

## ***MBCT teacher training intensive: refining inquiry***

This is an advanced training for those professionals who have attended a five-day MBCT training, have facilitated at least one MBCT group and who wish to have the opportunity to study the process of inquiry intensely. Inquiry is both a skill and a practice as it incorporates the MBCT teacher's capability to reveal the underlying principles of mindfulness and to embody a presence that invites the MBCT participant to embark on a journey of discovery about the relevance of mindfulness practice as an approach for the prevention of depression relapse. Seen through this lens, inquiry is the keystone to the MBCT program. This training is highly interactive and highlights the necessity of personal practice as a platform from which to teach.

### **who should attend**

This training is for licensed mental health professionals or clinicians in training who have attended a 5-day professional training in MBCT and have led at least one MBCT group. Participants should have an ongoing personal mindfulness practice and have attended yearly teacher-led mindfulness retreats. On registering, you will be asked to provide a brief statement on the following: 1) your reasons for attending this training, 2) your experience facilitating MBCT groups and the setting you teach in, and 3) a description of your meditation practice, the tradition you practice in, and meditation retreat experience. You will also be asked to send a brief CV to [info@mindfulnessstudies.com](mailto:info@mindfulnessstudies.com).

**To find out more about fees, accommodations, and to download the complete schedule for the week, go to our website: [www.mindfulstudies.com](http://www.mindfulstudies.com)**

**Sunday June 17 – Friday June 22, 2012  
7:00 am – 9:00 pm**

Facilitators: Susan Woods MSW., LICSW,  
Char Wilkins, MSW, LCSW

This training intensive will be taking place at the Ecology Retreat Centre in Orangeville, within the magical hills of the Niagara Escarpment, between the Bruce Trail and the beautiful Nottawasaga River, in Ontario.

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