

The MBCPM™ Facilitator Training and Certification and Licensing Process

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NeuroNova Centre

Introduction

- The client population is very vulnerable; therefore excellent training, peer support, and mentoring from senior teachers are important in doing no harm as an MBCPM™ facilitator.
- Meditation is not a benign intervention. For example, addicts have difficulty spending quiet time with themselves.
- Past traumas can surface and be unwelcome during personal practice.
- Similar past traumas affect many chronic pain sufferers.

Pre-requisites

Pre-requisites Advisable Prior to Training as an MBCPM™ Facilitator

- MD or Masters Degree in a health field: e.g. Occupational Therapy, Chiropractic, Osteopathy, Psychology, Social Work, Nursing; or,
- Courses and diplomas in a health field, plus support from a health organization OR working with an MBCPM™- trained co-facilitator with complementary skills; or,
- Non-health, but professional, degrees/diplomas such as in Education, plus support from a health organization, OR working with an MBCPM™-trained co-facilitator with complementary skills.

More on Pre-requisites...

Also required...

- Prior participation in a Mindfulness Course (can be at NNC) and consistent mindfulness/formal practice
- Eligible to be covered by insurance, either professional or through health organization affiliation
- Agreeable to attending silent retreats on an annual or bi-annual basis
- Agreeable to going to at least Certification Level 1 if wanting to continue running MBCPM™ courses

The Training

- Three day training on the MBCPM™ curriculum
- Auditing of a MBCPM™ course run by a certificant or senior teacher, *though where experienced in running other Mindfulness groups, this is not mandatory*

At this stage you may start to teach the curriculum to your own groups and have MBCPM™ Pre- affiliate status

Costs

Facilitator Curriculum Training

- Approximately \$1,995 to \$2,550 +HST depending on whether 5 day Practicum is included to audit

Auditing

- Done with a Certification Level 2 (Certificant) or Level 3 (Senior Teacher) teacher
- Cost, if not done with Practicum: \$400 to \$600 +HST depending on where, and whether it takes course spots patients may have occupied
- If on site with the course facilitator, the higher fee may include debriefing

Certification for MBCPM™

3 levels, scored on the MBI/TAC system validated in the UK for Masters in Mindfulness - Rewards competency.

Level 1 - MBCPM™ Affiliate Level

- Mandatory to continue to teach the course

Level 2 - MBCPM™ Certificant Level

- Optional
- Rewards increasing competency and allows others in training with NNC to audit your course for a cost, paid to you

Level 3 – MBCPM™ Senior Teacher Level

- Optional
- Rewards increasing expertise and allows you to be an MBCPM™ facilitator trainer with NNC permission

Level 1 - MBCPM™ Affiliate Level

- Run at least two MBCPM™ Level 1 courses
- Mentorship (e.g. via Zoom or Skype) sessions: Group or individual, with MBCPM™ senior teacher on at least three occasions
- Collated summary of NNC Participant Evaluations submitted at the end of each course to NNC
- Silent weekend retreat or equivalent attended (*recommended*)
- Consistent daily meditation personal practice
- One, or part of one, class observed by senior teacher in person or on video during third or fourth course
- 80% congruency of course with curriculum; key points covered
- Appropriate scoring of domains described in MBI/TAC document
- In good professional standing.

Level 2 - MBCPM™ Certificant Level

- Run three more MBCPM™ courses, which can include one Level 2
- Mentorship sessions (e.g. Zoom or Skype sessions), group, or individual on at least three occasions with senior teacher
- Summary of NNC Participant Evaluations submitted at the end of each course to NNC
- Silent 2 to 3 day retreat or equivalent attended, yearly/bi-yearly
- Consistent daily meditation personal practice
- One or part of one class observed by senior teacher in person or on video during the 5th or 6th course
- 80% congruency of course with curriculum; key points covered
- Appropriate scoring of domains described in MBI/TAC document
- In good professional standing

Level 3 – MBCPM™ Senior Teacher Level

- Run three more MBCPM™ courses (Level 1 or 2 courses)
- Mentorship on two occasions with senior teacher
- Summary of NNC Participant Evaluations submitted at the end of each course to NNC
- Silent 3 to 7 day retreat or equivalent attended yearly/bi-yearly
- Consistent daily meditation personal practice
- One or part of one class observed by senior teacher in person or on video during 8th or 9th course
- 80% congruency of course with curriculum; key points covered
- Appropriate scoring of domains described in MBI/TAC document
- In good professional standing

Certification Entitlement

Certification Level 2 Certificants

- Can allow auditing of their course before/after the auditor trains with a MBCPM™ senior teacher
- Facilitators in training may audit your course for a \$400 (just sitting in) to \$600 (if debriefed by you) fee payable to you, including 25% +HST payable to NNC

Certification Level 3 Senior Teachers

- Facilitators in training may be taught by you and pay the teaching fee to you, with permission of NNC
- The course taught must be completely congruent with MBCPM™. The cost of the MBCPM™ curriculum (\$650 +HST) and a complete set of the course materials including workbook (\$125 +HST) is paid to NNC

Licensing Fees

- Gives you permission to run the trademarked course using the course materials
- Begins when starting to run MBCPM™ courses and is renewed annually in January
- Can also apply to pre-affiliates not yet teaching and wanting the mentoring/continuing education sessions via Zoom
- Separate from certification costs
- Cost: \$200 +HST annually

Licensing Fee Entitlement

- Run the trademarked course with course materials from NNC
- A listing on NNC website as a pre-Affiliate, an Affiliate (Cert Level 1), a Certificant (Cert Level 2) or Senior Teacher (Cert Level 3) with your course schedule and referral details if desired
- Licensing ensures MBCPM™-related education (CME) is being observed and requires that some mentorship/CME activity is done yearly, such as a mindfulness conference, on-line sessions or returning to train with NNC
- It includes participation at the yearly silent retreat (optional), receiving alerts of updated materials and resources, and membership in the MBCPM™ facilitator community

More on the licensing fee entitlement...

- Updating of materials and/or curriculum changes
- Mentorship at least four times per year: In facilitator group via Zoom or brief individual contacts with senior teacher
- Listing on NNC website of pre-affiliate, affiliate, certificant, or senior teacher status and links to facilitator's website
- Updating power points, as MBCPM™ outcomes become evaluable and available, as marketing materials
- Membership of the MBCPM™ facilitator community
- Re-training for nominal fee
- Silent retreat yearly excluding accommodation costs

Of Note...

MBCPM™ facilitators **may not co-facilitate the curriculum with someone not trained by NNC in the curriculum.**

- When licensed by NNC after reaching certification level one, you may call yourself an affiliate if paying the level one licensing fee, which ensures MBCPM™. CME-related activity is on-going.
- To call the course MBCPM™ it should be 80% congruent with the curriculum, include key topics in the course, and either run over 11 to 13 weeks (the two art classes may be combined), or run over four/five days, or the alternate weekend, for three weekends, version of MBCPM™.
- Or, if it is done via Zoom with clients, using the workbook and materials and coaching for at least five sessions with one client and 12 sessions with groups.

Key Topics

Key Topics to be Covered in MBCPM™ Course

- All Meditations (in some instances, “The Room” may be left out)
- Description of mediation props
- Teaching on epigenetics
- Teaching on arising memories
- Environment influences
- Physical stressors
- Body scan meditation
- Aikido
- Creative work

Please contact the
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Ask us how we can support you further!



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