



THE SANCTUARY



Mindfulness
Association

Overview of teaching pathway

Requirements

Completion of an 8 week MBLC or MBSR previous to or during the teacher training. Please inquire into 8 week MBLC courses running through The Sanctuary. We offer these at discounted rates for those on the training.

Completion of the MBLC 8 week course curriculum in depth by:

Attending the four modules of the Level 1: Being Present course offered over four weekends or 16 2.5 hour sessions (at least 75% attendance) online over six to nine months;
or completing the Mindfulness module of the University of Aberdeen's MSc in Studies in Mindfulness.

Or for teachers trained to teach one of the other BAMBA/MTAI recognised 8 week courses and trained to teach by a BAMBA/MTAI member organisation attending modules two and three of the Level 1: Being Present course or an eight week MBLC course. Such teachers can skip the Level 1 teaching skills and go straight to the Level 2 MBLC Teaching Skills retreat and continue on the teacher training pathway from there.

Teacher training pathway

- Completion of two weekends of Level 1 Teaching Skills over three months providing (20 hours face to face, 10 hours for assignment, 10 hours practicing teaching sessions):
 - structured training in teaching MBIs, covering all MBI-TAC domains, with emphasis on guiding mindfulness practice and interactive enquiry;
 - formative feedback on teaching practice, including self, peer and tutor feedback, with structured feedback supporting development of self-reflection to develop teacher awareness and skills (NB. Tutor feedback (verbal) to be given with respect to the one page MBI-TAC feedback sheet, citing the domain and the criteria and participants to be encouraged to feedback in the same way); and

- 1000 word assignment on teaching mindfulness to groups drawing on own experience as well as recommended reading, including referencing the MBI-TAC domains, and receiving tutor feedback.
NB. Students completing Level 1 at the MSc Year end retreats are exempt this assignment because of more in depth assignments written as part of the MSc.
- After Level 1 and in preparation for Level 2 over a period of at least three months:
 - take themselves through the 8 week MBLC course, week by week, journaling their practice in preparation for the Level 2 MBLC Teaching Skills retreat to get a sense of the flow of the 8 weeks. Completion of this task is checked during or after MBLC retreat and before readiness to teach certificate is awarded (**10 hours reading and reflection on top of practice**).
 - 12 hours teaching practice of at least eight 1.5 hour sessions (12 hours) of online peer teaching groups in groups of four supporting development of self-reflection to develop teacher awareness and skills. During each 1.5hour session two students guiding a half hour session, followed by self and peer structured feedback (NB. Verbal feedback to be given with respect to the one page MBI-TAC feedback sheet, citing the domain and the criteria). Each student to guide four sessions. Students to journal their experience of each session, with journal checked at MBLC retreat and before readiness to teach certificate is awarded (**20 hours including preparation and reflection**)
 - Join (Mindfulness Association) teacher training membership for €17 (ends after 18 months or you may join the full teacher membership earlier than this on receiving a certificate of readiness to teach) to access:
 - Six annual online check ins with tutor team member to support training pathway.
 - Monthly teacher member CPD sessions, and previously recorded CPD sessions (**10 sessions to be attended or watched - 10 hours**)
- Completion of the Level 2 MBLC Teaching Skills retreat over five days providing:
 - structured training in teaching MBIs, covering all MBI-TAC domains;
 - training in theory, rationale and intentions underpinning the MBLC;
 - formative feedback on teaching practice, including self, peer and tutor feedback, with structured feedback supporting development of self-reflection to develop teacher awareness and skills (NB. Feedback to be given with respect to the one page MBI-TAC feedback sheet, citing the domain and the criteria); and
 - in person tutor assessment of readiness to teach the MBLC (at least MBI-TAC advanced beginner across all domains) and awarding of readiness to teach the MBLC certificate (**38 hours face to face and 12 hours preparation**).
- Completion of a teacher-led, MA/Sanctuary run mindfulness retreat to deepen practice lasting 5 days with 50% of waking hours in silence. The MA offer a selection of these to choose from each year with the retreat to be taken at any time during the teacher training pathway. This should be completed within the 12 months leading up to your BAMBA Listing application. If student has caring responsibilities which prevent them from attending a 5 day retreat, it is possible to break this up, for example into two weekends and a practice day.
- Completion of a two day Inquiry Skills Workshop

- Read the following books and write at least a 100 word reflection on what was learned from reading the books:
 - The Mindfulness Teaching Guide – by Rob Brandsma (10 hours)
 - Insight Dialogue by Gregory Kramer (10 hours)
 - Trauma Sensitive Mindfulness by David Treleaven (10 hours)
- After receiving the readiness to teach certificate teach two MBLC 8 week courses under supervision with supervisor, with at least three hours of supervision (group or individual) for each course and keeping a teaching journal (20 hours teaching and 20 hours including preparation, supervision and reflection per course).
- Trainee teachers will be provided with a booklet at start of pathway to fill out sessions attended or taught and their reflections on this (to be handed in on completion of the pathway). Completion of teacher training pathway with 1 hour tutor check in to go through the booklet to ensure all elements of 12 month teacher training pathway have been completed and awarding of completion certificate to prove to BAMBA that all requirements are met (N.B. Any students who struggle to journal in writing will be offered the alternative of keeping an audio or video diary of their reflections).

Summary of costs to MTAI Listing (Jan 2022)

- Teacher training membership - €17
- 4 weekends of Being Present- €660
- Mindfulness retreat lasting at least 5 days - from €140 (Mindfulness Association members retreat) to €480 plus travel and accommodation if not online
- 2 weekends of Introduction to Teaching Skills (€330 plus travel and accommodation if not online)
- MBLC Retreat (€500 plus travel and accommodation if not online)
- Practising teaching under supervision - from €200 per course for one to one supervision (extra for video feedback)
- Professional indemnity insurance from €100 to €200 annually
- Books - €70 or less, if bought second hand or on Kindle

Total: between €2365 and €2500.