

**TMF 2022 Training in Mindfulness Facilitation:
Frequently Asked Questions**

1. Is the TMF only being run in 2022? Will you offer it again?

Yes, we run this program yearly. 2023 applications will be available online summer 2022.

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

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. If you are concerned you don't have enough experience, please consider our Intensive Practice Program which is excellent preparation to apply for TMF, providing intensive study and practice of mindfulness: <https://www.uclahealth.org/marc/intensive-practice-program>

3. I've never taken a MAPs, MBSR, or equivalent class. Will I qualify?

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.

4. Why am I required to take a MAPs I for Daily Living class to apply for this program? It seems very basic.

We ask you to take a MAPs I class, regardless of your background and experience so that you can get exposure to 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. This class is available pre-recorded or live online.

5. 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?

While we highly value the multitude of contemplative practices, we do want you to have some experience with explicit mindfulness practices, which we feel have 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.

6. How can I attend a retreat since many retreat centers are closed?

We now authorize online retreats as a substitute prerequisite for the in-person retreat format. Although online retreats done from your home are different than traditional site-based retreats, they are excellent substitutes and we heartily endorse this accessible format. We now accept four night or longer online retreats as a prerequisite.

7. What kind of mindfulness/meditation teacher should give me a recommendation?

Please obtain a recommendation from someone who knows you in a practice setting. That is, if you have taken MAPs or MBSR, your teacher can provide the reference. Another meditation/spiritual/mindfulness teacher is suitable. 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. Please do not use a family member.

8. Will Diana Winston or Marvin Belzer provide recommendations?

If Diana Winston or Marvin Belzer is your teacher, they will not give you a written reference, because of their involvement in the program. However, they will factor their knowledge of you into the application review.

9. What will I receive upon completion?

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 successful completion of the TMF, you will be eligible to receive certification (Certified Mindfulness Teacher- Professional Level, or CMT-P) with the International Mindfulness Teachers Association (www.imta.org).

10. Am I guaranteed a mindfulness job if I complete this program?

No. We believe the program will support you in finding professional work in the field of mindfulness, which is a growing and expanding field. Over the years we have observed more and more opportunities in the field and MARC sometimes does make referrals, but since this is a relatively new field, we cannot guarantee employment.

11. Can you explain the basis behind the cost of the program?

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.

12. How do discounts for this program work?

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.

13. Can you tell me how this program will work as an online program for 2022?

Please refer to our handout:

[Information about the Live Online Format of TMF 2022](#)