

Racial Awareness Training Requirement

Since the UCLA Training in Mindfulness Facilitation (TMF) began in 2011, MARC has had a commitment to both exploring and deepening our personal and professional practice pertaining to issues of equity, diversity, and inclusion (EDI) in the TMF and in service of the development of the larger mindfulness field. UCLA (of which MARC is a part) has a clear, concrete commitment to these issues, including a Vice Provost for EDI.

Throughout the TMF program, we will be collectively exploring and honoring our uniqueness and diversity and learning how and why this is relevant as mindfulness teachers. Often these conversations are centered around- but not limited to, nuanced dimensions of race, ethnicity, nationality, gender, sexual orientation, socio-economic status, age, abilities, religious beliefs, political beliefs, or other ideologies.

At MARC we are committed to the radical accessibility of mindfulness. We recognize the importance of supporting the growth of mindfulness teachers from all backgrounds who can speak both from within (or to) communities of which they are a part, so that as the mindfulness field develops it can continue to be a growing resource for all communities.

Because the issue of racial justice is so significant in the United States (and we acknowledge it has different forms and issues in different countries) for TMF 2021 we have instituted a learning requirement. We do this in the service of building safety within our TMF community and making our program welcoming and accessible to people from all racial backgrounds. While we focus on race, our hope is that such training will also help you to see how similar principles and understanding might also apply across different types of oppression, such as gender, sexual identity, class, and ability.

All participants must either have been previously educated in undoing racism or other structural oppression work or agree to participate in this work before our second practicum in April 2021.

Our application invites participants to check a box stating that you have either been involved in this work, agree to do so, or need help thinking about where you fit in. We will also ask you to clarify your background in this work.

Upon acceptance if you need to fulfil this learning requirement, you will be sent a list of possible racial awareness training programs to participate in remotely. Please note that an introductory program is fine and we request a minimum of 10 hours. We will include financially accessible options.

Please feel free to contact the MARC office if you have further questions about this requirement.