



The Institute for Mindfulness-Based Approaches

In Cooperation with



MindCare Academy Turkey

Mindfulness-Based Stress Reduction (MBSR)

MBSR Teacher-Training Program

Where: Istanbul, Turkey

Start: 26 April 2024

Online Orientation Meetings per ZOOM Video Conference

DATES

Saturday 18th November, 2023 11 AM TRT

Saturday 24th February, 2024 11 AM TRT

More info about the ZOOM meetings is available on Page 16

For Inquiries Please Contact:

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www.mindcareacademy.com

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Mindfulness-Based Stress Reduction (MBSR)

The MBSR program was founded in 1979 by Dr. Jon Kabat-Zinn and his colleagues at the Stress Reduction Clinic of the University of Massachusetts, Department of Behavioural and Preventive Medicine, in Worcester, Mass. U.S.A.

An MBSR course consists of eight weekly sessions lasting a minimum of 2.5 hours per session. There is a full day of silent mindfulness practice during the 6th and 7th week. As well as learning formal mindfulness-meditation exercises like the body scan, gentle yoga, sitting meditation and walking meditation, class participants also discuss various themes such as the mental and physical effects of stress, mindful communication, how to take care of oneself, and how mindfulness supports a person to meet stress with wisdom and kindness.

MBSR has been successfully implemented around the world in varied settings. From its initial development in hospital, clinical and health-care environments, MBSR is today being offered in many other areas including management and leadership training, schools and universities, employee health programs, rehabilitation settings, counselling and coaching. In Europe the program has been taught successfully since the 1990s, and interest has continued to grow steadily. In some European countries, the national health services are reimbursing their members for taking part in MBSR courses.

There is also a growing interest among companies, universities, health-organizations, government agencies and other groups to provide mindfulness training based on MBSR to their employees as an evidence-based program that supports them to stay healthy, calm and focused even in stressful and continuously changing times.

A significant number of scientific studies underline the effectiveness of MBSR. The studies impressively document that a high percentage of course participants experience one or more of the following results:

- A decrease of physical and psychosomatic symptoms
- Being able to cope more effectively with stressful situations
- An increased capacity to relax
- A growing self-confidence and capacity for self-acceptance
- Increased vitality

The Institute for Mindfulness-Based Approaches (IMA)

The Institute for Mindfulness-Based Approaches (IMA) is the oldest professional mindfulness-training institute on the European Continent. Its founder and director, Dr. Linda Lehrhaupt, has been teaching mindfulness-based programs since 1983 and is recognized as a leader in the field. Since 2001 the IMA has provided trainings of excellence for professionals in the fields of health care, mental health, education, social work, human resources and other related areas.

The IMA, which has its main office in Germany, offers MBSR teacher-training programs in Austria, France, Germany, Ireland, Norway, Poland, and Switzerland. As of Fall 2020, over 1750 professionals have completed its MBSR training to date.

The IMA is officially recognised in Germany as an independent institute of further education and professional training. Its programs are recognised by government authorities, and professional associations grant its members further education credits for participating in its offerings.

The IMA's independence allows it to be flexible and to respond quickly to developments in the mindfulness field. As well as offering programs on its own, the IMA has cooperation agreements with other educational organisations. In Austria, Norway, France, Japan and Poland, we work with cooperation partners who are well-known in their countries for their quality and expertise.

In the years since 2001, the institute has expanded considerably. In addition to MBSR, it now also offers trainings in:

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness-Based Compassionate Living (MBCL), developed by Dr. Erik van den Brink and Frits Koster
- Mindfulness retreats for mindfulness teachers and trainees
- Skills deepening workshops
- Supervision for teachers of MBSR, MBCT and MBCL
- Mindfulness-meditation guidance for trainees and teachers who wish additional support

Recognition of the IMA and Its Support of International Training Standards and Criteria

Recognition of the IMA's Teacher-Training Program and IMA's support of International Training Standards and Criteria

The IMA's teacher-training program in Germany is recognized by the German MBSR-MBCT Professional Teachers Association (www.mbsr-verband.org). Graduates of the program are able to join the association if they meet the further requirements of the organization. The teacher-training program of the IAS/IMA is also recognized by the professional teachers' associations of France, Norway, Poland, Ireland, Switzerland and Austria.

Dr. Lehrhaupt, founder and executive director of the IMA, participated as an adviser to the working committee that formulated the statements of the International Mindfulness Integrity Network, "a global network informing the ethics and standards of mindfulness training and teaching." (<http://iminetwork.org>)

Dr. Lehrhaupt was also one of the early organizers of meetings that led to the founding of EAMBA (The European Association of Mindfulness-Based Approaches (EAMBA), whose "mission is to be a network connecting and inspiring associations (and associations in progress) of mindfulness professionals working with evidence-based secular programs." ([www.https://www.eamba.net/about](https://www.eamba.net/about)). Together with Dr. Edel Maex,, Dr. Lehrhaupt taught the first EAMBA yearly retreat in 2014.

In many countries where teacher associations do not yet exist, the institute's graduates often successfully interface with organizations in their own country, and their IMA teaching certificate is usually recognized as a professional qualification. However, it is best to make inquiries in one's own country about recognition.

About MindCare Academy

Mindcare - Academy for Mindfulness-Based Approaches is an Istanbul - Turkey based organization for offering mindfulness-based programs, events, workshops, and professional teacher training programs. Our areas of mindfulness-based interventions include well-being for adults, children and adolescents, as well as schools and companies.

We would like to create opportunities for sharing mindfulness-based psychology with as many people as possible. We are motivated with the idea of bringing together world class mindfulness teachers, evidence-based curriculums, and a passionate team to teach mindfulness for mental and emotional well-being. We have the intention of linking mindfulness with body-based approaches to strive towards an integrative and multidisciplinary perspective.

Founded by Kivilcim Kiran and Selin Ilgaz we share the values of open-mindedness, inclusivity, compassion, and personal growth. Facing the challenges of being human with resilience and compassion, empathy for our shared humanness and integrating all parts of ourselves with openness and acceptance are part of our everyday purpose. We seek to support each other and everyone our path crosses in this purpose.

Contact us at
info@mindcareacademy.com

Who Might Be Interested in the IMA's MBSR Teacher Training Program?

- Trainees who are interested in a certificate-level training that is clearly structured and transparent in terms of requirements, certification process, etc.
- Our program is in a cohort group structure (the same students attend each time). Unlike many programs with different participants each module, our program develops an MBSR teacher community that extends far beyond the end of the IMA program.
- The group is limited to 32 participants. This allows a more personal atmosphere as well as an opportunity for more intensive interaction between faculty and students. We have committed to quality, rather than quantity.
- For people who like to study in an international context and wish to establish network contacts with participants outside their own country.

Some students who join our programs have already been teaching mindfulness-based approaches for some time. They join, they tell us, because they want to immerse themselves in a systematic in-depth training, to profit from the faculty's extensive experience, and to move from autodidactic or piecemeal training, into a more integrated, certificate-based program.

Three Learning Dimensions of the IMA Program

The process of becoming an MBSR teacher involves immersion in each of these three learning dimensions:

Cohort Learning Learning within the same group with various rotating teachers	Individual Learning Personalized tutoring with a supervisor	Personal Learning Deepening of one's own meditation practice
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The cohort learning dimension means working with the same group of students with rotating faculty members. This training program is limited to 32 participants.

The individual learning dimension is in a small group or one-to-one supervision process that takes place during the teaching of a student's own 8-week MBSR course. It consists of a minimum of five individual or group sessions on ZOOM.

The personal learning dimension nurtures the deepening of one's own meditation practice as a resource in adding depth to one's teaching capacity.

The training program is strongly structured and at the same time encourages personal creativity and expression. The multidisciplinary team is committed to each participant finding his/her own identity as a teacher. The training invites each participant to practice and integrate mindfulness skills in his/her own daily life before passing them on to others.

The program will fully prepare trainees to teach MBSR by himself/herself. The practically oriented learning units, combined with the individual supervision and the nurturing of one's own meditation practice, build a three-pronged approach that has been shown to be very supportive to developing teachers.

Specific Elements of the Program Include:

- The graduates of our program are certified and fully qualified to teach MBSR on their own.
- Teacher trainees are thoroughly immersed in the formal meditation exercises of the MBSR program: body scan, gentle yoga, sitting meditation and walking meditation. They receive detailed instruction and opportunities to practice teaching within the training program.
- The training emphasizes the deepening of one's own meditation practice as the basis for teaching others.

- The curriculum of the 8-week MBSR course is examined in detail, and thematic elements of the weekly sessions, in addition to the meditation exercises, are taught within the training program.
- Participants teach their own self-organized 8-week MBSR course during the last section of the training program, or shortly thereafter.
- Five small group or individual supervision sessions with a faculty member per ZOOM give intensive support during the teaching of one's own 8-week course.
- Preparation for teaching takes place in every module as participants guide each other and experiment with delivering elements of the programs.
- Deepening of teaching skills is further supported by eight peer supervision group meetings.
- Participants write and create their own audios in their native language for each of the main exercises (Body Scan, Mindful Lying Down and Standing Yoga and Sitting Meditation). These exercises will be covered extensively in the training program.
- The program presents up-to-date information on research in MBSR and mindfulness.
- Participants receive a comprehensive MBSR teacher-training manual in the Turkish language.
- A sample handbook for participants in an MBSR 8-week course in the Turkish language is supplied in digital format for trainees to modify and adapt for their own courses.

Brief Overview of the MBSR Teacher-Training Program

Module 1 - Online: Friday 26 April to Sunday 28 April, 2024, 3 days.

Being acquainted

Week 1

- Presentation of the structure and content of the MBSR teacher training.
- Introduction to the Body Scan: Practical exercises for and theoretical aspects of guiding a Body Scan. Why do we teach the Body Scan, and what is the purpose of practicing it? Preparation for teaching the Body Scan as well as discussion of potential problems.
- Aspects of Week 1 of an MBSR course will be taught and practiced.
- Organizing peer groups and finding a buddy for working together between the modules.

Module 2 - Online: Thursday 6 to Friday 7 June 2024, two days.

Week 2 of the MBSR course

- Reflecting on one's own Body Scan practice. Continuing to explore the role of the Body Scan in the MBSR/MBCT program. Exchanging experiences with guiding the Body Scan. The road to creating one's own Body Scan.
- Introduction to inquiry – the art of leading exploratory dialogue and group discussion.
- Mindfulness-based interventions in various settings such as hospitals, business, and schools. A brief look at research on mindfulness.
- Aspects of Week 2 of an MBSR course will be taught and practiced.
- Learning oneself the MBSR yoga sequences and learning to teach yoga as mindful movement (Day 3 and 4).
- Themes of Mindful Movement: Body perception, working with boundaries, mindful breathing to support presence, people with special needs.

Module 3 - Live: Friday 5 to Sunday 7 July 2024, three days.

How do I teach mindfulness meditation in the context of MBSR?

Week 3 of the MBSR course.

Pre-interview

- Presentation of the sitting meditation and opportunities for guiding sitting meditation, with feedback.
- Reflection on the content and structure of the MBSR sitting meditation.
- Aspects of guiding meditation, potential problems for participants and for the teacher.
- Facilitating inquiry on the theme (from homework) of pleasant and unpleasant experiences.
- Participant requirements for an MBSR course, including inclusion and exclusion criteria.
- Conducting interviews prior to an 8-week course will be discussed.
- Aspects of Week 3 of an MBSR course will be taught.

Module 4 - Live: Friday 20 September to Sunday 23 September 2024, three days.

MBSR Mindful Movement: Lying Down Yoga and Standing Yoga

- Learning to teach mindful movement
- Working with physical and mental limits
- Inquiry of mindful movement

Webinar – Online: Saturday 5 October 2024

Mountain Meditation and Information about Teaching your own MBSR Course

- Learning to guide Mountain Meditation
- Information about the process of organizing and teaching your first MBSR course under supervision, including the details of the certification process.

Silent Retreat – Residential Live: Tuesday 8 to Sunday 13 October 2024, 5-day, 5-nights.

Deepening one's own personal practice

Module 5 - Online: Friday 1 to Sunday 3 November 2024, three days.

Stress as a central topic of an MBSR course

- Brief look at stress theory and research, as well as the role stress plays in various illnesses. Practical details of how to teach stress theory in an MBSR course.
- Themes: reacting and mindful responding, habitual behaviour patterns and choice
- Aspects of Week 4 and 5 of an MBSR course will be taught.
- What is healing about mindfulness? Reviewing research on the effectiveness of mindfulness, particularly in working with stress themes and emotions.

Module 6 - Online: Saturday 7 and Sunday 8 December 2024, 1,5 days.

Loving-Kindness Meditation

Lake Meditation

Difficult Emotions

- Exploring Loving-Kindness meditation and the Lake Meditation
- Learning to guide the Loving-Kindness meditation in MBSR class.
- Mindfulness and emotions. Theoretical and practical aspects of dealing with emotions in an MBSR course. Guiding participants in being with their emotions mindfully. Emotional intelligence of the MBSR teacher, and why it is so important.
- The art of Inquiry: Continuing to work with mindful dialogue (Inquiry).

Module 7 - Live: Thursday 23 to Sunday 26 January 2025, four days.

Mindful Dialogue Practice

Week 6 of the MBSR course.

The Day of Mindfulness.

Preparing to teach MBSR

- The theme of mindful dialogue will be explored through exercises from the Insight Dialogue method of Gregory Kramer.
- Stressful and mindful contact and communication. Practical experience in working with this theme.
- Aspects of Week 6 of an MBSR course will be taught.
- The full day of silent practice between the 6th and 7th week of an MBSR course will be taught.
- Dealing with difficult teaching situations and the role of embodiment.
- The inner stance of the MBSR teacher compared to other professions, e.g. teaching, medicine, counselling, psychotherapy.

Module 8 - Online: Friday 21 February to Sunday 23 February 2025, three days.

Week 7 and 8 of the MBSR course

The Post-Interview

Overview of the complete MBSR course

- Mindfulness in daily life: How to take care of oneself is central stage towards the end of the MBSR course.
- Ending the MBSR course: Week 8 of an MBSR course and the post-interview will be covered in detail.

- By reviewing the Tapestry of the MBSR course, one will gain an overview of how the complete course is woven together.

Module 9- Non-Residential: Friday 11 July to Sunday 13 July 2025, 2,5 days.

Supervision and discussion on themes arising out of teaching MBSR

- Reflecting on themes related to teaching MBSR including: ethics, networking, possibilities of graduate courses after the first MBSR course.
- Exploring topics such as How Does an MBSR teacher take care of oneself?
- Group review of MBSR courses taught by participants. Opportunities for supervision and deepening of themes related to teaching.
- Closing Ceremony

Faculty of the Tr_1 MBSR Teacher-Training Program

The high level of professionalism and experience of the institute's teaching staff is a highlight of its training programs. The IMA's faculty includes some of Europe's leading researchers, teachers and innovators in the field, as well as guest teachers from the USA and other parts of the world. All our faculty members have a personal mindfulness practice extending over many years, as well as extensive professional experience in the integration of mindfulness-based approaches in their respective fields.

The faculty for the TR 1 Training includes some of Europe's most senior teachers and the founder of the IMA, a pioneer in introducing MBSR in Europe.



Linda Lehrhaupt, PhD, is the Founder and Executive Director of the Institute for Mindfulness-Based Approaches (IMA). She began teaching Mindfulness-Based Stress Reduction (MBSR) in 1993 and has been training MBSR teachers since the founding of the IMA in 2001. She is certified to teach MBSR from the Center for Mindfulness (CFM), and holds a PhD in Performance Studies and a degree in education. Dr. Lehrhaupt began practicing Zen meditation in 1979 and has received full authorization as a Zen teacher in the White Plum Lineage of Taizan Maezumi Roshi. In 1976 she fell in love with Tai Chi and Chi Kung and went on to train with some of the leading representatives of the first generation of Asian teachers in the West. For over 20 years beginning in 1982 she directed innovative teacher-training programs in meditative movement. She is the Co-Author of *Mindfulness-Based Stress Reduction: The MBSR Program for Promoting Health and Vitality* (2017) and author of *Tai Chi as a Path of Wisdom* (2001). She is also the author of *Riding the Waves of Life: Mindfulness and Inner Balance* (in German, 2012). Dr. Lehrhaupt, who was born and grew up in New York City, has been living with her family in Germany since 1983.



Amir Imani, MEd. holds a Master's degree in Counseling and Adult Education from University of Toronto, Canada. He worked in mental health research at the Department of Psychiatry of the University of Toronto. Amir has been in study and practices of mind-body integration in mental health and balanced living since year 2000. He has undergone MBSR Teacher Training Certification at the Centre for Mindfulness in Medicine, Health and Society at the University of Massachusetts Medical School, and has been teaching MBSR to different groups including Mindfulness trainers, corporate staff and executives since 2005. He is the co-founder/director of the Indian based Omega Wellbeing, founding director of the only hospital-based MBSR program in the Middle East region in Iran, and a senior certified mindfulness teacher at UMASS Medical School.

Amir holds workshops and retreats internationally for public and private organizations.



Rene Ryorin Slikker

René Slikker, M. Sc., is a psychologist and physical therapist. His specific interest is mind-body medicine and personal development. As a psychologist, he combines mental and physical wellbeing with return-to-work programs. He has worked in the United States, Great Britain and Germany as a physical therapist. When he learned about MBSR and Jon Kabat-Zinn, he was immediately inspired and still is. He was one of the first students to train in MBSR with Johan Tinge and his teaching staff at the Institute for Mindfulness in Holland in 2008. He has worked as a mindfulness teacher trainer at the post-doc program of the Hogeschool Utrecht. He has taught numerous MBSR courses and guided several retreats. He started practicing Zen Buddhism in 1998 and has integrated this into his work. At present, he works as a Buddhist psychologist in his own practice in Amsterdam. He and his wife have also founded and teach in a small Zen temple.



Elise Jansen, B.A., is the owner of Bloom Studio in Oslo, Norway where she works as a yoga and Mindfulness teacher. She has been practicing yoga and meditation since she was a teen-ager and has trained as a teacher of MBSR with the IMA. She is also a certified Yogaworks, Ashtanga Vinyasa, Restorative, Yin and TRE teacher. Elise has been teaching yoga for 15 years and teacher trainings in Mindful Restorative Yoga for the last 3 years. She travels extensively teaching yoga and trainings with focus on interception, mindfulness and deep rest in Europe and beyond.



Ingrid van den Hout, M.Sci., completed her study of the Science of Human Movement at the Free University of Amsterdam in 1989. She works as a psychomotor therapist in mental health care. She is also a teacher of MBSR, MBCT and Breathworks. She has a background in the martial arts (Aikido) and became a practitioner of Vipassana in 2001. She trained as an MBSR teacher at the Center for Mindfulness (CFM) in the U.S. in 2004 and 2005. Continuing her development as an MBCT teacher, she participated in the Advanced-Training for MBCT offered by the University of Bangor in 2008. She acted as senior teacher and assessor during a multi-clinic study on MBCT by Radboud University. Since 2006 she has been on the faculty of the Dutch Institute for Mindfulness as a trainer of MBSR and MBCT teachers. She completed her formal training as a supervisor at the British Centre for Supervision and Team Development in 2013. Her involvement in psychosomatics led her to train as a teacher of Breathworks. She serves as senior teacher and senior coordinator for IMA.



Jean Daniel Rüedi Trainer, coach and therapist for individuals and team support for companies. Doctorate in Technical Science from The Swiss Federal Institute of Technology (EPFL). 20 years of experience in academic research, in business management. MBSR teacher trained by the Institute for Mindfulness-Based Approaches (IMA) MBCL instructor trained by the founders of Mindfulness-Based Compassionate Living (MBCL). Personal contemplative practice for many years. Co-founder of O'Centre Formation in Friborg, Switzerland. Training focused on presence and connection.



Wolfgang Schröder, born 1962, is co-leader of the (Mindfulness Practice)'Achtsamkeitspraxis Berlin' since 2012. His interest in spiritual development and meditation was awakened in 1985. When he trained as a bookseller in the Rhineland, he made a fundamental decision to dedicate his life to practicing and deepening the Buddhist practice. During a stay of several years in the Triratna Sangha in Great Britain, he was able to intensify his practice and study of Buddhism. At that time, he worked in cooperatively run companies and certified as a yoga teacher in 1994. Since he became familiar with Jon Kabat-Zinn's book 'Full Catastrophy Living' in 2005, he continued to practice and train as teacher within the context of MBSR. In 2008 he certified as MBSR teacher, in 2009 as MBCT teacher and also trained as MBCL teacher. He continues to widen his experience and offering in the direction of 'mindfulness at work', for example at the Potential Project. He feels fortunate to meet people in different ways and to support them on their way to more awareness, clarity and kindness.



Kivilcim Kiran Gen, Teacher in Training.

Kivilcim has been interested in mindfulness and compassion since 2015 and has been an accredited mindfulness and compassion teacher since 2016. Her favourite topics to work on, think about and share are toxic stress, burnout, anxiety, meaning, complex trauma, post-traumatic development and compassion. Kivilcim, who completed her mindfulness teacher training at Oxford University (Mindfulness Based Cognitive Therapy) and Bangor University (Mindfulness Based Stress Reduction and Cognitive Therapy) in the UK and at IMA (Institute of Mindfulness Based Approaches), also received training on compassion-focused therapy from the Compassionate Mind Centre founded by Paul Gilbert and is a trainer of the Compassionate Mind Programme. In the fields of trauma analysis, she uses Somatic Experiencing and EMDR schools. Kivilcim has also received basic training in Psychodynamic therapy, Cognitive Behavioural Therapy, Gottman Couple Therapy. Kivilcim, who has a bachelor's degree in Psychology and History and a master's degree in Clinical Psychology and Organisational Psychology, continues her Mindfulness and Compassion work on the Mindcare Academy platform, which she founded, and also offers adult and couples therapy.



Selin Ilgaz Lefilleul, Teacher in Training.

After specialising in Psychology and Clinical and Cognitive Neurosciences, Selin Ilgaz rolled up her sleeves and set out to experience the practice of Mindfulness, which she had always been curious about and researched at the university. Her meditation adventure, which started with scientific research, was embodied with a 10-day silent Vipassana retreat in Nepal in 2014. Afterwards, she repeated the Vipassana retreat in Indonesia (2015) and Greece (2016). Meditation and Mindfulness quickly became part of her daily life, and she still regularly attends retreats and trainings. She first completed her Mindfulness MBSR Trainer Training in 2016 with Mindful Academy Solterreno in Spain and then with IMA (Institute for Mindfulness-based Approaches). In 2019,

she completed a 200-hour yoga teacher training. She co-founded MindCare Academy – Mind-Body based approaches in 2021 that became the cooperating partner of IMA in Turkey. Her personal practice is inspired and influenced by bodily practices such as yoga and dance, somatic studies and analytical psychology.

Participation Requirements for the MBSR Teacher-Training Program

- Successful completion of a professional education or training program in the fields of mental health, medicine, education, health care, social work, physical or occupational therapy, nursing, counselling, coaching, human resources, pastoral work and related professions. Please check with us if you are not sure whether you qualify.
- If you do not have a professional training but have extensive work or volunteer experience, please give us the details.
- A minimum of three years work experience in a professional field.
- Meditation Experience: At least 1.5 years of meditation practice (Mindfulness, Vipassana, Zen, Shambhala Training, Dzogchen, Christian Contemplative, Sufi, Yoga, etc.) before starting the training program.
- Regular sitting meditation practice.
- Some experience in meditative bodywork, particularly yoga. If you do not have any yoga experience, or we feel you can benefit from additional training, we will ask you to take part in a weekly yoga course in your hometown during the training program.
- Participation in an 8-week MBSR course. We ask you to finish your MBSR 8-week course before Module 2 of the training. If you are geographically too far away from a weekly course offering, or your work schedule does not allow it, it is possible to take part in an online 8-week course approved by the IMA. We can help you with finding a suitable online course
- Participation in at least one, five-day silent meditation retreat approved by the IMA for the teacher training. If you have not yet participated in a retreat, you will be asked to fulfil this requirement before the start of the fifth training module in November 2024. It is strongly recommended you complete this requirement before the program begins. We can help you with finding a suitable retreat.

Certification Process

All participants who successfully complete the training program according to the terms specified in the enrolment contract will receive a certificate as an MBSR Trainer. This includes:

- Students teach their own self-organized 8-week MBSR course after the 6th Module of the training program.
- Supervision: A minimum of five small group or individual online sessions with an IMA supervisor during the teaching of an 8-week course is required.
- Completion of a final written thesis, including a detailed reflection on the teaching of one's own 8-week MBSR course.
- Preparing audio versions of the body scan, sitting meditation, lying down & standing yoga in one's native language and submitting them with the final thesis.
- Submission of the student handbook in the language in which you have taught your MBSR course
- Participation in all units of the training program is required.

Dates, Fees & Venues

Dates of the Modules:

Orientation:	Nov. 18, 2023	Saturday 11.00 – 13.00
	Febr. 24, 2024	Saturday 11.00 – 13.00
Module 1: Online	Apr. 26-28, 2024	Friday, 09:00 - Sunday, 18:00
Module 2: Online	June. 6-7, 2024	Thursday, 09:00 - Friday, 18:00
Module 3: Live	July. 5-7, 2024	Friday, 09:30 - Sunday, 15:00
Module 4: Live	Sept. 20-22, 2024	Friday, 09:30 - Sunday, 15:00
Webinar Online	Oct. 05, 2024	Saturday, 09:00 - 12:30
Silent Retreat	Oct. 08-13, 2024	Tuesday, 12.00 – Sunday 12.00
Module 5: Online	Nov. 01-03, 2024	Friday, 09:30 - Sunday, 15:00
Module 6: Online	Dec. 7-8, 2024	Saturday, 09:00 - Sunday, 12:30
Module 7: Live	Jan. 23-26, 2025	Thursday, 09:00 – Sunday, 15:00
Module 8: Online	Feb. 21-23, 2025	Friday, 09:00 – Sunday, 13:00
Module 9: LiveFeb.	July. 11-13, 2025	Friday, 09:00 – Sunday, 13:00

Program Fee:

Before 31st of December 3000 Euro + VAT

After 31st of December 3200 Euro + VAT

Payment Schedule:

Deposit: 750 or 800 euros At the time of returning the contract registration
(non-refundable deposit that counts towards your tuition fee)

Payment 1: 750 or 800 euros One month before Module 2

Payment 2. 750 or 800 euros One month before Module 4

Payment 3. 750 or 800 euros One month before Module 5

Your Course Fee Covers:

The course fee includes all training modules, the 5-day silent retreat plus one teacher-training manual, one participant handbook of an 8-week course, eight peer-group study sessions with assignments, one between each module.

The fees does not include the minimum 5 small group or individual supervision sessions required when teaching one's own course. These sessions are charged as follows:

1 supervisee: 85 euro for 1 hour individual supervision.

2 supervisees: 140 euro for 1,5 hour group supervision, 70 euro per person per supervision.

3 supervisees: 195 euro for 2 hours group supervision, 65 euro per supervision per person.

4 supervisees: 240 euro for 2,5 hours group supervision including a break, 60 euro per supervision per person.

The fee also does not include costs for travel, housing, and meals, which the participant pays directly to the venue management when the training module is live or residential.

Program Venue

The location for live sessions will be held in Istanbul. The exact location will be provided upon registration for the course.

The exact location of the retreat venue will be provided later. Accommodation and travel for the retreat are not included in the course fee.

Online Orientation Meeting with ZOOM

The ZOOM video meeting online offers an opportunity to learn in depth about the training program and to engage with one or more IMA senior trainers.

There will also be time for Questions and Answers.

Participation in an Online ZOOM Meeting is generally required if you wish to enroll in the program.

If you feel you are well-enough informed about the program, you may apply without completing the Orientation. Please contact us and let us know. This is helpful if you wish to know as soon as possible if you will be admitted to the program.

DATES for Online ZOOM Orientation Meetings

1. Saturday 18th of November 2023 11 am (GMT + 2)
2. Saturday 24th of February 2024 11 am (GMT + 2)

The Orientation meetings are free of charge

If you cannot attend this online event, it's possible to register directly. Please contact us to discuss the possibilities.

How to Register for the ZOOM Meeting

Please send an Email to info@mindcareacademy.com and indicate which date you wish to take part. You will receive a confirmation from us and we will ask you to answer a few short questions.

You will be sent a link a week before the event with which you can connect at the time of the meeting.

Zoom is User-Friendly!

Our experience with ZOOM is very positive and for the participant it is easy. Just click the link sent to you and you will be able to join without having to download any software.

Next Steps after the ZOOM Orientation meeting.

1. Following the orientation, we will send you a detailed personal information form.
2. If you wish to enroll in the program, please return the filled-out form to us. We are also available per Email if you have additional questions or require more information.
3. A senior IMA trainer will review your form to see if:
 - a. the MBSR teacher-training program is appropriate for you in terms of your experience and interest and
 - b. whether you fulfill the participant requirements or some additional preparation is needed
4. Within three weeks after receiving your form, we will let you know if you are accepted into the program. At the same time we will send you an enrollment contract which you must sign and return to us.
5. If a participation requirement still has to be fulfilled, we will ask you to sign an additional agreement about completing the requirement. We'll also offer suggestions for how you can do so.

Confirmation of your enrolment

1. After receiving your enrollment contract and a Deposit of 750 Euros, we will send you confirmation of your place in the program.
2. We will also send information about reserving accommodation at the seminar house.
3. Some weeks before the program begins, we will send further instructions about the training.

Deadline for Registration

Enrolments will be accepted in the order in which they arrive in the office. Once all training places are filled, further applicants will be put on a waiting list.

Email Contact: info@mindcareacademy.com