

Frequently Asked Questions
Training in Mindfulness Facilitation 2018

Q: Is the TMF only being run in 2018? Will you offer it again?

A. Yes, we run this program yearly. 2019 applications will be available online summer 2018.

Q: I am worried I don't have enough mindfulness experience to participate.

A: You can discuss this question with us. Also keep in mind since we run the program yearly, you can participate in future years once you have enough experience.

Q: I've never taken a MAPs or MBSR class. Will I qualify?

A: That depends. We will discuss this with you. But if you have studied mindfulness in a Buddhist context, including classes and attending retreats, it is likely you have enough experience to be considered for the program. Other meditation experience will be considered on a case by case basis.

Q: Why am I required to take a MAPs class to apply for this program? I have already taken a similar class.

A: We ask you to take a MAPs class, regardless of your background and experience so that you can have a taste of our teaching methodology, style, and use of language. We want you to make sure you are aligned with our methodology before applying for the TMF. You are welcome to take the class online: MAPs 1 for Daily Living is our introductory class.

Q: I have done many practices that I consider to be mindful practices, such as yoga, chanting, and other types of meditation. Is this what you are looking for when you ask for experience with mindfulness?

A: While we highly value the multitude of contemplative practices, we do want you to have some experience with explicit mindfulness practices, which we feel has a history, language, and technique connected to it. We define mindfulness as paying attention to the present moment with curiosity, openness, and a willingness to be with what is. We recommend that if you have many years of experience with another kind of meditation that you also have at least one year of experience with explicit mindfulness practices. Feel free to contact us to discuss your background if you are unsure whether it fits the bill.

Q: What kind of mindfulness/meditation teacher should give me a recommendation?

A: Please obtain a recommendation from someone who knows you in a practice setting. That is, if you have taken MBSR, your teacher can provide the reference. Another meditation/spiritual/mindfulness teacher is suitable. If Diana Winston or Marvin Belzer is

your teacher, they will not give you a written reference, because of their involvement in the program (although they will factor their knowledge of you into the application review) so please obtain a reference from someone who knows you from a “personal growth” perspective (therapist, even a close friend) and can speak knowledgeably about your ability to participate in the program. You will need to submit two references total.

Q: What will I receive upon completion?

A: Upon successful completion of this program you will receive a document of completion. You will be able to use *Trained Mindfulness Facilitator, UCLA Semel Institute for Neuroscience and Human Behavior* as your professional credential. Upon completion of the TMF, you will be eligible to apply for a mindfulness teachers credential with the International Mindfulness Teachers Association, a credentialing organization that will be available in 2018. Details forthcoming.

Q: Am I guaranteed a job if I complete this certificate?

A: No. We believe the program will support you in finding professional work in the field of mindfulness, which we see as a growing and expanding field. Our vision is that there will be more and more openings in the field and over time MARC will serve as a clearinghouse for employment, but since this is a new field we cannot guarantee employment.

Q: Can you explain the basis behind the cost of the program?

A: This is a professional training program that requires extensive supervision, training, and teaching hours on the part of our staff. Unlike our MAPs classes, which are intended to make mindfulness accessible to everyone, this is a year long training to prepare you professionally.

Q: How do discounts for this program work?

A: MARC has established a standard process of granting discounts for individuals who apply for the TMF. Discounted program fees are based on Family Adjusted Gross Income (AGI) for the preceding tax year (or, for applicants not living in the U.S., equivalent measures of annual income). All individuals considered for the TMF program may apply for a discounted program fee (the application form is included in the TMF application packet). Selection into the TMF program is made independent of an individual’s application for a discount; that is, whether or not an individual has applied for a discount is not considered in evaluating applications for the TMF program itself.