

TMF 2023 Training in Mindfulness Facilitation Practicum Format

Due to the ongoing global health crisis, the TMF is being run in 2023 as a Live Online program. The bulk of the learning for TMF occurs in our quarterly practicums. You will be expected to be present to participate in the live practicum sessions via Zoom, also called synchronous learning. Although sessions will be recorded for later reference, you must be able to participate synchronously.

Additionally, depending on the pandemic, we may offer a simultaneous In-Person at UCLA option. This hybrid program would allow you to participate either live online or in-person at UCLA. We will clarify if the hybrid is being offered when you receive your acceptance letter.

1. What are the 2023 practicum dates and times?

January 26-29

April 27-30

August 10-13

November 8-12 (5 days)

All Live Zoom Practicums will be held Thursday - Sunday, 9am-5pm Pacific Time.

Note: The November Practicum will include Wednesday, 9am-5pm Pacific Time.

2. How can I participate if I live in another time zone?

We have had students in the TMF from many different time zones. Since the multi-day practicum sessions are recorded, international students can attend as much as possible synchronously and then watch the recordings for the hours they have to miss. All other TMF events will be scheduled to accommodate multiple time zones.

3. How will MARC decide if there will be an In-Person option?

MARC will make the decision prior to the TMF acceptance letter being sent out on November 29. The letter will state our decision and your options for participation. We will base our decision on the latest Covid protocols in California, considering safety and the learning environment, as well as UCLA policy.

4. If you offer an In-Person option, do I have to make a choice for the whole year whether to be in-person or live online?

No. You can choose in advance of each practicum. Before each practicum we will announce the date for you to commit to distance or in-person learning, if it becomes available.

5. How well does the TMF work on zoom?

We have had significant success with utilizing the Zoom format to create community and creatively teach our material.

6. Would it be more advantageous to be at UCLA in person?

If we do offer an In-Person option, we will make sure there is complete equivalence in learning and that both options have a rich, educational, and meaningful experience.

7. How well will the TMF work as a hybrid program?

We don't know! But we have experience with hybrid programs and will offer you the best program we can.