation in a five-day residential MBSR course, followed by a four-day residential seminar.
- Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Residential Training** with Jon Kabat-Zinn, PhD, and Saki Santorelli, EdD, MA, gives health care professionals an opportunity to practice mindfulness meditation as it is taught in the Stress Reduction Program at the University of Massachusetts Medical School and explore the practical integration of MBSR in health care and other settings. MBSR in Mind-Body Medicine may be taken at any time before participating in the TDI.

Preliminary teaching experience. After completing the Practicum in MBSR and as a prerequisite for participation in the TDI, you are encouraged to begin teaching short classes and workshops based on elements of the MBSR curriculum.

Essential study. After completing the Practicum in MBSR, you will have access to a number of free or low-cost online and in-person study programs to help you broaden your knowledge of key themes essential to an understanding of how to teach MBSR. Some of these programs will be required and some optional.

Continued personal and professional development – including two or more 5–10 day, silent, teacher led mindfulness meditation retreats (required before participating in the TDI); ongoing daily mindfulness meditation practice; yoga and other body-centered awareness practices; and relevant professional education and training.

Teacher Development Intensive (TDI) is an eight-day residential intensive training program that focuses on MBSR teacher formation and readiness. The program will help you refine your teaching skills by cultivating a practical and in-depth familiarity with, and competency in, multiple aspects of the MBSR curriculum.

Begin teaching MBSR. By successfully completing the Teacher Development Intensive you will have the minimum qualifications for beginning to teach complete MBSR courses on your own.

PHASE 3: DEEPENING YOUR EXPERIENCE AS AN MBSR TEACHER



In Phase 3 you will develop, deepen, and refine your understanding of MBSR and its methodologies through further study, practice, experience, reflection, and supervision. Culminating in *Preparation for Certification Review*, Phase 3 includes the following:

- Teach at least four complete MBSR courses** (required to begin *Preparation for Certification Review*).
- Teach at least one complete MBSR course with supervision.** To prepare for Certification Review, you must teach at least one MBSR course under the supervision of a CFM senior instructor, exploring questions that arise out of your own MBSR teaching (8–10 supervision sessions required).
- Continued personal and professional development** – including three or more silent, teacher led mindfulness meditation retreats (required for *Preparation for Certification Review*); ongoing daily mindfulness meditation practice; yoga and other body-centered awareness practices; and relevant professional education and training.
- Post supervision evaluation and reflection:** After completing all Phase 3 requirements, your supervisor and you will conduct an evaluation of your progress. Based on this assessment, you may be asked to refine your understanding through further study, practice, teaching, and additional supervision, or to begin Certification Review.
- Preparation for Certification Review:** Once you meet all practice standards set forth by the Center for Mindfulness, and have received individual guidance from your supervisor, the next step is to begin preparing your teaching materials for Certification Review.

PHASE 4: TEACHER CERTIFICATION IN MBSR



Teacher Certification in MBSR is the recognition of your in-depth understanding and skillful delivery of the MBSR curriculum. The minimum qualifications for participation in the *Teacher Certification in MBSR Review* are:

- Completion of all Phase 3 requirements.
- Experience teaching at least eight complete MBSR courses.
- Completion of at least four mindfulness meditation retreats.
- Ongoing daily mindfulness meditation practice, as well as yoga and other body-centered awareness practices.
- Professional graduate degree or equivalent working experience.

Teacher certification review and assessment: Based on your MBSR teacher certification review and assessment, you may be asked to refine your understanding through further study, practice, teaching, and/or supervision.

Teacher Certification in MBSR: Once you meet all practice standards set forth by the Center for Mindfulness for MBSR teachers, you will be granted *Teacher Certification in MBSR*.

Continuing education: The Center for Mindfulness encourages all MBSR teachers, whether certified or not, to pursue ongoing opportunities for further study and practice by participating in continuing education courses offered by the CFM and listed on our website.

