

First Session 28.-30.9.2018

Teaching Day One

Short practice

Looking Personal Development Portfolio:

- 1) Practice diary
- 2) Habit breakers
- 3) FAQ's
- 4) Practicalities of printing sheets etc
- 5) References

Where are you with your practice right now? Using the LK/D chart to analyse.

Reflections on how you feel about the course, what you hope to gain etc

Lunch

The Mindful Teacher

Overview of Mindfulness-based interventions (MBI's)

Differences and similarities between MBSR and MBCT courses

Examine the framework, themes and content of the MBSR programme

Student-led practice

Teaching Day Two

Short seated practice

Considerations when teaching a group

Assessing your participants- form, telephone, group orientation

Learning modalities

Teaching obstacles, difficulties, issues arising- discussion

The Inquiry Process

Practising inquiry- teacher demonstrates then students practice

Teaching session one- Key learning

- Raisin practice
 - Introducing mindfulness
 - Supporting your clients at the beginning of the programme
 - Efficacy and research
 - Supporting home practice
 - The use of scales
 - Body scan
 - Describing mindfulness in daily life
 - Read Upstream/Downstream/ Forget the Past
-

Teaching Day Three

Overview of session two- Key learning

- Thinking outside the box- perception and relationship to stress
- 9 dots
- Teaching abdominal breathing
- Short sitting practice and inquiry
- Body scan
- Pleasant events calendar
- Sharing poems and resources

Overview of session three- Key learning

- Mindful movement and inquiry
- Tendency of the mind to label pleasant and unpleasant
- Walking meditation
- Unpleasant events calendar
- Readings
- STOP coping strategy

Second session 14.3.-17.3.2019

Teaching Day Four

Overview of session four- Key learning

- How we relate to stress
- Stress indicator
- 3 step breathing space Midway assessment- LK/D chart in pairs with reflections on learning thus far
- Developing handouts to describe stress
- Triangle of awareness

Overview of session five- Key learning

- Taking in the Good
 - Sitting practice seeing thoughts as mental events
 - Mindful Relationships
 - Difficult communications calendar- Compassionate listening exercise
 - Mindful Breathing- theory and practice
 - Readings
-

Teaching Day Five

Overview of session six- Key learning

- Primary and Secondary Suffering
- Seated mindful movement
- How to describe all-day retreat- considerations
 - What to include
 - Managing a silent group
 - Logistics of eating, drinking, communicating if necessary
- Listening exercise and inquiry
- Readings

Overview of session seven- Key learning

- Sustainers and drainers
- Interpersonal mindfulness
- 10,000 things
- Mountain meditation
- Self-compassion discussion
- Practices and inquiry- Loving Kindness
- Readings

Teaching Day Six

Overview of session eight- Key learning

- Sustaining practice
- Write a letter to self
- Discussing practice without recordings
- Share participants' experiences
- Practice and inquiry
- Readings

Student practice time- LK practice

What next professionally- supervision, co-teaching- see separate h/o day 6 information and revisit portfolio information in SHB

Group reflection time

Day Seven: Model and Process of Inquiry Masterclass

Karen has been practising Inquiry with clients for 2 decades. Such is the importance of developing this skill she is currently writing a book on the subject.

The intention of this day is to explore the process of Inquiry when teaching Mindfulness to individuals, organisations and groups. The workshop aims to support participants to:

- Explore and investigate the Model of Inquiry
- Develop a deeper understanding of the process of Inquiry
- Deepen their own practice and self-inquiry through experiential learning in triads
- Develop their knowledge and understanding of best practice for Mindfulness teachers

Who is it for? We welcome Mindfulness Teachers, Practitioners and Trainees who have trained or are currently training in mindfulness-based approaches (through any pathway/apprenticeship routes) and those who already teach and want to develop their skills further.

Format for the Masterclass This practical and experiential day consists of a blended learning approach of teaching, small group discussion, experiential learning and mindfulness practices.