



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
- a written test

Training content of: “Mindfulness Intensive, In-Me” (please see as well the summary on page 3)

- How to work ecological within the professional In-Me frame of ethics
- Basics about John Kabat-Zinn and his Mindfulness Based Stress Reduction MBSR program, including the main book and audios for the MBSR program from Jon Kabat-Zinn: “Full Catastrophe Living” (1990, re-vi-sed edition 2013), and the 3 CD sets: “Guided Mindfulness Meditation” Series 1 (2005), Series 2 (2014), and Series 3 (2012)
This includes as well the “Non-judgemental” approach, body exercises from Yoga, breathing exercises (following the breath), the focus on “Here & Now”, Meditation exercises, and Guided Meditations on Gratefulness, Forgiveness, Compassion, Gratitude, Empathy, Kindness, Appreciation, Curiosity, Love...
- Basics about 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) originally developed for borderline disorders, and Acceptance & Commitment Therapy (ACT) for psychotherapeutic use regarding goals, values, personal growth, career, intimate relationships, behaviour change...
- Basics about our very special NLP (IN) and Coaching (ICI) based Mindfulness approach, including:
from NLP (IN): the NLP Milton-Modell for all kinds of phantasy journeys and guided meditations (Gratefulness, Kindness, Forgiveness...), the NLP Meta-Model for challenging limiting beliefs and Automatic Negative Thoughts (ANTs), the New Behaviour Generator (NBG) for preparing all kinds of exercises, the NLP 1.2.3. Position for exploring the perspective of others and the wisdom of symptoms, the difference between associated and dissociated learning, the use of VAK and other submodalities, the fundamental spirit of the NLP axioms
from Coaching (ICI): Sponsorship = to support others to find and develop their own abilities and skills, Systemic Thinking = emergence and that a symptom points in the direction of a solution, ICI Coaching basic approach = supporting our participants to develop their strength from within through unfolding their potential that they find themselves within them
from Hypnosis (WHO): deepening the friendship and mutual understanding between the conscious and the unconscious, working with the Unconscious, Metaphors, Guided Trance, listening without judging
- Basic 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)...

- Basic info about scientific research regarding Mindfulness
- The general aims of Mindfulness Trainings: 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
- On all 4 days (or again and again during the 30 hours) exercises for breathing, body scan, yoga and meditation practice, in the style of the MBSR training
 - plus in day 1 (or the first 7,5 hours): smart goals with chunking
 - plus in day 2 (or the second 7,5 hours): body language with 1.2.3. position
 - plus in day 3 (or the third 7,5 hours): Automatic Negative Thoughts with NLP Meta-Model questions
 - plus in day 4 (or the last 7,5 hours): securing the learned content for everyday life with the New Behaviour Generator (NBG)
- Homework similar to what is used in the 3 CD sets from John Kabat-Zinn in his Mindfulness Based Stress Reduction MBSR program
- Supporting the development of a group spirit where participants meet and help each other
- For more details, please see the summary for the minimum content on page 3 here.

The In-Me certificate for: “Mindfulness Intensive, In-Me” must include the following:

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. Breaks 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>

Summary of the minimum content for “Mindfulness Intensive, In-Me”

Training: minimum 30 hours in minimum 4 days
Homework: minimum 8 weeks about 1 hour every day

1. Training content inspired from MBSR

1. **Body Scan:** 45 minutes (mainly day 1 or first 7,5 hours)
2. **Sitting Meditation 1:** 10 minutes (mainly day 1 or first 7,5 hours)
3. **Yoga 1:** 45 minutes (mainly day 2 or second 7,5 hours)
4. **Sitting Meditation 2:** 20 minutes (mainly day 2 or second 7,5 hours)
5. **Yoga 2:** 45 minutes (mainly day 3 or third 7,5 hours)
6. **Sitting Meditation 3:** 45 minutes (mainly day 3 or third 7,5 hours)
7. **Walking Meditation** (mainly day 3 or third 7,5 hours)
8. **Option: Guided Phantasy** like Lake Meditation, Mountain Meditation (mainly day 4)

2. Training content coming from NLP

1. **SMARTe goals with Chunking** up, down and sideways (day 1 or first 7,5 hours)
2. **1.2.3. Position** (day 2 or second 7,5 hours)
3. **Basic Meta-Modell** violations: generalization, deletion, distortion (day 3 or third 7,5 hours)
4. **New Behavior Generator** with Future Pace (day 4 or last 7,5 hours)

3. Homework just like in MBSR (about 1 hour every day for all in all 8 weeks)

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.