

# Professional Training Ottawa Mindfulness Clinic

Directors

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## Foundational Level

Since 2005, the OMC has offered professional training in mindfulness approaches to mental health. The re-designed foundational program is comprised of

- Attending the 8-week MBSM program (in-house or on-line);
- Five modules offered once a month for five months.

The curriculum includes

- Advanced Skills in Mindfulness-based Interventions: Navigating the Ethics in and of Mindfulness (offered online via Canadian Psychological Association);
- Mindfulness Foundational Concepts: Buddhist roots;
- Core Intervention Skills: Inquiry, invitation, insight;
- Core Concepts of MBSM: BEST, 5 Skillful Habits, meditations, home practices; and
- Co-creating the Ethical Space of Mindfulness.

Upon successful completion, the skills may be used within the scope of one's professional training. For example, as a mental health professional, this may involve using the practices and concepts with individual clients.

This program will also be offered through the University of Toronto School of Continuing Studies, Toronto ON, beginning in 2019.



## Level 2: Qualification to teach the complete 8-week MBSM

The Trained Teacher Levels are designed for professionals who wish to deliver the complete MBSM program in group formats or with individual clients using the full MBSM curriculum. This level of training requires teaching the MBSM curriculum with the guidance of a mentor. Space permitting, co-facilitating in one of the OMC programs may be a possibility.

Please see details at <https://ottawamindfulnessclinic.com/ttp/>