Oasis
An Institute for Mindfulness-Based Professional Education and Innovation
Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
O

asis began in 2005 as a school for a new generation of health care and other professionals interested in learning, from the inside out, how to integrate mindfulness, mindfulness-based stress reduction (MBSR), and other mindfulness-based approaches into disciplines and communities all over the world. While this is our primary focus, Oasis has a more fundamental objective, which is to foster a direct, experiential understanding that inner experience, intuition, imagination, and non-conceptual awareness are as crucial and valid as objective, evidence-based knowledge. Oasis is a rigorous forum for the development and integration of these mutually effective, interdependent approaches to knowing, caring, and serving.

“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.”

Saki Santorelli, EdD, MA
Executive Director, Center For Mindfulness
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Teaching MBSR requires the capacity to meet our own suffering and that of others with attention, resilience, transparency, and compassion. For most people, cultivating these qualities is both cumulative and non-linear. Therefore, we encourage you to proceed through Oasis training programs slowly and thoroughly, allowing time to integrate your learning into your life and your teaching.

Before you begin to teach, we strongly encourage you to participate in one or both of the Oasis foundational training programs—MBSR in Mind-Body Medicine and/or Practicum in MBSR. In addition to participating in Oasis foundational training programs, dedication to the ongoing exploration of the following interconnected pathways of study and personal development is essential:
Mindfulness meditation training—daily practice and silent retreats. Because wonder and inquiry into the nature of the self and reality is an essential practice for MBSR teachers, your engagement in a daily practice of mindfulness meditation and ongoing participation in silent, teacher-led retreats is critically important.

Yoga or other bodywork training. Recognizing the body as a vehicle for mindfulness is essential. We recommend that you practice and train in mindful hatha yoga, or in some other form of body-centered awareness practice.

Personal psychological development. Your ongoing commitment to learning as much as possible about your own personality and patterns of relating is necessary if you hope to teach MBSR. Such knowledge requires ongoing self-inquiry and inner work.

Professional training and graduate degree in a related field. Teaching MBSR requires an intellectual understanding of the scientific, medical, and educational roots of MBSR, and the capacity to articulate these aspects of the teaching. For that reason, it is essential to pursue a graduate degree in a field connected to MBSR. Psychology, education, and medicine are typical fields of study, but any program that emphasizes an understanding of the mind and body, and includes service as a component, may be acceptable. You do not have to have a graduate degree to teach MBSR, but if you wish to receive certification, you must have completed your graduate program.
Follow a course of comprehensive and systematic training in MBSR leading to Teacher Certification in Mindfulness-Based Stress Reduction. The training map above gives an overview of typical pathways leading to MBSR Teacher Certification.
Enhance and refine your MBSR teaching skills without applying for Teacher Certification. (It is not necessary for you to become certified by the Center for Mindfulness to teach MBSR.) You may choose, for example, to study one or more of the Oasis foundational training programs, such as MBSR in Mind-Body Medicine or Practicum in MBSR. And for a more in-depth understanding of how to teach MBSR, you may decide to apply to the Teacher Development Intensive after completing one or more of the foundational programs.

Explore the experiential, theoretical, and pedagogical foundations of MBSR as a critical framework for teaching and/or researching a growing array of other mindfulness-based approaches and interventions that are offshoots of MBSR.

Apply a range of mindfulness-based practices, attitudes, and skills to your personal and professional life.
Oasis Foundational Training Programs

Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Residential Training/Retreat

This training/retreat program is an opportunity for you to study mindfulness and the MBSR approaches directly with Center for Mindfulness founder Jon Kabat-Zinn, PhD, and CFM Executive Director, Saki Santorelli, EdD, MA. You will learn how to practice mindfulness meditation as it is taught in the Stress Reduction Clinic—the origin of MBSR—and to explore the practical application and integration of MBSR in health care and other settings. The program is oriented toward health care professionals, including physicians, surgeons, psychiatrists, social workers, therapists, hospital administrators, and educators. It is intensive and participatory, and emphasizes the need for you to embody mindfulness meditation practice in your own life before attempting to teach it to others. While information on creating MBSR clinics is touched on, it is not a major focus of the retreat. It is important to note that this program does not fulfill the silent retreat prerequisite for the Practicum, Teacher Development Intensive, Supervision or Teacher Certification Review.

The Institute for the Advancement of Human Behavior (IAHB), the Center for Mindfulness, and Omega Institute have entered into a joint sponsorship agreement to provide quality educational activities that are available for professional continuing education credit.* For details, please visit www.umassmed.edu/cfm/7day and click on “CE Information.”

*Information accurate as of August 2008. Please check the web site listed above or call 508-856-1097 for any updates.
Practicum in Mindfulness-Based Stress Reduction: 
Living Inside Participant-Practitioner Perspectives

The Practicum provides an opportunity for you to experience an MBSR class as taught by senior CFM teachers. Taking the MBSR class along with regular program participants gives you the opportunity to directly experience the impact of MBSR on your life and practice. You will also engage in a seminar with your teacher and fellow Practicum participants in which you will have the opportunity to explore issues and questions arising out of your experience of the class, engage in guiding others in formal and informal mindfulness practice, and study the contextual background of MBSR.

There are two versions of the Practicum.

- The eight-week Seminar Practicum includes the Practicum orientation, participation in the Stress Reduction Program (eight weekly two-and-a-half-hour morning or evening classes and a one-day silent retreat between sessions six and seven), eight weekly seminar classes, and the Practicum closure. The Seminar Practicum consists of 70 hours of instruction.
- The nine-day Summer Intensive Practicum, which is intended for trainees who live far from the Center for Mindfulness in Worcester, MA, includes a Practicum orientation and a five-day residential MBSR retreat followed by a four-day residential seminar. The Summer Intensive Practicum consists of 66 hours of instruction.

Prerequisites:
- An ongoing personal meditation practice.
- Participation in at least one 5-10 day silent, teacher-led mindfulness meditation retreat.

These activities have been approved for AMA PRA Category 1 Credit™. For more information on the Practicum, including registration and program dates, along with information on continuing education credits for psychologists, please visit www.umassmed.edu/cfm/practicum and click on “CE Information.”
Teacher Development Intensive: An Advanced MBSR Teacher Training/Retreat

The Teacher Development Intensive is a highly interactive, collaborative learning experience which gives you the opportunity to explore your relationship with yourself and others in the context of an intensive teaching environment. Participants are encouraged to develop a working familiarity with, and competency in, multiple aspects of the didactic and experiential elements of the MBSR curriculum, including presentational elements, guidance in meditation and yoga practice, inquiry and group dynamics, and preparation of supporting materials.

If you are already teaching MBSR, you may apply for admission to this eight-day residential training/retreat, which will help you refine your teaching skills through sustained inner work in the context of a rigorous, multi-faceted practice and teaching laboratory. Applicants who are not yet teaching but who have a strong professional and meditation background and who are committed to becoming teachers of MBSR may also be considered for admission into the program.
Prerequisites:

- Completion of one or both of the Oasis foundational trainings, MBSR in Mind-Body Medicine and/or Practicum in MBSR. (Preference will be given to applicants who have completed both foundational trainings and who are currently teaching MBSR.)

- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life.

- Professional experience in the fields of health care, education, and/or social change.

- Participation in at least two 5-10 day silent, teacher-led mindfulness meditation retreats.

These activities have been approved for AMA PRA Category 1 Credit™. For more information on the Teacher Development Intensive, including registration and program dates, along with information on continuing education credits for psychologists, please visit www.umassmed.edu/cfm/tdi and click on “CE Information.”
Supervision in Mindfulness-Based Stress Reduction

The *Supervision* program gives you the opportunity to meet with a CFM senior instructor, in person or by telephone and online, to explore issues and questions that arise out of your own self-reflections about your MBSR teaching and presentation. Through personal support, guidance, exploratory dialogue, and precise feedback, *Supervision* fosters precision and comprehensiveness in the teaching of MBSR, and encourages an authentic exploration of unexamined habits and patterns that may hinder your effectiveness in teaching and living. Grounded in respect for and trust in the innate genius of *Supervision* participants, this program is dedicated to investigating, understanding, and honing instructional approaches and skills. You may choose to participate in the supervision process while teaching your own MBSR class. Once you are accepted into the program, you will be assigned a supervisor who is a senior CFM instructor. You may arrange the number of individual sessions with your supervisor.
Prerequisites:

- Completion of one or both of the *Oasis* foundational trainings, *MBSR in Mind-Body Medicine* and/or *Practicum in MBSR*. (Preference will be given to applicants who have completed both foundational trainings, are currently teaching MBSR, and who have completed the *Teacher Development Intensive*.)

- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life.

- Professional experience and graduate degree or equivalent in the fields of health care, education, and/or social change.

- Experience as a group facilitator.

- Regular participation in 5-10 day silent, teacher-led mindfulness meditation retreats.
Consultation in Mindfulness-Based Stress Reduction

The Consultation program gives you the opportunity to meet with a CFM senior instructor, in person or by telephone, to explore issues and questions that arise out of your own self-reflections about teaching and presenting MBSR to professionals.

Unlike the Supervision program, which is intended to support you while you teach MBSR classes, the Consultation program focuses on your needs for guidance and feedback while you are teaching other professionals about MBSR, or as you aspire to present the working principles of MBSR to other audiences and populations in a variety of formats.

Once you are accepted into the program, you will be assigned to a senior CFM instructor, and may arrange the number of individual sessions with your supervisor.

Prerequisites:
Prerequisites for this program are the same as those for Supervision in Mindfulness-Based Stress Reduction (see previous page). If you are requesting consultation services focused on addressing the training of other professionals in how to teach MBSR we require that you first complete the Teacher Certification process.
Apprenticeship in Mindfulness-Based Stress Reduction

MBSR teachers who have completed both of our foundational programs and the Teacher Development Intensive, and who have taught several MBSR programs, may apply to co-facilitate an eight-week class with a senior CFM instructor. This is a highly selective and individualized program of study, an “in vivo” supervision and practice teaching program that includes ongoing planning and intensive personal supervision with your mentor teacher. Participation in the Apprenticeship in MBSR fulfills the Supervision in MBSR prerequisite for Certification in MBSR.

Prerequisites:

- Completion of the Teacher Development Intensive.

- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life.

- Professional experience and graduate degree or equivalent in the fields of health care, education, and/or social change.

- Experience as a group facilitator.

- Regular participation in 5-10 day silent, teacher-led mindfulness meditation retreats.
Certification in MBSR

Teacher Certification Review

Certification in MBSR is the recognition of your in-depth understanding and skillful use of the MBSR curriculum and competencies in the classroom at a level deemed satisfactory according to standards developed by the CFM. The review process is extensive and iterative.

Following Teacher Certification Review, you may be asked to refine your teaching by attending CFM training programs or receiving supervision. Applying for Teacher Certification Review does not guarantee that you will receive certification.

The Teacher Certification Review application consists of two parts—preparation of a portfolio that demonstrates the quality of your teaching and a review of your portfolio by your certification review leader (a senior CFM teacher) and a team of senior MBSR teachers, in dialogue with you.
Prerequisites:

- Completion of the following Oasis Training Programs: Mindfulness-Based Stress Reduction in Mind-Body Medicine, Practicum in Mindfulness-Based Stress Reduction, Teacher Development Intensive, and Supervision in Mindfulness-Based Stress Reduction. (In lieu of these programs, you may make a case for the equivalency of other trainings, retreats, and long-term MBSR teaching experience.)

- Ongoing daily meditation and body-centered awareness practice and commitment to the integration of mindfulness into everyday life.

- Professional experience and graduate degree or equivalent in the fields of health care, education, and/or social change.

- Experience teaching a minimum of four eight-week MBSR courses.

- Regular participation in 5-10 day silent, teacher-led mindfulness meditation retreats.
Additional Education and Training

Additional education, training and related services, programs and ongoing initiatives allow you to explore mindfulness-based applications and interventions that are focused on specific areas of expertise.

These workshops and training programs offer an experiential exploration of mindfulness-based approaches that appeal to a broad range of professionals, including physicians, health care professionals working with specific populations, educators and trainers, and MBSR teachers, among others.

If you would like to be placed on our contacts list for additional Oasis education program announcements and mailings, please visit www.umassmed.edu/cfm and click on “Join our mailing list.”
How to Apply

If you would like to apply for any of the Oasis programs described in this brochure, or want more information on Oasis professional training programs, please visit www.umassmed.edu/cfm/oasis. If you have questions, please contact Oasis Coordinator Merin MacDonald at cfm.oasis@umassmed.edu or call 508-856-1097.

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