Facilitator Training Pathway in Canada

Revised by Heidi Bornstein February 1, 2019

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Preamble

This document sets out a pathway that describes how to train SMART facilitators. It is based on expert opinion and consensus, as well as references the training that was completed by SMART teachers in the research that informed the evidence base for SMART. Our intention in setting out this pathway is to help potential SMART facilitators identify appropriate training and to support our Mindfulness Everyday community.

Mindfulness for Educators: smartEducation™: A 9-Session Renewal Program

smartEducation™ (SMART) is an evidence-based program designed to address the needs of educators and professional support staff.

SMART Training Pathway:

- Offers a coherent, stepped approach.
- Is evidence-based relying on and generating the best available evidence to inform the training.
- Integrates formal teaching with workshops/residential mindfulness trainings, skills training and supervision/mentoring.
- Uses the Mindfulness-based Interventions Teaching Assessment Criteria (MBI-TAC) (R. S. Crane et al., 2013) both to support SMART facilitator learning and to assess competency when teachers graduate from the training program, and are selected to be listed as a SMART facilitator on the Mindfulness Everyday website.
- Expects SMART teachers to work within the ethical codes of their professional bodies. If they do not have such a code, training and attention to codes set out by the most relevant professional body are suggested as a safeguard and to promote good practice (Baer, 2015).

SMART Program

Course format

The 20-hour program is delivered in a workshop setting, with a minimum of 12 and a maximum of 25 participants and consists of 8 two-hour sessions and a 4-hour silent retreat. The course is non-religious and non-sectarian and is delivered by smartUBC-accredited instructors. Successful participants receive a certificate of completion from UBC Faculty of Education in cooperation with channel delivery partners.

Course Outcomes

The course trains educators to:

- Manage stress through a greater understanding and control of emotions
- Employ self-care techniques to cultivate personal and professional resilience
- Create effective strategies for relating to challenging situations
- Have personal experience to support other programs for students in mindfulness
- Enhance concentration and executive function (planning, decision-making, and impulse control)
- Revitalize purpose, personally and professionally
- Improve personal overall mental and physical health
- Promote happiness through healthy habits of the mind

SMART involves experiential practices that promote:

- Concentration, attention, and mindfulness
- Awareness and understanding of emotions
- Empathy, compassion, and positive interpersonal communication
smartUBC & Mindfulness Everyday

SMART (Stress Management & Resiliency Techniques) originally developed in the US is now managed by smartUBC, a not for profit unit of the University of British Columbia and coordinated through the Faculty of Education, UBC Okanagan campus. UBC researches and manages the development of the evidence base for continual updating of the curriculum.

As a licensed smartEducation channel partner, Mindfulness Everyday is responsible for
1. taking participants through the smartEducation training pathway and upon successful completion, working with smartUBC to issue SMART facilitator certificates.
2. Taking potential SMART applicants through the SMART Facilitator Training Pathway

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Mindfulness Everyday & smartUBC Licensing Details

**Description of The Smart Program Materials**

*smartEducation materials provided to Mindfulness Everyday as a licensee:*
- smartEducation Facilitator Manual;
- smartEducation Participant Manual;
- smartEducation Certificate of Completion
- smart Education Audio Files

**Marketing Materials:**
- smartEducation Brochure
- Acknowledgement of Mindfulness Everyday as an authorized licensee on smartUBC website

**Description of The Smart Facilitator Training Pathway Program Materials**

*Created and Maintained by Mindfulness Everyday in consultation with smartUBC*
- SMART Facilitator Training Pathway I and II documents.
- Development and Delivery of the components of 100-hour Certification Requirements including:
  - 3-Day SMART Foundations workshop including practices and strategies for teaching smartEducation (20 hrs)
  - Practicum: Participation and observing smartEducation (20 hrs) plus mentoring (10 hrs)
  - Assisting smartEducation as taught by a qualified facilitator and/or with a fellow trainee (20 hrs) plus mentoring (5 hrs)
  - Co-teaching smartEducation (20 hrs) under the guidance of a qualified mentor (5 hrs)
- Ongoing support for SMART Facilitators, if questions arise.
- Maintenance of SMART workshop materials for access by Certified SMART Facilitators on Google Classroom
ANNUAL SUBSCRIPTION FOR MINDFULNESS EVERYDAY with smartUBC

SMART WORKSHOPS
- The organization Mindfulness Everyday can offer an unlimited number of courses to an unlimited number of participants over the year. UBC grants to Mindfulness Everyday an exclusive license to use and distribute copies of the SMART Program and the SMART Program Improvements for the purpose of delivering workshops of the SMART Program to educators in Canada, within the Territory on the terms and conditions set out in the Agreement.

Updates & Improvements to the SMART Program Materials
b. The smartEducation Curriculum Certification Committee updates all material regularly and communicates with all certified facilitators through an online portal. On the last working day of June and December of each year during the Term, Mindfulness Everyday will give notice to UBC of the details of all SMART Program Improvements which Mindfulness Everyday has developed during the previous 6-month period.

COPYRIGHT
c. Mindfulness Everyday may, in consultation with UBC, make SMART Program Improvements. All right, title and interest in and to the SMART Program Improvements will vest in UBC. UBC will be the first owner of the Copyright in any SMART Program Improvements.
d. Mindfulness Everyday shall ensure that all copies of the SMART Program and SMART Program Improvements including all presentations, websites and training materials distributed or otherwise used by the Mindfulness Everyday in the delivery of the workshops will contain the following copyright acknowledgment: “© The University of British Columbia, 2016. All rights reserved.”
e. Mindfulness Everyday will not use the UBC Trade-marks or make reference to UBC or its name in any advertising or publicity, without the prior written consent of UBC. Without limitation, the Mindfulness Everyday will not issue a press release regarding this Agreement or the SMART Program without first obtaining UBC’s written approval. If the Mindfulness Everyday is required by law to act in breach of this Article, the Mindfulness Everyday will provide UBC with sufficient prior notice to permit UBC to bring an application or other proceeding to contest the requirement.

PROMOTION
f. UBC will make reasonable efforts to support the Mindfulness Everyday in promoting the SMART Program and SMART Program Improvements such as with providing access to promotional materials, press releases, articles and advertising. Mindfulness Everyday acknowledges that the level of support will at all times be subject to UBC having the necessary resources to reasonably provide such support.

ROYALTY FEE & ANNUAL LICENSE FEE (Cancelled as of June 2019)
e. In consideration of the license granted by UBC, Mindfulness Everyday will pay to UBC a royalty of 10% of the Revenue, due last day of June and December of each year.
h. Mindfulness Everyday will pay to UBC, in addition to all other amounts due under this Agreement, an annual license fee of $1500.00 (Canadian funds) (the “Annual License Fee”). The Annual License Fee is payable, on or before January 1 of each year during the Term, starting on January 1, 2017 and will not be refunded to Mindfulness Everyday (in whole or in part) under any circumstances, however the royalties paid during the twelve-month period prior to each January 1st shall be a credit against the Annual License Fee payable on January 1st.

COURSE EVALUATIONS
i. Course evaluations are submitted for tracking purposes to MINDFULNESS EVERYDAY by participants and facilitators to provide ongoing appraisal and assessment of the SMART curriculum. UBC through the online portal (research is ongoing regarding the use of this curriculum to support future development and educational initiatives).
## 20 HOUR smartEducation Overview

### Eight 2-hour classes, one 4-hour retreat

| 1. INTRODUCTION | 2. INTRODUCTION TO PRACTICE | 3. RESPONDING VS. REACTING
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<tr>
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<tbody>
<tr>
<td>- Pause practice</td>
<td>- Body scan</td>
<td>- Mindful standing movement</td>
</tr>
<tr>
<td>- Instructor introduction</td>
<td>- Triangle of awareness</td>
<td>- Body scan</td>
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<tr>
<td>- Course introduction</td>
<td>- Dyads and discussion</td>
<td>- Dyads and discussion</td>
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<tr>
<td>- Well visualization</td>
<td>- Setting intentions/three questions</td>
<td>- Perception and stress reaction and response charts</td>
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<tr>
<td>- Group introductions</td>
<td>- Sitting (breath/thoughts/emotions)</td>
<td>- Sitting (breath, sound, body sensations)</td>
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<td>- Raisin practice</td>
<td>- Assign home practice</td>
<td>- Assign home practice</td>
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<td>- Assign home practice</td>
<td>- Closing</td>
<td>- Closing</td>
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<tr>
<td>- Closing</td>
<td>Practices: body scan, mindful listening, sitting</td>
<td>Practices: movement, body scan, mindful listening, sitting</td>
</tr>
</tbody>
</table>

### 4. SELF-COMPASSION, KINDNESS AND COMPASSION

- Sitting (giving and receiving compassion)
- Dyads and discussion
- Kindness and compassion discussion
- Kindness practice
- Assign home practice
- Closing

Practices: sitting, giving & receiving compassion, kindness

### 5. EMOTIONS

- Mindful standing movement
- Sitting (breath, sensations, emotions)
- Dyads and discussion
- Emotions discussion
- Open awareness with triangle of awareness
- Assign home practice
- Closing

Practices: movement, mindful listening, sitting

### 6. FORGIVENESS

- Mindful standing movement
- Sitting (breath, sensations, emotions)
- Dyads and discussion
- Forgiveness exploration
- Forgiveness practice
- Assign home practice
- Closing

Practices: movement, sitting, forgiveness

### 7. SILENT HALF DAY

- Sitting (open awareness)
- Welcome and guidelines
- Lying-down mindful movement
- Body scan
- Lunch / Dinner
- Standing & Mountain Visualization
- Mindful Walking
- Kindness
- Closing Circle

### 6. BEFRIENDING STRONG EMOTIONS / WORKING WITH ANGER

- Mindful standing movement
- Sitting (breath, open awareness)
- Dyads and discussion
- Working with anger
- Assign home practice
- Closing

Practices: movement, sitting, mindful listening

### 9. BEGINNINGS AND ENDINGS

- Body scan, kindness, or open awareness (instructor’s choice)
- Dyads and discussion
- Review of course resources & Participant Manual
- Visualization & Course Evaluation
- Continuing practice after the course
- Closing circle & Closing poem

Practices: body scan, kindness, or open awareness (instructor’s choice)

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**Each 2-hour session breakdown (vertical alignment):**

- Opening practice (30 minutes)
- Discussion/Q&A, starting with pairs followed by whole group (total 30 minutes)
- New material/activities (45 minutes)
- Practice and closing (15 minutes)
smartEducation Facilitator Certification Process

SMART Facilitation Certificate Program Components

**Level 1 Pre-requisites**
(50 Hours plus retreat, personal mindfulness practice and teaching experience)

- **Established Mindfulness Practice**
- **30 hour MBSR as a participant**
- **20 hour SMART as a participant**

- A residential teacher led silent retreat that is a minimum of three to five days in duration (seven days preferred)
- Experience teaching adults and facilitating professional development activities for teachers

**Level 1 Training Program Components (100 Hours)**

1. 3-Day Foundational Concept, including practices and strategies for teaching smartEducation (20 hrs) - Cost $500

2. Practicum: participation, observing and assisting smartEducation (20 hrs) plus Mentoring (10 hrs) - Cost $1000

3. Co-teaching smartEducation with a qualified facilitator and/or a fellow trainee (20 hrs) plus Mentoring (5 hrs) - Cost $250

4. Teaching smartEducation (20 hrs) with De-briefing and Mentoring (5 hrs) - Cost $250

*Please note that competing the above training components does not guarantee certification.*

*Additional training and or mentoring may be recommended.*

*The above mentoring costs are estimated at $50 per hour, which may be subject to change.*
Level 1 Certification Requirements

Prerequisites:
Completion of the following:
- An established mindfulness practice including meditation and mindful movement
- Completion of one online or face to face Mindfulness-Based Stress Reduction course (MBSR) as a participant. Acceptable online course - Palouse Mindfulness http://palousemindfulness.com/
- Attending and completing one 20 hour smartEducation course
- A residential teacher led silent retreat that is a minimum of three to five days in duration (seven days preferred)
- Experience teaching adults and facilitating professional development activities for teachers

Academic Qualifications:
- Undergraduate degree in education, psychology, health sciences, social work, or equivalent degree, or
- Advanced professional degree and/or equivalent experience

SMART Level 1 Certification Training Program (100 hours):
The program consists of a 20-hour facilitator training and 80 hours of practicum, assisting, co-teaching and mentoring instruction in smartEducation program delivery. It consists of the following components:

1. 3-Day SMART Foundations workshop including practices and strategies for teaching smartEducation (20 hrs)
2. Practicum: Participation and observing smartEducation (20 hrs) plus mentoring (10 hrs)
3. Assisting smartEducation as taught by a qualified facilitator and/or with a fellow trainee (20 hrs) plus mentoring (5 hrs)
4. Co-teaching smartEducation (20 hrs) under the guidance of a qualified mentor (5 hrs)

Note: completion of the above does not guarantee certification. Additional training may be recommended.

Participation in Ongoing Professional Development with Mindfulness Everyday
- Professional Development Training, Retreats, and Mentoring
- Resources, relevant research and articles
Process for Applying for Certification
Applicants will submit a dossier to Mindfulness Everyday who will present it to the Chair of the smartUBC Curriculum and Certification Committee providing evidence that the requirements for certification have been met. Alternate but equivalent course work and experiences may be considered during assessment of the applicant’s dossier. If candidates do not meet any of the above criteria, they may be granted a conditional certificate to facilitate smartEducation courses pending completion of specific requirement that has not been met. Conditional certification is granted at the discretion of the Chair and the Review Committee. The smartUBC Curriculum and Certification Review Committee for assessing an applicant’s dossier consists of the Chair of the University of British Columbia smartUBC Curriculum and Certification Committee and a member appointed by the smartUBC Advisory Board.

SMART Facilitator Training Learning Outcomes
On successful completion of the training, trainees should be able to:
  o Describe the application of mindfulness in education and its relevance to health and wellness.
  o Describe the background, themes, session overview and variations in delivery methods for SMART and certificate requirements for teaching SMART
  o Practice Mindful Communication
  o Describe how stress affects the brain and learning.
  o Describe emotional literacy and the relationship to resilience and self-regulation.
  o Describe self-compassion, compassion and forgiveness.
  o Describe the effects of mindfulness, self-compassion, compassion and forgiveness practices on brain functioning and emotion regulation.
  o Practice and teach foundational mindfulness and compassion-based practices.
  o Describe how these practices help teachers manage stress and support health and well-being, and the importance of home practice.
  o Have the requisite skills to lead mindfulness practices and support clients in learning and developing mindfulness practices.
  o Have the necessary skills to lead all aspects of SMART program and support participants’ learning.

Level 2 Certification Requirements
1. Completion of SMART Level 1 Certification
2. Completion of MBSR Level 1 Teacher Qualification
3. A graduate degree in a related professional field. In certain cases, consideration will be given to relevant experience
4. An advanced post-secondary course in mindful based theory and research and/or foundations of contemplative practices
5. Successful teaching of six smartEducation courses or similar mindful based intervention courses demonstrating practices and strategies for teaching smartEducation
6. Evidence of continuous professional development (examples below; must be included in dossier)
   ▪ Additional Silent Retreats of three, five to ten days in duration
   ▪ Various Workshops in Mindfulness, Compassion, Self-Compassion, Mindful Movement, Chair Yoga, The Art of Inquiry, Mindful Yoga Teacher Training, etc.
   ▪ Mindfulness Conferences
7. Submission of a complete dossier of education and experience.
   This certificate does not automatically qualify facilitators to train new facilitators. A review process will be undertaken.
3-Day Foundational Concepts Training (20-hour)

This 20-hour workshop introduces the revised smartEducation curriculum to potential facilitators and provides valuable information about how mindfulness- and compassion-based approaches can help teachers manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning. Participants will learn foundational mindful awareness and compassion practices including strategies for teaching smartEducation as well as techniques for managing stress and promoting wellbeing in their lives, both personally and professionally. The workshop draws upon basic and applied research in the fields of mindfulness, neuroscience, psychology and education. The practical, sustainable benefits of how mindfulness and compassion-based approaches can help educators support their own health and wellbeing, manage work-related stressors and the importance of home practice will be emphasized.

Workshop Components:

- Mindfulness and its Application in Education
- Mindfulness and Neuroscience
- The Skill Set of the SMART facilitator
  - Embodying the Attitudes of Mindfulness
  - Cultivating a Safe Space
  - Guiding Practice
  - Trauma-Sensitive Mindfulness
- The Physiology and Neurobiology of Stress
- Self-Compassion, Kindness and Compassion
  - Self-compassion and self-care
  - Teacher Burnout
- Emotional Literacy
  - Befriending Strong Emotions
  - Working with Anger
- Mental Health Strategy in Ontario and the focus on Wellness for Educators
  - The Relationship between Health, Happiness and Well-Being

Learning Outcomes:

- Learn about the principles and practices of smartEducation
- Discuss the evidence-based impact of smartEducation
- Introduce the curriculum
- Explain the physiological and psychological effects of stress
- Describe emotional literacy and the relationship to resilience and self-regulation
- Explain forgiveness theory
- Explore the practice of smartEducation via group facilitation (leading inquiry based discussions; leading introductory sessions; embodying presence)
- Explore self-compassion, kindness, empathy and compassion in the context of mental health and wellness
- Discuss the importance of home practice for both facilitators and participants
- Develop and support a community of mindful professionals
## 3-Day Foundational Concepts Training Schedule

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Time</th>
<th>Session/Activity</th>
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<tbody>
<tr>
<td></td>
<td>9:30 – 10:30</td>
<td>Introductions and context of smartEducation:</td>
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<tr>
<td></td>
<td></td>
<td>- Skill of the Facilitator</td>
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<td></td>
<td>- Creating a Safe Space</td>
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<tr>
<td></td>
<td></td>
<td>- Embodying the Attitudes of Mindfulness</td>
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<td></td>
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<td>- What is presence?</td>
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<td></td>
<td>10:30 – 12:00</td>
<td>Session 1 Introduction</td>
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<td></td>
<td>12:00 – 1:00</td>
<td>Lunch</td>
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<td></td>
<td>1:00 – 2:00</td>
<td>SMART Certification Process</td>
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<td>- SMART Course Administration details</td>
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<td>- Accessing SMART Resources</td>
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<td>2:00 – 3:30</td>
<td>Session 2 Introduction to practice</td>
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<td>3:30 – 4:00</td>
<td>Circle of Joy / Q &amp; A</td>
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<tr>
<th>Day 2</th>
<th>Time</th>
<th>Session/Activity</th>
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<tr>
<td></td>
<td>9:15 – 9:30</td>
<td>Arrival</td>
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<td>9:30 – 10:30</td>
<td>Session 3 Responding vs Reacting</td>
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<td></td>
<td>10:30 – 10:45</td>
<td>Coffee/Tea Break</td>
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<td>10:45 – 12:15</td>
<td>Session 4 Self-Compassion, Kindness and Compassion</td>
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<td>- Self-compassion and Self-care</td>
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<td>- Burnout</td>
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<td></td>
<td></td>
<td>- Empathy Distress vs Compassion Fatigue</td>
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<td></td>
<td>12:15 – 1:15</td>
<td>Lunch</td>
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<td>1:15 – 2:45</td>
<td>Session 5 Emotions</td>
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<td></td>
<td></td>
<td>- Trauma-Sensitive Mindfulness</td>
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<td></td>
<td>2:45 – 3:00</td>
<td>Coffee/Tea Break</td>
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<td>3:00 – 4:00</td>
<td>Session 6 Working with Anger</td>
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<td>- Backdraft and Grounding Practices</td>
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<td>9:15 – 9:30</td>
<td>Arrival</td>
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<td></td>
<td>9:30 – 10:30</td>
<td>Session 7 Retreat</td>
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<td></td>
<td>- Mountain Visualization</td>
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<td>- Walking Meditation</td>
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<td>10:30 – 10:45</td>
<td>Coffee/Tea Break</td>
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<td>10:45 – 12:15</td>
<td>Session 8 Forgiveness</td>
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<td>12:15 – 1:15</td>
<td>Lunch</td>
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<td>1:15 – 3:00</td>
<td>Mini-Practice Sessions</td>
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<td></td>
<td>- Guiding practices using scripts</td>
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<td></td>
<td>3:00 – 3:15</td>
<td>Coffee/Tea Break</td>
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<tr>
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<td>- Course review, reflection and evaluation completion</td>
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<td>- Continuing practicing after the course</td>
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<td>3:15 – 4:00</td>
<td>Session 9 Beginning and Endings</td>
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* Please note that Break times may fluctuate depending on the flow of training.
Required Reading List

The Mindfulness-based Emotional Balance Workbook: An Eight-week Program for Improved Emotion Regulation and Resilience, Gonzalo Brito Pons, and Margaret Cullen

Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World, Mark Williams and Danny Penman

The Mindfulness Teaching Guide: Essential Stills & Competencies for Teaching Mindfulness-Based Interventions, Rob Brandsma

Suggested Reading List

Buddha’s Brain: The Practical Neuroscience of happiness, wisdom & love, Rick Hanson

Emotional Alchemy: How The Mind Can Heal The Heart, Tara Bennett Goleman

Forgive for Good: A Proven Prescription for Health and Happiness, Dr. Fred Luskin

Full Catastrophe Living: using the wisdom of your body and mind to face stress, pain, and illness, Jon Kabat-Zinn


Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom, Patricia A. Jennings

Teaching Mindfulness – A Practical Guide for Clinicians and Educators by Diane Reibel, Donald McCown & Marc S. Micozzi

Teaching Mindfulness Skills to Kids and Teens, Christopher Willard PsyD (Editor), Amy Saltzman MD (Editor), Susan Kaiser Greenland JD (Foreword)

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions, Christopher K. Germer, PhD

References


30-hour Practicum Training

Pre-Requisite
- Completion of a 9 session SMART program as a participant.
- Readings and home practice will be an essential part of the program. Relevant background will be provided in the areas of mindfulness and education.

Course Overview
The 30-hour practicum provides participants with the opportunity to participate in the SMART program as a participant from the perspective of the facilitator.
The Practicum in SMART is an in-depth training program offering you an opportunity to:
- Immerse yourself in the smartEducation (Stress Management and Resiliency Techniques) program
- Familiarize yourself with perspectives on self-care, self-compassion, and mindful awareness inherent in the SMART curriculum.
- Inquire and reflect on a range of issues arising out of the experience and principles of SMART with an experienced mentor.
The practicum includes:
1. 20 hours participating in the SMART Intensive program in real time with actual participants.
2. 10 Hours of Mentoring & Self-Study. Mentoring includes debriefing on the sessions, answering questions, and assistance in developing facilitation skills. Self-study requires the review and study of the Recommended Readings and Videos that relate to each session.
   Mentorship will be delivered both in group as debriefing after the SMART sessions and in person, via individual sessions to review:
   o Facilitation of Discussions & Inquiry: dyads and group
   o Delivery of Activities and didactic information
   o Choice points
   o The guidance of mindfulness practices

Materials included:
- SMART Facilitator Training Manual,
- SMART Recommended Readings and Videos for SMART Facilitators,
- ME_teacher guidelines for SMART Facilitators
- ME_Resources_Books Cds Apps List_Current Version
- SMART Facilitator Current Update_Practicum Participants

Learning Objectives
- Develop competency in the principles and practices of the 9-session SMART program
- Discuss and analyze the theoretical, philosophical, pedagogical, and scientific underpinnings of SMART
- Understand the underlying intentions, attitudes and attentional training skills developed in the practices/exercises
- Learn how to hold the group using the SMART model
- Examine SMART within the fields of Social and Emotional Learning
- Foster a coherent, active international network of SMART professionals
25-hour Co-teaching smartEducation
with a qualified facilitator and/or a fellow trainee
plus debrief / mentoring

Pre-Requisite
- Completion of a 9 session SMART program as a participant
- Completion of the 3 DAY Foundational Concepts Training
- Completion of the 30-hour SMART Practicum Training

Training Overview
The 25-hour Co-Teaching Training portion of the SMART certification program allows
trainees to teach in a supported environment, with a structured debriefing, feedback
and question process with their co-facilitator as well as a self-assessment session with
a SMART mentor.
The 25-hour Co-Teaching Training portion includes:
1. 20 hours co-teaching SMART
2. 5 Hours of Mentoring including:
   A) debrief of each session.
   B) self-assessment session upon completion of the workshop, utilising the
   Teaching Assessment Criteria (MBI-TAC): Adapted from The Bangor, Exeter & Oxford:
   Mindfulness-Based Interventions for assessing the competence and adherence of
   mindfulness-based class-based teaching.

SMART Facilitation Mentorship
Novice SMART facilitators often require ongoing mentorship for issues that arise during
the SMART group process. In addition, they may have questions or want help around
being a facilitator and some common challenges.
Mentoring is considered essential for competency. Trainees will have the opportunity
to discuss with the mentor the various personal & professional issues that come up
during SMART delivery.
5-hour Mentorship will be provided to review:
   o Facilitation of Discussions & Inquiry: dyads and group
   o Delivery of Activities and didactic information
   o Choice points
   o The guidance of mindfulness practices

Learning Objectives
- Develop competency in the principles and practices of the 9-session SMART program
- Continue to learn how to hold the group using the SMART model
- Examine SMART within the fields of Social and Emotional Learning
- Receive feedback to enhance their guidance and inquiry skills
- Foster a coherent, active international network of SMART professionals
25-hour Teaching smartEducation under the guidance of a mentor

Pre-Requisite
- Completion of a 9 session SMART program as a participant.
- Completion of the 3 DAY Foundational Concepts Training
- Completion of the 30-hour SMART Practicum Training
- Completion of the 25-hour SMART Co-teaching plus debrief / mentoring

Training Overview
The 25-hour Teaching Training portion of the SMART certification program allows trainees to take on a lead role in facilitating the SMART workshop, with continued SMART mentoring, as defined here: SMART Facilitation Mentorship (previous page).

Timing
Completion of at least 5 hours of mentorship with an approved SMART mentor during your teaching or assisting of a 9-session SMART Workshop.

Process for Becoming a SMART facilitator with Mindfulness Everyday
Mindfulness Everyday programs are based on the principles of the MBSR (Mindfulness-Based Stress Reduction) workshop, an 8-week program created by Dr. Jon Kabat-Zinn at the Stress Reduction Clinic at the University of Massachusetts Medical School in 1979. Mindfulness Everyday facilitators are expected to be committed to a personal mindfulness practice through:
- daily formal and informal practice
- participation in annual residential teacher-led mindfulness meditation retreats
Mindfulness Everyday reserves the right to assess the competency of a facilitator as detailed in Mindfulness Everyday Teacher Guidelines (ME teacher guidelines.pdf).

Once you have completed the 100-Hour SMART Facilitator Training Program in Ontario, you will be able to apply for full certification by completing the ME template for your resume, and fulfilling the SMART certification requirements as per the following checklist and submitting it to Mindfulness Everyday:
Ontario SMART Facilitator Certification Checklist

Resume
☑ Resume (as per template)

Pre-requisites
☑ An established mindfulness practice including meditation and mindful movement,
☑ A teacher led silent retreat that is a minimum of three days in duration, (Note: seven-day retreat is preferred)
☑ Experience teaching adults and facilitating professional development activities, and
☑ Attending and completing one 20 hour smartEducation course,
☑ Completion of one online or face to face Mindfulness-Based Stress Reduction course (MBSR) as a participant (See Palouse Mindfulness http://palousemindfulness.com/)

SMART Facilitator Training
☑ 3 days of Foundational Concepts and Practices for Mindfulness including practices and strategies for teaching smartEducation (20 hrs)
☑ Practicum: Participation, observing and assisting smartEducation plus debrief / practice (30 hrs)
☑ If the pre-requisite of attending and completing one 20 hour smartEducation course has not been met, the following may be required (depending on other mindfulness in education courses taken):
☑ Attending and completing one smartEducation course with a qualified facilitator as a volunteer
☑ Co-teaching smartEducation with a qualified facilitator and/or a fellow trainee plus debrief / mentoring (25 hrs)
☑ Teaching smartEducation under the guidance of a mentor (25 hrs)
First Lastname
Physical address
City and postal code
Tel:
Email:

Mindfulness Teaching Experience
Title of course
Number of sessions/ number of clients/ boards taught

Retreats
Title:
Retreat Facilitator:

Other Professional Training
Organization name
Name of course

Education
Name of Institution
Degree/ diploma/certificate earned

Work Experience
Work title, company

Community Involvement; Memberships
Name of organization Year joined