

**PROFESSIONAL TRAINING IN MINDFULNESS-BASED CHRONIC PAIN MANAGEMENT (MBCPM™) AT UNIVERSITY OF TORONTO'S SCHOOL OF CONTINUING STUDIES IN COLLABORATION WITH NNC, 2018**

**\* CHRONIC PAIN MANAGEMENT**

**\* STRESS MANAGEMENT**

If you are a professional wanting to experience a mindfulness curriculum customized to chronic pain management, both for *your own needs* and to better understand - and refer - your family, friends, colleagues, clients, patients, or staff who suffer chronic pain, this course is important to add to your life skills - and resume! This course is also great for stress management and is *trauma-informed*.



**Practical Training Immersion (PTI4)** U of T Course 3501 Section 002 or Section 003

- ❖ Four-day (Saturday, Sunday, Tuesday, Wednesday), on site, Toronto. This course is offered in April and August 2018. course includes patients with chronic pain, as well as trainees.  
<https://learn.utoronto.ca/interactive-course-search#/profile/3501>

**OR**

**Practical Training Intensive (PTIw)** U of T Course 3501 Section 001

- ❖ Weekly (Tuesday) evening classes for 12 weeks, on site, Toronto, from March 27, 2018. This course is offered once a year. <https://learn.utoronto.ca/interactive-course-search#/profile/3501>

If you want to continue on to get the full Applied Certificate in MBCPM™, add the related 3502 and 3503 courses.

For more details, please go to the [University of Toronto page for Applied Mindfulness Certificate in MBCPM™](#)

## FAQs

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**Q. What courses do I need for the Applied Certificate in Mindfulness in Mindfulness-Based Chronic Pain Management?**

A. You will need the four-day Practical Training Immersion (PTI 3501-002 or 3501-003) or the weekly 12-week Practical Training Intensive (PTI 3501-001), *plus* the four-day Curriculum Training Intensive (CTI 3502), *plus* the weekly (for 11 weeks) on line Curriculum Implementation and Development Course (CID 3503). There is a paper to be submitted at the end. This is a pass/fail course with the paper worth 10% of the pass, and the rest based on attendance and demonstration of understanding and commitment. Once finished, the candidate applies for the certificate.

**Q. What is the difference between the weekly PTI 3501-001 and the four-day version 3501-001 or 3501-002?**

A. Pain sufferer patients are not present in the weekly training, but the professional group forms their own substitute for such a group. This is a particularly relevant course for professionals wanting to take the course and not facilitate it in the future.

**Q. What courses do I need to facilitate the trademarked MBCPM™ course?**

A. This will depend on your existing training and practice in Mindfulness, and prior experience of running groups, and your professional background discipline. The four-day (three-day if the silent day is done elsewhere) Curriculum Training Intensive (CTI 3502) is the mandatory part of the training for delivering the course to your own participants. However, the audit and participation in an actual course which includes pain patients (PTI 3501-002 or 3501-003) is highly recommended. If you have no prior experience of delivering formal practices and the enquiry that follows them, the on-line CID (CID 3503) is highly recommended.

**Q. I'm in a different time zone and CID will be run during my working day. What can I do?**

A. The sessions will be recorded, and we will request permission from participants for those having difficulty attending to view the recordings later, providing proof of having done so. Recordings are for attendees to view too. They will be taken off the site (Blackboard) a couple of weeks after the course is over.

**Q. I've never done Mindfulness before. Can I train to facilitate MBCPM™ in this training?**

A. It is best to do the full certificate and establish your own consistent formal practice from the beginning. A year of personal practice would be necessary in most cases before launching your own courses and it is not recommended that you teach this course without having a personal practice. You may want to audit another MBCPM™ course in addition (MBCPM™ facilitators' locations are on our website). NNC does provide on-going mentorship to all potential facilitators taking the trainings.

**Q. Can I just use parts of what I learn to devise my own course design?**

A. Yes. But you'd rename *your* course. Note that you cannot call it an MBCPM course, and you won't have the research done on the existing course to support claims of efficacy in the course you teach. If you wish, you may request permission from NNC to use some of our materials in the course you devise.