



BROWN
Mindfulness Center

Graduate School Equivalency Requirements for MBSR Teacher-Training Pathway

The requirement of a graduate degree for Teacher Certification in MBSR acknowledges substantial academic and educational rigor. The commitment that a graduate degree demands expresses a capacity for investigation, critical thinking, competence in written and oral communication, and systematic understanding of a body of knowledge. While this depth and breadth is typically realized through a formal educational pathway, we understand that formal learning at recognized institutions and academies represent only one way such an education might be accomplished.

Thus, the *Graduate School Equivalency Assessment* is offered by the Mindfulness Center at Brown University in order to recognize and include those applicants to the MBSR Teacher-Training pathway who are interested in studying and teaching MBSR, but with non-formal or non-traditional learning experiences.

The assessment requires a written statement detailing the range of your experience as it relates to an equivalent graduate course of study, per the factors listed above. In your documentation, please include all areas that support these criteria, including:

- Professional activities
- Community service and leadership
- Volunteer and pro-bono activities
- Writing and published pieces
- Courses and Certificate programs (including coaching, massage therapy, yoga training, registered nursing, etc.)
- Courses or programs taught (not related to mindfulness)
- Other learning experiences whose value you directly attribute to your professional life

If any graduate level coursework has been completed, please include those transcripts.

In assessing equivalency, we take several factors into account including:

- Depth of experience
- Range of activities
- Skills and knowledge gained
- Professionalism
- Length of time spent on various activities
- Integration of work into overarching service areas that support MBSR and mindfulness in the world

Please be both concise and thorough. Word limit: 1,500 - 2,000 words. Please format your document double-spaced, using APA guidelines, as a Word document or pdf.

Submit your documentation along with your Resume or CV when you complete the course application.

Thank You.

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