

WORKSHOP FOR MENTAL HEALTH PROVIDERS

Mindfulness-Based Stress Reduction Teacher Training Intensive

Friday, April 3 - Tuesday, April 7, 2020

Workshop Objectives

By the end of the workshop, participants will be able to:

- Articulate the foundational principles of an MBSR program
- Demonstrate the basic MBSR teaching skills
- Describe the central role of mindfulness meditation practice for general wellness and self-care in the regulation of emotions and behaviors
- Articulate the rationale for a teacher's ongoing mindfulness meditation practice in teaching MBSR
- Discuss and outline formal and informal meditative practices and mindfulness as a mode of being in daily life

What to Expect

This intense, interactive teacher training includes both experiencing sessions of MBSR and working in small groups to begin practicing teaching the MBSR program with supervision and guidance from teacher trainers. The delivery of MBSR requires the teacher to teach from a personal understanding of mindfulness. Participants will strengthen their skills to embody a non-judgmental, present-moment focus with an understanding of how this supports and strengthens such mind states as kindness, compassion and equanimity. Participants will also discuss the ethics of teaching MBSR.

The training includes both large and small group learning, with opportunity for role-play and simulated patient-practitioner encounters. Daily meditation practice, yoga/mindful movement, and periods of silence are also part of the curriculum.

The training is led by skilled mindfulness teacher trainers who are also experienced clinicians, mindfulness teachers, and retreat leaders.

Workshop Leader:



**Susan Woods, LCSW,
Certified MBSR Teacher
and Mentor**

Since 2005, Susan has been a leading consultant and professional trainer in MBSR and MBCT and teaches at venues worldwide. She developed the MBSR and MBCT certification programs at the *Mindfulness-Based Professional Training Institute* at the University of California-San Diego. She is a senior MBSR/MBCT mentor and supervisor, and an advisor on mindfulness-based clinical trials.

In addition, Susan has consulted with the *Center for Mindfulness Studies* in Toronto to assist them in building a MBSR professional training pathway. Recently, she was part of a strategic team at the *Center for Mindfulness* at UMass Medical School that was tasked to review the center's MBSR programs.

Susan has presented on the clinical application of mindfulness at numerous conferences. She is author of multiple book chapters on training health professionals and is co-author of *Mindfulness-Based Cognitive Therapy – Embodied Presence and Inquiry in Practice* (2019). Susan is currently working on a book for publication in 2020.

Workshop Details

- **What:** 5-day workshop exploring the teaching of MBSR
- **When:** Friday, April 3 - Tuesday, April 7, 2020
- **Where:** Anthroposophical Society in America at 1923 Geddes Ave. Ann Arbor, MI 48104
- **Who should attend:** Clinicians interested in learning more about teaching MBSR or in seeking MBSR teaching certification.
- **Cost:** \$850 (includes all training materials and CEs)
- **How:** Call the Psychological Clinic at (734) 764-3471 to register.



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