



Professional Development in Mindfulness Facilitation "Diving Deep, Giving Back"

This 55-hour training course is designed for those who have experienced the transformative beauty of mindfulness practice in their own lives and wish to bring it into their work with others. There will be an emphasis on continuing to deepen one's own practice as we learn to skillfully and compassionately guide others. Participants will be offered a well-rounded understanding of the contemporary field, research findings and historical origins. Both those who are new to facilitating mindfulness and those who are already using it in their work will benefit from the structured mentorship and the richness of a learning community that this program offers. There will be five one-day online meetings and two full-day in-person meetings, along with five hours of mentoring in small groups online.

This course is geared for psychologists, professional counselors, marital and family therapists, physicians, nurse practitioners, nurses, educators, business professionals and other professionals who desire to facilitate mindfulness practices with patients, clients and colleagues. Instructional level: Introductory.

Online Classes | September 9, 30, November 11, December 2, 16
9:00 a.m. to 3:30 p.m. CST

In-Person Classes | October 21, 22
8:30 a.m. to 4:30 p.m. CST

Applications will be accepted **June 1 through August 5, 2022** – complete the form located [here](#).
Confirmation will be made by August 14, 2022. Course capacity is 35.

For questions or more information, call **Ricki Calbert at 615-343-1170** or email osher@vumc.org.

The fee for the course is \$1,650.

A 20% non-refundable deposit (\$330) is due upon acceptance. The balance is due by September 10th.

Payment plans are available. Space is limited to 35 participants.

Michelle Foote-Pearce, DMIN, MSN, MA, LPC-MHSP, RN
Director of Mindfulness Programs and Outreach, Course Developer, Planner

Paloma Cain, MA Psychology
Insight LA, Mindfulness Teacher, Course Developer, Planner

Landrew Sevel, PhD
*Clinical Health Psychologist, Assistant Professor
in Physical Medicine and Rehabilitation, Course Director*

Linda Manning, PhD
Health Psychologist and Guest Speaker

Dennis McLeod II, PhD
Health Psychologist and Guest Speaker

Shelby Reyes, PhD
Health Psychologist and Guest Speaker

CME and APA CEU are being applied for. All course directors, planners and speakers indicated no financial relations to disclose.