

8-days Advanced Teaching and Study Program in Mindfulness-Based Approaches for MBCT Teachers

Led by Antonia Sumbundu and Ferris Urbanowski

23. – 30. November, 2009
Tornbjerggaard, Smedehalden 3
Esby, 8420 Knebel, Denmark

This advanced teaching and study program is intended for those professionals who have an established personal mindfulness practice. It is for those who are willing to enter into the intense nature of this training and who are aware of the necessity of personal practice as a platform from which to teach.

The program is designed to foster this sustained attentiveness to personal practice through the silent aspects of the week, in small group participation and through teacher supervision. The program is highly interactive and is designed to foster a greater awareness of the placement of mindfulness-based approaches in our work as professionals and in our personal lives. It is also a way for us to share together the unfolding nature of mindfulness.

Prerequisites:

Advanced degree in mental health field, education or related fields. Familiarity with cognitive behavior therapy techniques. Experience in facilitating group process. Personal ongoing practice in mindfulness meditation; yearly teacher led retreat experience in mindfulness practice, minimum of a 3 day retreat. Attendance at 5/7 day professional training program in MBCT. Has already facilitated a MBCT/MBSR group. Recommended but not required; Internship (8 week) with a senior MBCT teacher.

Goals of the Advanced Teaching and Study program:

Development and advancement of teaching skills around the implementation of mindfulness and CBT.

Strengthen the delivery of core teaching elements of MBCT; including the formal practices of the body scan, sitting meditation, mindful movement, walking meditation, eating meditation and the delivery of the informal practices. Placement of key CBT skills onto the platform of the formal and informal practices of mindfulness.

To cultivate, foster and promote the ability to “embody” mindfulness practice in the instruction of mindfulness.

Facilitate the ability to work with the difficult as it arises around mindfulness practice issues and within the group process.

Enhancement of group process skills as it relates to mindfulness practice.

Reinforce interpersonal skills; warmth, acceptance, compassion, respect and appropriate boundaries.

Ethics; professional and personal.

Administration, organizational and time management skills; appropriate application of MBCT, effective use of interviews, group teaching time, etc.

Program Schedule: 8 Days

Day 1 – 3 silent retreat led by the teachers. This is an invitation to extend and deepen one’s personal experience of mindfulness meditation via intensive practice within a supportive and harmonious environment of noble silence. The retreat begins Monday November 23rd at 9:00 and ends Wednesday November 25th in the evening.

Day 4 – 8 intensive teaching practice, which will include practicing and teaching the core elements of MBCT, supervision and feedback from the teachers, from peers and colleagues; large and small group processing. The days will include background presentations on cognitive science theory, research findings and Buddhist psychology. The teaching practice begins in the morning Thursday 26th and ends Monday afternoon at 15:00 November 30th.

Application process:

Please send a professional resume of no more than two pages and a cover letter describing meditation experience. Personal essay: One, typed written page; tell us about yourself, why you want to take this program and what you hope to get from the experience. Send application package to Antonia Sumbundu, Ordrup Jagtvej 8.c.,1, DK-2920 Charlottenlund, antonia.sumbundu@gmail.com

Application deadline August 15, 2009.

Applicants will be notified of admission, waitlist or decline by email on August 27, 2009.

Fees:

Cost for board and meals at Tornbjerggaard for the 8 days and the 8 days of teaching is Dkk 12.000

Teachers:



Antonia Sumbundu, Cand.psych. aut. Specialist i Psykoterapi.

Antonia Sumbundu has been teaching and lecturing on MBCT and MBSR both nationally and internationally for a number of years. She is leading retreats, training and supervising professionals in mindfulness based approaches as well leading MBCT and MBSR classes. Antonia is currently reading a Masters of Studies in MBCT at the University of Oxford and she is responsible for the MBSR intervention in RCT for women treated for breast cancer in Denmark.

Publications:

Sumbundu, A. D (2008): Mindfulness Terapi, i "Positiv Psykologi – En Introduktion Til Videnskaben Om Velvære Og Optimale Processer. Anders Myszak og Simon Nørby (Red.) Hans Reitzels Forlag

Oestrich, I. & Sumbundu, A. (2007) Livskraft – hvordan du kan bruge den positive psykologi, PsykiatriFondens Forlag.

Sumbundu, A.D.(2006): Mindfulness-baseret kognitiv terapi, Indsigt nr. 4.

Austin, S. F., Sumbundu, A.D., Lykke, J. & Oestrich, I. H. (In Press): Treating patients with panic symptoms within everyday clinical settings: Evaluating the effectiveness of an educational and group treatment cognitive behavioural intervention.



Ferris Urbanowski

Ferris Buck Urbanowski has taught mindfulness meditation since 1980. She currently teaches, lectures and gives workshops in a variety of settings, nationally and internationally, including teaching workshops at retreats in Mindfulness Based Cognitive Therapy, classes for corporations, for lawyers, professionals, and with Professor Len Riskin, training programs and workshops for mediators.

From 1992 to 2001, she was a senior teacher at The Center for Mindfulness in Medicine,

Health Care and Society at the UMass Memorial Medical Center, (formerly the University of Massachussettes Medical Center). While at The Center, she taught in the Stress Reduction Clinic and administered and taught in the Professional training programs offered by The Center.

Ms. Urbanowski has been a yoga teacher and practicing meditator since 1972. She has studied in the yogic, Zen Buddhist and Vipassana (insight meditation) traditions. She received her M.A. in Counseling Psychology from Antioch New England in 1982 and had a psychotherapy practice in Peterborough, New Hampshire until 1994 where she worked with individuals, couples and families.

From 1983 to 1994 she was a member of the faculty in the Departments of Applied Psychology and Environmental Studies at Antioch New England. Among the courses she developed and taught were: "Mindfulness Psychotherapy," and "Mind/Body Psychotherapy," "Group Psychotherapy," "Fundamentals of Therapeutic Interaction," and "Mindfulness in Nature." She also taught a doctoral seminar and an inpatient class at the McLean Hospital, Belmont, MA.

Publications:

Yoga for New Parents, Harper's Magazine Press, 1975.

"Trauma, Meditation and Psychotherapy," with John Miller, M.D., Journal of Transpersonal Psychology, summer of 1996.

"Alterations in brain and immune function produced by mindfulness meditation," Richard J. Davidson, Jon Kabat-Zinn, Jessica Schumacher, Melissa Rosenkranz, Daniel Muller, Saki F. Santorelli, Ferris Urbanowski, Anne Harrington, Katherine Bonus and John F. Sheridan, Psychosomatic Medicine, 2003.

This training program is sponsored by Karuna Workshops.