

## **Three Points to Consider When Teaching Mindfulness-Based Stress Reduction**

Saki F. Santorelli, EdD, MA  
Post-Conference Instructional Institute

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\* "Transformative learning refers to the process by which we transform our taken-for-granted frames of reference to make them more inclusive, discriminating, open, emotionally capable of change, and reflective so that they may generate beliefs and opinions that will prove more true or justified to guide action." Jack Mezirow.

Transformative learning is about qualitative changes in how we understand ourselves, the world, and the relationships, which is quite different from informative or instrumental kind of learning. Transformative learning helps learners see the outside as well as the inside of "their box." - - Heyoung Ahn

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