



**IMISA**

Institute for Mindfulness  
South Africa

## Post-Graduate Certification Training in Mindfulness-Based Interventions

### A Course for Professionals

The Institute for Mindfulness South Africa (IMISA) is excited to announce the first South African University-Based Certificate Training Programme in Mindfulness-Based Interventions (MBIs).

The course will serve to build medium and long-term capacity and career paths in MBIs in South Africa. Our vision is to develop a new generation of practitioners and trainers and mainstream the practices, ethics and applications of mindfulness-based approaches into the broader healthcare fraternity in South Africa, as well as education, business and other areas of society.

## Next Intake: February 2019

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Visit [www.mindfulness.org.za](http://www.mindfulness.org.za) or e-mail Lynne Gordon on [lynne@mindfulness.org.za](mailto:lynne@mindfulness.org.za) for more information.



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STELLENBOSCH  
UNIVERSITY



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# Why do this course?

There is almost no domain of human endeavour in which mindfulness practice is not applicable and to which it cannot contribute. It invites us to a deeper, more compassionate way of seeing, being and relating in the world, and this is sorely needed in our country.

The secularisation of mindfulness in the form of MBIs, and its strong research foundation, has led to a growing popularisation of mindfulness. There is risk that the mainstreaming of mindfulness may lead to a slow dilution in the integrity of the approach. The training of the next wave of teachers is an international collaboration (of which this training is part) in which the essence of mindfulness is held as central and foundational.

The training programme is an opportunity to learn about ourselves and each other, to grow in self knowledge alongside theoretical knowledge, and to explore the inner and outer edges of our humanness and our humane-ness so that we may offer some of what we learn in the service of others.

## A Joint Initiative by IMISA & Stellenbosch University

The course is a joint initiative by Stellenbosch University's Faculty of Medicine and Health Sciences and IMISA.

### **Stellenbosch University**

Stellenbosch University (SU) is one of the four top research universities in South Africa and has one of the top Health Science Faculties in the country.

### **Institute for Mindfulness South Africa**

IMISA was established in 2007, and is a not-for-profit organisation committed to expanding professional practice, research and teaching in the contemporary uses of mindfulness meditation.

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# About The Course

The Certificate in Mindfulness-Based Interventions is a 60-credit university-based training, which will provide participants with experiential and theoretical exposure to mindfulness and mindfulness-based approaches in a supportive learning environment, with a view to professional application within existing spheres of expertise.

The part-time course will be highly participatory and practical, aiming to give insight and understanding into the foundations of mindfulness and MBIs. It will have the dual benefit of offering participants an opportunity to explore and apply these practices in daily life for their personal benefit, as well as enable them to offer MBIs to their staff, clients or patients.

The training will consist of 4 modules structured as series of short courses each 8-10 weeks in length. Methods of learning will include:

- Residential training retreats (as laid out below)
- Distance learning strategies including: online supervision, online discussion forum, and self-directed mindfulness practice, exploring the integration of mindfulness into daily life, self-reflective journaling, reading and critiquing peer-reviewed literature and writing essays for assessment purposes.

A Certificate of Competence will be given when all 4 modules are completed and participants have fulfilled the necessary assessment criteria and standards.

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# Module Overview

- **Module 1:** Mindfulness From the Inside-Out: An Introduction to Mindfulness and Mindfulness-Based Approaches.

**Core Intent:** For participants to experience and explore the practice of mindfulness, (both formally and in daily living), to understand what constitutes mindfulness-based interventions and appreciate the professional context in which these can be applied.

**Retreat:** Mindfulness Practitioner Development retreat; 5 days (4 nights).

- **Module 2:** Blending Form and Essence: Exploring the Core Elements of a Mindfulness-Based Intervention.

**Core Intent:** For participants to understand the architecture, essential content and process of a Mindfulness-Based Intervention by exploring the key elements of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT).

**Retreat:** Professional Development Retreat; 5 Days (4 nights).

- **Module 3:** The Courage to Teach: The Person and Presence of the Teacher.

**Core Intent:** To explore the centrality of the teacher embodying the essential qualities of mindfulness, while navigating the dynamic space between teacher and participant sensitively and skillfully in an accessible and context-appropriate way. The central question will be an exploration of “who is the teacher, who is the student?”

**Retreat:** Professional Development Retreat; 5 days (4 nights).

- **Module 4:** The Ground Beneath our Feet: The Foundations of Mindfulness.

**Core Intent:** For participants to be exposed to and explore the historical context, and the ethical and compassionate foundation of mindfulness, and its ongoing relevance and applicability in the present day. This will include and emphasize The Four Foundations of Mindfulness and the Four Ennobling Truths.

**Retreat:** Teacher-led Silent Retreat; 7 days (6 nights).

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# Course Participants

The course is appropriate for medical practitioners, psychologists, counsellors (lay or pastoral), nurses, social workers, coaches, occupational therapists, medical educators and administrators. Those who fall outside of these categories are welcome to apply and will be considered on a person-by-person basis.

## Entry Criteria

The following criteria will be considered for applicants:

- Qualification as a health professional or allied health professional through a recognised training institution.
- Qualification as a Health or Life Coach through a recognised training institution.
- Recognition of life experience and prior learning will be considered for appropriate applicants who do not have the abovementioned qualifications.
- A commitment to explore personal mindfulness practice.
- A capacity and willingness for psychological self-reflection (previous or current psychotherapy is recommended but not a pre-requisite).
- Previous participation in an 8-week Mindfulness-Based Intervention (either MBSR or MBCT), is recommended but not a pre-requisite.

## Course Requirements

- Attending full retreats for each module.
- Approximately 3 hours a week for self-directed study including journaling, essays and reading for the duration of the module.
- Approximately 3 hours per week for online discussion forum and/or supervision.
- Students are expected to practice mindfulness meditation on a daily basis during the programme (Guided CD's will be provided), as this practice is essential for full understanding and use of mindfulness-based approaches in life and work. Approximately 5 hours a week for personal practice for the duration of the module.
- Technology requirements include access to computer, internet access, CD player or iPod.

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# Facilitators

Experienced local and international mindfulness teachers will teach the course.

# Method of Assessment

To receive a certificate of competence on completion of the course, participants will be assessed at the end of each module to ensure that they have integrated the core elements of both theory and practice.

Participants will be assessed via:

- Self-reflective essays,
- Theoretical essays,
- Teaching assignments (such as writing up a description of a class, workshop or seminar that you have offered),
- The degree of involvement and insight demonstrated in the online discussion and supervision sessions as assessed by the tutor/s.

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# How to Apply

Unless otherwise stated, the application is for the full 4-module training programme.

1. Please contact Lynne Gordon, IMISA Operations Officer, via email on [lynne@mindfulness.org.za](mailto:lynne@mindfulness.org.za) or on 083 4555 707 and she will forward you an application or download directly via the website on the Training page.
2. Once completed, please e-mail the application to Lynne with the necessary documentation.
3. One of the IMISA education committee members will contact you to arrange a time to have a discussion about the course either on the phone, Skype or in person.
4. You will be notified of your acceptance to the course via email.
5. You will be invoiced for the required payment amount. Once payment is received, Stellenbosch University will proceed with your registration and confirm your acceptance in writing.
6. Simon Whitesman (Programme Director) and Lynne Gordon will stay in touch with you thereafter to ensure a smooth transition into the retreat and subsequent distance learning programme.

**Please note that each module is a short course offered by Stellenbosch University, and as such, each of the 4 modules will require separate registration and payment** i.e. you cannot either register or pay for the full Certificate as a “once off”. We will ensure that you are reminded timeously about this process well before the commencement of the next module.

When all four modules are completed in line with requirements, a single Certificate in Mindfulness-Based Interventions worth 60 university credits (15 per module) will be issued by Stellenbosch University.

For more information, watch our website [www.mindfulness.org.za](http://www.mindfulness.org.za) or for more details or contact Lynne at [lynne@mindfulness.org.za](mailto:lynne@mindfulness.org.za).

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