Practicum in Mindfulness-Based Stress Reduction for Professionals
Fall 2009

This Practicum is for professionals who intend to teach Mindfulness-Based Stress Reduction (MBSR) or who want to integrate mindfulness into their professional practice. It is modeled after the practicum offered at the Center for Mindfulness at University of Massachusetts Medical School. Practicum participants will take an 8-week foundational MBSR course as participant observers. In addition, participants will engage in 10 seminar sessions with Diane Reibel, Ph.D., a senior MBSR teacher (see faculty below), and fellow participants to explore such questions as: “What draws me to teaching mindfulness or to integrating mindfulness into my work and what challenges do I face?” Participants will acquire a deep understanding of the transformative possibilities in teaching mindfulness. They will gain an overview of the streams of scientific and academic research surrounding mindfulness-based interventions. They will have the opportunity to practice guiding other Practicum participants in sitting and moving meditation and in facilitating group discussion and individual inquiry. Participants will develop the personal capacity to speak the truth from/of silence. There will be opportunities to explore ways to remain connected to the community of mindfulness professionals and to obtain further training.

The Practicum begins with a 4.5-hour seminar held one week before the MBSR class begins. The 8-weeks of the MBSR course begin with the 2.5-hour MBSR classes in the mornings, followed by 3-hour seminars in the afternoon of the same day. A full day of mindfulness practice is held during the week of the 6th MBSR class. Final meeting is a 4.5-hour seminar held the week after the MBSR course ends.

Dates: September 30 – November 30, 2009
and a full day of MBSR practice on Sunday, November 8

Times: Wednesday, September 30 – 9:30 am to 2:00 pm (Seminar only)
Mondays, October 5 – November 23 – 9:30 am to 12:00 pm (MBSR class);
and 1:00 pm to 4:00 pm (Seminar)
Sunday, November 8 – 9:00 am to 4:00 pm (Full-day of MBSR practice)
Monday, November 30 – 9:30 am to 2:00 pm (Seminar only)

Meeting Location: Jefferson Center City Campus

Fee: $1800.00 (Limited financial assistance available)

Continuing Education Credit Hours:

- Sixty (60) CE hours for health care and allied health care professionals (Nurses, OT/PT) through Thomas Jefferson University School of Health Professions (cost: $35 payable to TJU).
- Sixty (60) CE hours for social workers. NASW has been designated as a pre-approved provider of professional continuing education for Social Workers, Marriage and Family Therapists and Professional Counselors (Section 47.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors (cost: $10 for members and $20 for non-members payable to NASW).
- PBTA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PBTA maintains responsibility for this program and its content. PBTA is also an authorized provider for Continuing Education credits for Professional Counselors, Marriage and Family Therapists and Clinical Social Workers licensed in the state of...
Pennsylvania. This program provides sixty (60) continuing education credits (cost: $25; checks payable to PBTA).

Comments of past participants:

“Exceeded my expectations!”
"I am enriched in mind, body and spirit"
"Diane's ability to speak directly to the concepts behind teaching MBSR and her detailed breakdown of the thinking behind decisions made in class was most valuable."
"My intentions have been supported, clarified and strengthened"
"I am encouraged about my ability to teach mindfulness"
“It was all wonderful and life-changing”

Prerequisites:

- A commitment to daily mindfulness practice is required.
- Participation in at least one 5-day or longer silent, teacher-led, mindfulness meditation retreat.
- Preference will be given to applicants who have attended the MBSR 7-day Residential Training/Retreat led by Jon Kabat-Zinn and Saki Santorelli, or who have completed an 8-week MBSR foundation course.

For More Information: Call 215-955-1376 or e-mail Diane.Reibel@jefferson.edu

How to Apply:

Please send your application with a $100 non-refundable application fee (application fee will be used toward your tuition if you are accepted into the Practicum) to:

Stress Reduction Program
Jefferson Myrna –Brind Center of Integrative Medicine
1015 Chestnut Street, Suite 1212
Philadelphia, PA. 19107
Attn: Diane Reibel, Ph.D.

Please include:

- Your current CV or resume, which includes information about your professional training and work.
- A letter which includes:
  1. What draws you to participate in the practicum.
  2. What your vision or intentions are for integrating mindfulness into your work.
  3. A description of your meditation training and your regularity of practice.
  4. A description of the silent, teacher-led, meditation retreats that you have attended.
  5. What experience you have with Mindfulness-Based Interventions (MBSR or MBCT trainings, participation in an MBSR course)
  6. A brief history of your psychological and spiritual development
Faculty

Diane Reibel, PhD.

Dr. Reibel is the Director of Professional Education and Development for the Stress Reduction Program at the Jefferson-Myrna Brind Center of Integrative Medicine. She is also the founding Director of the Mindfulness-Based Stress Reduction (MBSR) Program which began in 1996. Dr. Reibel has been teaching mindfulness–based stress reduction for over 15 years to patients, medical students, college students and healthcare professionals. She currently runs a Practicum for Professionals who want to teach MBSR and offers supervision and internships in MBSR for professionals.

Dr. Reibel participated in professional training under the direction of Jon Kabat-Zinn, PhD, and has completed the most advanced teacher training at the Center for Mindfulness at University of Massachusetts Medical Center where she has been awarded MBSR teacher certification.

She also holds a joint appointment as Research Associate Professor in the Department of Emergency Medicine and the Department of Molecular Physiology and Biophysics at Jefferson Medical College.