

**Applying for Teacher Certification in MBSR
at the Mindfulness Center at Brown
Submission information as of August 25, 2020**

Note: Due to Covid-19, we will accept online class recordings for Certification Review. Moving forward, and as the world health situation continues to unfold, some certification requirements may change to ensure quality and depth in teaching.

MBSR Teacher Certification acknowledges a teacher's dedication, knowledge, and skill in teaching MBSR.

Representing a culmination of formal MBSR training programs, MBSR teaching, as well as one's personal meditation and retreat experience, the Teacher Certification process represents years of study, meditation practice and teaching.

The central submission for Teacher Certification at Brown is a full set of teaching films (classes 1-8, not including Orientation or the all-day session) from a single 8-week MBSR cycle, **taught in-person or online**. In addition to the class films, you submit a substantive reflective analysis of your teaching, recognizing themes, learning edges, and strengths. A full listing of all the requirements is below.

Using the MBI-TAC (main website here: <http://mbitac.bangor.ac.uk/mbitac-tool.php.en>; see the [Full Version](#)) and a process verified through Bangor University's *Centre for Mindfulness Research and Practice*, submissions are reviewed by a senior MBSR teacher-trainer. The senior teacher notes strengths, areas to develop, and offers comments and recommendations for the ongoing learning that is part of the commitment to MBSR teaching. This may include further mentoring or study in specific areas to deepen teaching skill or knowledge.

The applicant receives the completed MBI:TAC summary with a final rank for each domain. Those with assessments of "Competent" or higher on the MBI:TAC will be awarded MBSR Teacher Certification. Some recommendations for further clarity, study or mentoring may also be offered.

Certification comes with a responsibility to continue deepening one's teaching capacity through ongoing mentoring or supervision, continuing education and self-reflection. Certification comes with a responsibility to follow [Good Practice Guidelines](#) and to continue deepening one's teaching capacity through ongoing mentoring or supervision, continuing education and self-reflection. Teachers will be able to detail their ongoing learning and experience on the website registry.

Two Yearly Deadlines:

June 30 (review completed by September 30)
December 30 (review completed by March 30)

Cost: \$1275.00

Please only submit your fee when you have completed submission of your materials.

Submission Materials Checklist for Teacher Certification Review

Successful completion letters or equivalent verification from all formal course programs including:

- MBSR Foundations (*or equivalent*)
- Teacher Advancement Intensive (*or equivalent*)
- MBSR Curriculum Study Group and Skill-Building Workshop (*or equivalent—if applicable*)
- MBSR Individual Mentoring Reflection & Assessment documents from both yourself and your mentor (10 sessions) (*or equivalent*)

- Attendance at least four qualifying retreats, including one MBSR Insight Inside Us Retreat (include location, dates and teachers)
- Submission of a full set of teaching films from a single recent cycle: classes 1-8 (Orientation and the all-day session not required).
- A written reflective analysis on the submitted class films, which highlights themes, strengths and learning edges that showed up in the course for you (double-spaced, APA format, limited to 2,500 words)
- A brief written statement conveying your personal understanding of the ethos and ethics of MBSR. (limited to 250 words)_
- Submission of collateral class materials:
 - Class plans
 - Home practice sheets
 - Guided audio practice recordings
- List of classes taught (dates, number of participants; venue
- CV or resume

How to apply:

It's best to have all your information ready for upload, although you CAN close the application and return later.

[Use this form for submitting your document](#)

Best formats for uploading films are .mp4 or .mov loaded to Youtube.com or Vimeo.com. It is also possible to create a link for your films and/or audio files and embed the links in a Word document, and upload that.

NOTE: At the end of the form, MAKE SURE THAT YOU CLICK ON THE FINAL **SUBMIT** TO ASSURE THAT YOUR SUBMISSION HAS GONE THROUGH. You should receive a verification email, and please check your spam folder for that.

Reviews are scheduled to be completed within a 3 month period. Yearly deadlines are:

June 30 (reviews completed by September 30)

December 30 (reviews completed by March 30)