

TMF 2023 Training in Mindfulness Facilitation Training in Racial Awareness 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 has a clear, concrete commitment to these issues, including a Vice Chancellor 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 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) we have instituted a learning requirement. This requirement helps build safety within our TMF community and makes 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.

We require that all participants actively engage in anti-racist and racial awareness training. For 2023 applicants, **we recommend the Virtual Phase One 2-day 16-hour training from the Racial Equity Institute (REI)**. REI is an alliance devoted to the work of creating racially equitable organizations and systems and training individuals. <https://racialequityinstitute.org/schedules/>

We request a minimum of 10 hours live, including live online training, to be completed by the January start of the 2023 program year or by the start of the second TMF practicum, at the latest. If you would like to attend an alternate training that would be of value and advance your individual learning, please contact the MARC office with information, links and rationale on how the proposed training will advance your understanding and to see if the training meets our requirements. Please submit your requests and rationale no later than January 15, 2023. Requests submitted after this date will not be considered.

MARC also has a limited number of scholarships for applicants to attend the REI Training. Please inquire with Marvin G. Belzer at mbelzer@mednet.ucla.edu. Please feel free to contact the MARC office if you have further questions about this requirement.