Becoming an MBSR teacher

Teaching mindfulness-based stress reduction (MBSR) requires the capacity to meet your own suffering and that of others with attention, transparency, compassion, and resilience. Cultivating these qualities takes patience, time, and effort—and the process is both cumulative and non-linear. Therefore, we encourage you to proceed through Oasis Institute programs slowly and thoroughly, allowing time to integrate what you are learning into your life and teaching.

The path to becoming a professionally trained MBSR teacher consists of successive phases of intensive preparation, study, training, reflection, practice, and direct teaching experience.

**Phase 1: First Steps**
- Preparation for Certification
- Review

**Phase 2: Next Steps: Foundational Study and Training**
- Deepening Your Experience as an MBSR Teacher

**Phase 3: Deepening Your Experience as an MBSR Teacher**
- Teacher Certification in MBSR

Completion of Phases 1 and 2 is required before beginning to teach MBSR courses. Once you meet all the requirements for completion of Phase 3, Preparation for Certification—Review begins. After successfully completing Phases 1 through 4 you will be granted full Teacher Certification in MBSR. If your intention is simply to learn and apply MBSR principles in your professional and personal life, we welcome your participation in one or more Phase 2 foundational study and training programs.

In addition to participating in Oasis Institute study and training programs, dedication to ongoing personal and professional development is essential, including participation and engagement with:

- daily mindfulness meditation practice,
- teacher-led mindfulness meditation retreats,
- yoga and other body-centered awareness practices, and
- relevant professional education and training.

For complete descriptions of all courses, prerequisites, fees, class locations, program calendar, and continuing education (CE) credits, please visit:

www.umassmed.edu/cfm/oasis
**Phase 1: First Steps**

- **Mindfulness meditation retreat** (1 minimum before Practicum)
- **Preliminary teaching** (short classes, workshops)
- **Teacher Development Intensive (TDI)**
- **Begin teaching MBSR**
- **Supervision**
- **Post-supervision evaluation and reflection**
- **Teacher Certification Review**
- **Certification Review**

**Oasis Institute training path**

**Becoming an MBSR teacher**

**Phase 2: Next steps: foundational study and training**

- **MBSR in Mind-Body Medicine**
  - This course can be taken in Phase 1 or Phase 2.
- **Practicum in MBSR**
- **Mindfulness meditation retreats** (2 minimum at this point)

**Oasis Institute foundational study and training consists of three foundational courses** – Practicum in MBSR, MBSR in Mind-Body Medicine, and Teacher Development Intensive (TDI) – supplemented by other essential study. To begin the process, you may take either the Practicum in MBSR or MBSR in Mind-Body Medicine. After completing the Practicum in MBSR, you are encouraged to begin preliminary teaching based on elements of the MBSR curriculum. After the successful completion of the TDI, you will have the minimum qualifications to begin teaching complete MBSR courses.

**Full participation in Oasis Institute foundational study and training includes the following:**

- **Preliminary teaching experience.** After completing the Practicum in MBSR and as a prerequisite for participation in the TDI, you are encouraged to begin teaching short classes and workshops based on elements of the MBSR curriculum.
- **Continued personal and professional development** – including two or more 5–10 day, silent, teacher led mindfulness meditation retreats; ongoing daily mindfulness meditation practice; yoga and other body-centered awareness practices; and relevant professional education and training.
- **Teacher Development Intensive (TDI)** is an eight-day residential intensive training program that focuses on MBSR teacher formation and readiness. The program will help you refine your teaching skills by cultivating a practical and in-depth familiarity with, and competency in, multiple aspects of the MBSR curriculum.
- **Begin teaching MBSR.** By successfully completing the Teacher Development Intensive you will have the minimum qualifications for beginning to teach complete MBSR courses on your own.

**Phase 3: Deepening your experience as an MBSR teacher**

- **Supervision**
- **Post-supervision evaluation and reflection**
- **Teacher Certification Review**
- **Certification Review**

In Phase 3 you will develop, deepen, and refine your understanding of MBSR and its methodologies through further study, practice, experience, reflection, and supervision. Cultivating in Preparation for Certification Review, Phase 3 includes the following:

- **Teach at least one complete MBSR course with supervision.** To prepare for Certification Review, you must teach at least one MBSR course under the supervision of a CFM senior instructor, exploring questions that arise out of your own MBSR teaching (8–10 supervision sessions required).
- **Continued personal and professional development** – including three or more silent, teacher led mindfulness meditation retreats; ongoing daily mindfulness meditation practice; yoga and other body-centered awareness practices; and relevant professional education and training.

**Phase 4: Teacher certification in MBSR**

- **Teacher Certification in MBSR is the recognition of your in-depth understanding and skillful delivery of the MBSR curriculum.** The minimum qualifications for participation in the Teacher Certification in MBSR Review are:
  - Completion of all Phase 3 requirements.
  - Experience teaching at least eight complete MBSR courses.
  - Completion of at least four mindfulness meditation retreats.
  - Ongoing daily mindfulness meditation practice, as well as yoga and other body-centered awareness practices.
  - Professional graduate degree or equivalent working experience.

**Teacher certification review and assessment:** Based on your MBSR teacher certification review and assessment, you may be asked to refine your understanding through further study, practice, teaching, and/or supervision.

**Teacher Certification in MBSR:** Once you meet all practice standards set forth by the Center for Mindfulness for MBSR teachers, you will be granted Teacher Certification in MBSR.

**Continuing education:** The Center for Mindfulness encourages all MBSR teachers, whether certified or not, to pursue ongoing opportunities for further study and practice by participating in continuing education courses offered by the CFM and listed on our website.