



## In-Me Standards & Curriculum for: “Mindfulness Intensive, In-Me”

### Duration & procedure of the training of: “Mindfulness Intensive, In-Me”

- a minimum of 30 hours face to face training in a minimum of 4 days
- 8 weeks homework for about 1 hour every day
- a practical and a written test

### Minimum content for “Mindfulness Intensive, In-Me”

We recommend to offer the required training content in 5 days of 6 hours training session every 2 weeks over a period of 8 weeks. Please create your training days so that your participants have the chance to experience being part of a mindful caring group, the feeling of being mindfully understood, a communication of being mindfully accepted and mindfully at home.

The first 4 training days are as well the preparation for how to do the homework that the participants have to do during the following next 2 weeks: the MBSR exercises, the preparation of the next training day, the Buddy communication. The last day is for assessment, for securing the reached benefits and for celebrating the group spirit. And maybe your participants love this so much that they want to repeat this training.

In case you split the training time differently, then you split the content accordingly. It is absolutely okay to do every week a 3 hours training. Or to offer 1 hour every second or third day. Or any mix that you find best for your target group, as long as you fulfill a minimum of all in all 30 full 60 minutes hours.

### 1. The first 6 hours of training include as a required minimum:

1. Basic information about Mindfulness according to Jon Kabat-Zinn, about how we intensify this with NLP, and a few examples from scientific research about Mindfulness.  
Intensive discussion of the **7 Foundations of Mindfulness Practice**: Non-judging, Patience, Beginners Mind, Trust, Non-striving, Acceptance, Letting go (see Jon Kabat-Zinn, pages 19 to 38 in the 2013 edition). Little exercises for each and intensive sharing are highly recommended.
2. Clarifying the **SMARTe goals** of each participant why she/he takes part in this training. We highly recommend to use as well the written form so that you can use it at the end of the 8 weeks.
3. Learning the 10 minutes **Sitting Meditation** so that they can practice it the next 2 weeks.
4. Learning the 45 minutes **Body Scan** so that they can practice it every day in the next 2 weeks.
5. Introduction in the **Buddy system**, so that everybody has a Buddy with whom she/he can share every day how she/he did his homework. You can intensify this with the use of the “Awareness of Pleasant or Unpleasant Events Calendar” and the “Awareness of Difficult or Stressful Communication Calendar” that Jon Kabat-Zinn provides in his book on the pages 612 to 615 in the 2013 edition, or you can design a Calendar that fits better for your target group. And you can experiment with changing the Buddy partner every 2 weeks.
6. Explain very clearly the homework for the next 2 weeks.
7. For preparing the second 6 hours training, we recommend to ask the participants to observe during the next 2 weeks how they are or are not **in tune with their body**. Ask them to bring a few examples in written form to the next training day. We recommend to introduce and use very carefully the body painting that Jon Kabat-Zinn explains in his book on page 81 to 88 in the 2013 edition.

## 2. The second 6 hours of training include as a required minimum:

1. **Sharing the experience** of the first 2 weeks homework, and of the Buddy communication.
2. Introduction in the exercises of **Yoga 1** (see Jon Kabat-Zinn, pages 115 to 118 in the 2013 edition). Similar easy Yoga postures can be used instead of those from the book. Yoga done from sitting in a chair is possible too. And for children we highly recommend to adopt this to their way of exercising.
3. Extending the **Sitting Meditation** to 15 to 20 minutes so that they can practice it the next 2 weeks.
4. Sharing how participants observed in the last 2 weeks how they are **in tune with their body**.
5. Conducting an intensive trance with **1.2.3. Position** regarding the own body. We highly recommend to give time to discuss this directly afterwards with the relevant Buddy and open the space for sharing the experience in the group.
6. Explain very clearly the homework for the next 2 weeks.
7. For preparing the third 6 hours training, we recommend to ask the participants to observe during the next 2 weeks **ANTs: Automatic Negative Thoughts**. Ask them to bring some of their ANTs in written form to the third training day.

## 3. The third 6 hours of training include as a required minimum:

1. **Sharing the experience** of the second 2 weeks homework, and of the Buddy communication.
2. Introduction in the exercises of **Yoga 2** (see Jon Kabat-Zinn, pages 119 to 122 in the 2013 edition).
3. Extending the **Sitting Meditation** to 45 minutes so that they can practice it the next 2 weeks.
4. **Sharing ANTs** and introduction in the typical questioning of the 3 basic **Meta-Modell violations**: Generalization (always, never, all...), Distortion (Cause-Effrect: Because of...) and Deletion (should/must/cannot). Keep it very easy. It is okay if it tends to be rather an intensive listening process. The main aim is to develop a friendly approach of distancing from ANTs.
5. Introduction in the exercises of **Mindful Walking Meditation** (see Jon Kabat-Zinn, pages 123 to 131 in the 2013 edition).
6. Conducting a little easy **Loving Kindness meditation** trance (5 to 15 minutes).
7. Explain very clearly the homework for the next 2 weeks.

## 4. The fourth 6 hours of training include as a required minimum:

1. **Sharing the experience** of the third 2 weeks homework, and of the Buddy communication.
2. Introduction in the exercises of **Yoga 2** (see Jon Kabat-Zinn, pages 119 to 122 in the 2013 edition).
3. Conducting a **trance meditation** like the Lake Meditation or the Mountain Meditation. Give your participants the time to discuss the effects in Dyads and to share it with the group.
4. Preparing the practical and written **assessment** of the last training day.
5. Explain very clearly the homework for the next 2 weeks.

## 5. The fifth 6 hours of training include as a required minimum:

1. **Sharing the experience** of the fourth 2 weeks homework, and of the Buddy communication.
2. We recommend a very easy form of a **written and practical assessment**. The written form should be just one page summary of their learning process. The practical assessment could be that everybody expresses her/his learning process nonverbally. We recommend that she/he uses the goal she/he wrote down in the first training day and expresses in a movement how the state of her/his experience of what she/he wanted to change was at the beginning of the 8 weeks. And then she/he changes her/his movement to how it is now after 8 weeks.
3. Conducting an intensive trance with the **New Behavior Generator** regarding integration of the learning from the last 8 weeks in their future life. We highly recommend to give time to discuss this directly afterwards with the relevant Buddy and open the space for sharing the experience in the group.
4. Open the space that it is welcome to do this "Mindfulness Intensive, In-Me" training several times before the next level of "Mindfulness Practitioner, In-Me".

**6. The homework just like in MBSR** (about 1 hour every day for all in all 8 weeks on 6 days of a week). See in the book of Jon Kabat-Zinn on page 581 in the 2013 edition: "Eight-Week Practice Schedule".

**Weeks 1 & 2:** Practice the **body scan** at least 6 days per week, 45 minutes a day (CD#1). Practice sitting with awareness of breathing 10 minutes per day at a different time from the body scan practice.

**Weeks 3 & 4:** Alternate the body scan with Mindful **Yoga 1** (CD#2) (45 minutes) if that is possible for you, 6 days per week. Continue sitting with awareness of breathing, now for 15 to 20 minutes per day. If you care to, try expanding the field of awareness to include a sense of the body as a whole sitting and breathing.

**Weeks 5 & 6:** Practice the **sitting meditation (CD#3) 45 minutes** per day, alternating with either the body scan or the Mindful Yoga 1. Experiment with **mindful walking meditation** on your own if you haven't already. In Week 6, you can introduce standing yoga and a few postures (Mindful **Yoga 2**) into the mix. Keep up the Sitting Meditation (CD #3) every other day.

**Week 7:** Practice 45 minutes per day using your own choice of methods, either alone or in combination. Try not using the CDs this week and practicing as best you can on your own. Feel free to go back to the CDs if it proves too difficult for whatever reason at this point in time.

**Week 8:** Go back to using the CDs. Do the body scan at least twice this week. Continue the sitting meditation practice and the mindful yoga on whatever schedule feels best to you. Include formal mindful walking if you care to.

## 7. Training content inspired from MBSR

5. **Body Scan:** 45 minutes (day 1)
6. **Sitting Meditation 1:** 10 minutes (day 1)
7. **Yoga 1:** 45 minutes (day 2)
8. **Sitting Meditation 2:** 20 minutes (day 2)
9. **Yoga 2:** 45 minutes (day 3)
10. **Sitting Meditation 3:** 45 minutes (day 3)
11. **Walking Meditation** (day 3)
12. **Loving Kindness meditation** (days 3)
13. **Option: Guided Fantasy** like Lake Meditation, Mountain Meditation (day 4)

## 8. Training content coming from NLP

1. **SMARTe goals with Chunking** up, down and sideways (day 1)
2. **1.2.3. Position** with the body (day 2)
3. **Basic Meta-Modell** violations (ANTs): generalization, deletion, distortion (day 3)
4. **Trance** for guided fantasy meditations like Lake Meditation, Mountain Meditation (day 4)
5. **New Behavior Generator** with Future Pace (day 5)

## 9. Additional Master Trainer notes

- The most important foundation about John Kabat-Zinn and his Mindfulness Based Stress Reduction MBSR program is his main book: "**Full Catastrophe Living**" (1990, re-revised edition 2013). For his recommended exercises and meditations, he offers 3 CD sets: "Guided Mindfulness Meditation" Series 1 (2005), Series 2 (2014), and Series 3 (2012). Most of the content of these CD sets can be found on YouTube in many languages.
- It is helpful to have an overview about the basics of the history of Mindfulness, from Zen-Buddhism to Jon Kabat-Zinn and the further development in the mental health and general medical area: Mindfulness Based Cognitive Therapy (MBCT) for recurrent depressions, Dialectical Behavior Therapy (DBT) that was originally developed for borderline disorders, and Acceptance & Commitment

Therapy (ACT) for psychotherapeutic use regarding goals, values, personal growth, career, intimate relationships, behaviour change...

- We recommend basic background knowledge about the development of the human race, for example according to Abraham Maslow (deficiency and being motivation), Claire Graves and Ken Wilber (value and belief systems), Yuval Noah Harari (story telling)...
- A Mindfulness Master Trainer should have some basic info about scientific research regarding Mindfulness. Much can be found here: <https://goamra.org/resources/reviewsmeta-analysis/>
- General aims of Mindfulness Trainings are: Development of inner freedom, oneness, harmony and happiness; Awareness of thoughts, feelings, perceptions and behaviour; Dealing positively with ANTs (Automatic Negative Thoughts); Treating yourself and others with more loving awareness; Being in contact with your heart and inner world; Friendship between conscious and unconscious; Mindfulness for feeling calm, achieving divine flow, feeling compassion, increasing peak performance, decreasing pain...

## 10. Formal requirements

### The certificate for: “Mindfulness Intensive, In-Me” has to include:

1. the correct title of the qualification: “Mindfulness Intensive, In-Me”
2. the duration of the face to face training with precise information regarding training days and hours (at least 30 hours in 4 days)
3. the date of the first and last day of the training
4. a statement that all In-Me guidelines have been met
5. the In-Me seal (sticker with In-Me logo and seal number)
6. the signature of the "Mindfulness Master Trainer, In-Me"

**Training content for the qualification:** We highly recommend to list the complete trained main content and the complete amount of training hours and days that is needed for the certified qualification in Mindfulness on the backside of the certificate or on a separate signed document.

### The following statement is optional for an In-Me sealed certificate:

"Because of the high quality of this training it may be recognized as ECTS credit points in academic studies in psychology with a focus on Mindfulness."

**More details:** A training hour has 60 minutes. Brakes longer than 30 minutes are not counted as training time. A training group has at least 6 participants (counted without assistants or „Mindfulness Master Trainer, In-Me“). We highly recommend assistants for trainings bigger than 10 participants. An In-Me certification training with In-Me sealed certificates (sticker with In-Me logo and seal number) has to be conducted at least 80% of the time by an approved "Mindfulness Master Trainer, In-Me". The remaining up to 20% of the training can be conducted under his supervision and responsibility. For the list of appointed "Mindfulness Master Trainer, In-Me" please see: <https://www.in-me.world/mastertrainer/>

### For more details please see the “In-Me Certification Guidelines”

<https://www.in-me.world/resources/languages/EN/pdf/guidelines.pdf>

**For our “Mindfulness Master Trainers, In-Me” we provide for free a Moodle e-learning platform** where they can share and discuss with the other “Mindfulness Master Trainers, In-Me” their experience with best practice, where they find in detail the relevant content of the training, where we included trainer notes and a lot of additional content. This is under: <https://course.in-me.world/>