



Mindfulness Based Stress Reduction (MBSR)

A nine week seminar program in which participants explore the theory, methodology and the practical application and integration of MBSR in a variety of settings.

Melbourne July 2007 **Professional practicum training in MBSR**

Learning Objectives:

Practicum participants...

- Explore in detail our approach to instructing people in MBSR
- Develop an understanding of the theoretical, philosophical, pedagogical, and scientific underpinnings of MBSR
- Examine, through the lens of MBSR, the emerging field of mind-body medicine
- Refine and deepen personal meditation practice

Pre-requisites:

Applicants are required to:

- engage regularly in a personal meditation practice and have retreat experience
- have a professional background which involves working with people (in a clinical, educational or communications area)

Orientation to Training

Openground has based its Practicum model on the Center for Mindfulness' (CFM) Practicum which was initiated in 1981 at the UMass Medical Center, Worcester, USA, to provide health care professionals and others with a practical and conceptual understanding of the Mindfulness-Based Stress Reduction program.

In line with the orientation at the CFM, we believe that qualification for teaching mindfulness - based groups involves development in two areas of learning:

Inward-oriented learning is aimed at refining one's intrinsic capacities for meditation, contemplation, self-reflection, and self-knowledge. This approach to learning is directed toward the cultivation of wisdom through the on-going development of innate qualities such as non-judgmental observation, active listening, flexibility, presence, insight, and compassion.

Outward-oriented learning is targeted toward the understanding and attainment of well-defined technical skills and competencies in all curricula associated with MBSR and an ability to apply these core methods and skills in diverse situations and settings.



Melbourne Practicum Dates

Session	MBSR class		Practicum	
Practicum intro			Sun 22th July	11.30 - 4pm
Orientation	Sun 22 July	5 - 6.30	No meeting	
Class 1	Sun 29 July	5 - 7.30	Mon 30 July	9 - 12am
Class 2	Sun 5 Aug	5 - 7.30	Mon 6 Aug	9 - 12am
Class 3	Sun 12 Aug	5 - 7.30	Mon 13 Aug	9 - 12am
Class 4	Sun 19 Aug	5 - 7.30	Mon 20 Aug	9 - 12am
Class 5	Sun 26 Aug	5 - 7.30	Mon 27 Aug	9 - 12am
Class 6	Sun 2 Sept	5 - 7.30	Mon 3 Sept,	9 - 12am
Long Day Intensive	Sun 9 Sept	9 - 4pm	Mon 10 Sept	9 - 12am
Class 7	Sun 16 Sept	5 - 7.30	Mon 17 Sept	9 - 12am
Class 8	Sun 23 Sept	5 - 7.30	Mon 24 Sept	9 - 12am

The Practicum training involves weekly attendance as a participant/observer in the MBSR class as well as a three hour seminar with fellow trainees very week.

Teachers

Timothea Goddard BA, Dip. Psychotherapy (ANZAP), PACFA Reg.

Timothea works as a psychotherapist, educator and workplace trainer, having trained in humanistic, body-oriented, and psychodynamic therapeutic orientations. Her interest in mindfulness has been deepened by being a long-time student in the practices of Aikido, yoga, and meditation - Vipassana and Zen. She has strong professional links with the Center for Mindfulness, Worcester, USA, and is the Director of Openground, a group which offers MBSR in health and workplace contexts in Australia.

Tom Fisher, PhD, Grad Dip Fam Law Mediation

Following a career lecturing in Chinese History and Thought, Tom became the founding coordinator of the post-graduate programs in Conflict Resolution and Family Mediation in the Law School at La Trobe University, where he still lectures part time. A student of Zen, he has received training in MBSR with the Centre for Mindfulness in Medicine, Healthcare and Science at the University of Massachusetts. Tom has provided training in Mindfulness for conflict resolution practitioners here and abroad, and his articles on Mindfulness and mediation have appeared in Australian and American publications.

See website for further details and application process.