

Mindfulness Teacher Training Program

Mindfulness Northwest Teacher Certification

About Certification

Upon completion of the Mindfulness Teacher Training Program (MTTP) you are a Trained Mindfulness Teacher. You are encouraged to lead mindfulness trainings and classes adapted to suit the situations you find yourself in as a Trained Teacher. And you may also choose to go through an individualize process to become a Certified Mindfulness Teacher. This has additional credibility and standing in the community and the process itself can be a valuable opportunity for further development of your teaching skills.

MTTP Teacher Certification is not in itself:

- Authorization to lead multi-day retreats.
- Authorization to teach Mindfulness-Based Stress Reduction (MBSR) or other specific mindfulness curricula (additional trainings are available in these courses).
- Authorization to work with students one-on-one.
- Authorization to call yourself a teacher of anything other than “mindfulness.”

Important Note: Mindfulness is currently an unregulated and unlicensed profession. The teacher certification of Mindfulness Northwest, and every other mindfulness teacher training program, has no standing under the law and provides no protection against liability. (We recommend the purchase of personal and professional liability insurance).

Is MTTP Teacher Certification required?

While we believe the certification process is helpful to focus further growth and development, it is not at all required. You may teach as a “Trained” mindfulness teacher having completed MTTP and not being “Certified”.

Certification Review Process

After completing the Mindfulness Teacher Training Program (MTTP) with at least 85% of attendance and assignment completion you may at any time contact us to request we begin the Teacher Certification process. This should be begun within 12 months of completion of MTTP.

Step 1 – Apply for certification. There is a \$500 fee for this process.

Step 2 - Optional initial conversation with Tim if needed, to help in planning teaching or other questions.

Step 3 – Teach! Create a new workshop or multi-week class introducing the population of your choice to mindfulness.

Step 4 - Submit Portfolio (see below).

Step 5 – Portfolio review conversation with Tim. Should Tim have concerns or requests for changes, further training, or updates to your portfolio additional consultation may be needed.

Step 6 – If Tim is satisfied with teaching competency (detailed on the evaluation criteria will be provided) Mindfulness Northwest issues your Certificate and you are now Certified!

Portfolio

Submit a portfolio demonstrating your teaching competence, including:

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1) audio recordings - your own practice guidance recordings of at least four principal mindfulness practices (body scan, mindful movement, seated meditation for concentration, seated meditation for cultivation) Additional recordings are welcome and you will receive Tim's feedback on them but they are not required. More details of the expectation are on the next page.

2) written materials - written materials (manual, handouts) you created to support a mindfulness class or workshop. The requirement here is flexible, submit enough materials to demonstrate that you are making use of this support to learning.

3) video (or live observation) - of yourself teaching showing the three primary modalities of mindfulness training: didactic instruction, practice leading, inquiry with 10-20 minutes of video in each mode. More is fine. It's helpful if you can create segments of video that show these three modalities not just one long video of an entire class. These videos are of teaching done *after* the MTTP Practicum.

What you can say upon completion of MTTP (and before Certification): (your name) is a Trained Mindfulness Teacher having completed Mindfulness Northwest's Mindfulness Teacher Training Program.

What you can say upon Certification in the Fundamentals of Teaching Mindfulness: (your name) is a Certified Mindfulness Teacher, certified by Mindfulness Northwest.

Staying Current (and Ethical) as a Certified Teacher

In receiving this certification with Mindfulness Northwest you agree to do your best to maintain a steady practice of mindfulness and a steady practice as a teacher as best you can.

Highly recommended are:

- Near-daily formal practice of at least 30 minutes.
- At least one silent, teacher-led retreat of at least five days annually.
- Maintaining connection to a community of practice.
- Establishing and maintaining a relationship with a mindfulness/meditation teacher.
- Maintaining connection to mindfulness teaching peers.

It's important that we always teach from a place deeply connected to the practice. Please follow these guidelines as best you can so that you can best serve your participants.

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Certification Checklist

Name: _____

Audio Recordings – guided practice recordings created by you for use by your participants. Usually recordings of leading practiced during a class are not suitable (background noise, different inflection when holding the room than the intimacy of speaking to just the one person listening). You need NOT go to a professional recording studio but do seek a time and place for the recordings to have a minimum of background noise. Check sound quality on a short sample recording before proceeding too far.

Each practice should be 20 to 40 minutes in length. You might additionally record shorter practices to give your participants options. Remember that the intent of these recordings is for your participants' daily practice, therefore the density and style of instruction will be a little different from the leading you do in class when introducing a new practice. In a 20 minute seated meditation, for example, there should be pauses towards the end of 3-5 minutes to give participants room to practice.

Required

- Body scan practice (or other body awareness practice)
- Mindful movement (gentle yoga sequence or other)
- Sitting meditation for developing concentration & stability (typically awareness of breathing)
- Sitting meditation for cultivating loving kindness / compassion

Additional recommendations for your use as a teacher (not required for certification)

- Short body scan (10-15 min.)
- Listening meditation
- Walking meditation
- Open awareness meditation

Written Materials – the requirement here is very flexible. From a series of handouts to a complete course manual. Provide sufficient materials to demonstrate that you can make use of this support for learning in your courses and that you've considered how to support the class/workshop process with written materials.

- Materials created

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Observable Teaching – in most cases video segments of 10-20 minutes demonstrating you working with people as a teacher showing the following (in some cases Tim can observe you live):

- **Didactic instruction** on a topic of your choice – key points include clarity of voice, stating intentions (why are you telling them what you’re telling them?), finding skillful ways to include interaction (going beyond an “information download”), and meeting multiple learning styles (e.g. having a summary or list written on the flip chart as well as spoken).
- **Leading a mindfulness practice** of your choice – key points include keeping up volume without losing intimacy, stating intentions (why are we doing this practice?), pacing, invitational language, giving participants support to have their own experience.
- **Inquiry** – exploring with participants what they experienced either from a practice or when they report back on everyday life emergences of mindfulness. Practice holding space, asking permission, and exploring with curiosity and kindness.

Note: you may not re-submit materials from your Practicum. Please do additional teaching and refine your materials before applying for Certification. (And yes you can simply run the same workshop you created for your Practicum again....and Tim will be curious about what you revised and improved.)