MBSR Teacher Certification Pathway Complete Checklist

Teaching mindfulness-based stress reduction (MBSR) requires the capacity to meet your own suffering and that of others with attention, transparency, compassion and resilience. Cultivating these qualities takes patience, time and effort – and the process is both cumulative and non-linear. Therefore, we encourage you to proceed through the Oasis Institute programs slowly and thoroughly, allowing time to integrate what you are learning into your life and teaching.

Phase One: First Steps

- Attend at least one silent, teacher-led, meditation retreat, 5-10 days in duration
- Attend an Eight Week MBSR Course as a participant
- Clarify your intentions for pursuing this course of study and practice
- A graduate degree or equivalent work experience is required for CFM Certification

Phase Two: Foundational Study and Training

- Attend MBSR in Mind Body Medicine (at any point during Phase Two)
- Attend the Practicum in MBSR (before attending the TDI)
- Attend at least one more silent meditation retreat as detailed above (at any point during Phase Two)
- Begin teaching short sessions of MBSR-based practice (after attending the Practicum)
- Develop your practice and understanding through Independent Study (throughout Phase Two)
- Attend the Teacher Development Intensive (TDI) (after attending the Practicum)

Phase Three: Deepening Your Experience

- Attend at least one more silent meditation retreat as detailed above (at any point during Phase Three)
- Begin teaching 8 week MBSR courses (after the TDI)*
- Engage in at least 8-10 sessions of Supervision with a senior MBSR teacher
- Engage in post-Supervision evaluation and reflection with your Supervision teacher
- Continue independent study (throughout Phase Three)
- Begin preparing your Teacher Certification Review (TCR) materials (See checklist detailing this process)

* Please note: You must teach a minimum of 8 full eight-week MBSR courses to be eligible for TCR

Phase Four: Teacher Certification in MBSR

- Optional, and recommended: Engage in a second round of Supervision or Group Supervision
- Attend at least one more silent meditation retreat (You must attend a minimum of four to qualify for TCR)
- Continue teaching 8 week MBSR courses (teaching 8 of these is required for certification)
- Complete and submit your TCR Package (includes recordings of you teaching)

Please note: Applying for Teacher Certification in MBSR Review does not guarantee that you will receive Certification. The review committee will assess your materials thoroughly. If aspects of your teaching skills require further development, you may be asked to do additional work. Additionally, the awarding of Certification as a Teacher of MBSR does not indicate approval by the CFM for training other MBSR teachers.