



***What You May Say After Successful Completion
of the Practice Teaching Intensive
(fka Teacher Development Intensive TDI)***

What you may say: You may say you have participated in and completed the UMass Center for Mindfulness' **Practice Teaching Intensive (PTI)** (fka Teacher Development Intensive), which is the second formal program in Teacher Education (TE) and is taught by Senior Teachers at the CFM. **For those that began the professional training pathway with the Center for Mindfulness prior to February 2, 2018,** after successful completion of this Practice Teaching Intensive and prior to full MBSR Teacher Certification, the TE program now offers MBSR teacher trainees the designated title of "CFM Qualified MBSR Teacher", thereby enhancing your ability to secure work in hospitals, medical centers and educational institutions while you continue moving towards full MBSR Teacher Certification. **(Please note that for those that began the professional training pathway with the Center for Mindfulness on or after February 2, 2018, the "CFM Qualified MBSR Teacher" designation is given upon completion of Group Supervision course)**

Admission to the PTI is limited to those who maintain a strong, regular meditation practice, engage in regular multi-day silent meditation retreats, and have professional experience in education, healthcare, or other related fields that align with bringing mindfulness practice to the world.

The PTI provides a highly experiential learning environment. Successful graduates of the PTI demonstrate capacity in leading the meditation practices of MBSR, aptitude for the conceptual underpinnings of the curriculum, can clearly convey MBSR teaching themes, and exhibit group facilitation skills. The PTI consists of 92 contact hours of highly experiential learning.

Upon completion of the PTI a trainee in MBSR Teacher Education is encouraged to teach the full 8-week MBSR program and call it MBSR, as long as the *recognized curriculum is followed* (as articulated in the Standards of Practice) and trainee seeks appropriate support through supervision or mentorship from senior teachers at the Center for Mindfulness in Medicine, Health Care, and Society™ at UMASS Medical School.

What you may not say or imply: That you were personally trained by Dr. Jon Kabat-Zinn or Dr. Saki Santorelli; that your program is "approved," "supported," or "endorsed" by Dr. Jon Kabat-Zinn, Dr. Saki Santorelli or any particular teacher trainer at the Center for Mindfulness in Medicine, Health Care, and Society™ at UMASS Medical School.