

## **TMF 2023 Training in Mindfulness Facilitation**

### **Details for Applicants**

#### **I. Background:**

Those who have studied and practiced mindfulness often express a desire to share mindfulness practices and teachings with others. They wish to bring it to their occupational fields or in other settings, such as a volunteer position or to individuals, communities, or institutions. Some wish to develop a career path focusing on sharing mindfulness.

In order to provide support to these individuals and to foster the growth of mindfulness in the public domain, since 2011 the Mindful Awareness Research Center (MARC) has provided personal practice guidance, training, supervision, and community support to selected individuals through the year-long TMF program. Upon successful completion of the program, TMF graduates will receive a document of completion as Trained Mindfulness Facilitator from the UCLA Semel Institute for Neuroscience and Human Behavior. They will be also eligible for the credential: Certified Mindfulness Teacher- Professional Level (CMT-P) through the International Mindfulness Teachers Association.

#### **II. What is a Mindfulness Facilitator?**

Mindfulness Facilitators are committed mindfulness students who have shown passion and aptitude for sharing mindfulness with others. They have demonstrated both intuitive and rational knowledge about mindfulness and have cultivated a strong, committed mindfulness practice. Mindfulness Facilitators will bring mindfulness into a variety of disciplines and settings, as outlined below.

##### **A. Facilitators will be trained to:**

- **Lead mindfulness groups**, working with populations with which they are already experienced, in or with groups as appropriate to their interest and background.  
Ex. Lead mindfulness group in psychotherapy or health care setting; bring mindfulness classes or groups into a volunteer setting such as nonprofits, social service agencies, or community groups; bring mindfulness to businesses, schools, universities, institutions, activists, artists, etc.

Note: Groups may be of a specified duration, drop-in, or ongoing

- **Work with individuals** to share mindfulness techniques  
Ex. Bring mindfulness to psychotherapy clients; use mindfulness exercises to help individual students at a school or hospital patients

- **Conduct mindfulness lectures** for the general public or in their field or community

Upon completion of the program, individuals who demonstrate excellence *may* be selected to be trained as an Authorized Mindful Awareness Practices (MAPs) Teacher, teaching MARC's signature six-week mindfulness program, Mindful Awareness Practices (MAPs).

B. Facilitators will not be authorized to:

1. Teach mindfulness meditation at either residential or multi-day retreats
2. Officially teach MAPs programs unless selected and trained upon completion of the TMF Program.

*Note: This program is designed to prepare you to share mindfulness on an introductory level. It will not prepare you to lead advanced level practices that one associates with "meditation teachers." Meditation teachers—in Buddhist and other spiritual contexts—tend to have 10-20 plus years of meditation practice, study, and personal experience. Various meditation teacher trainings can last up to five years.*

### III. Program Goals:

- A. To oversee, support and supervise the spread of mindfulness in the larger society by training qualified individuals as Mindfulness Facilitators
- B. To provide Mindfulness Facilitators with training and protocol to share with individuals, groups, communities, institutions, professionally and otherwise
- C. To support Mindfulness Facilitators in furthering their personal understanding and practice of mindfulness
- D. To provide a community of collegial support for Mindfulness Facilitators

### IV. Components:

#### A. Personal Practice Guidance

It is of the utmost importance that all facilitators view their own practice as key to the success of sharing and facilitating mindfulness with others. To that end, participants will be asked to maintain a regular daily practice, continue their personal study, attend at least one residential 4-night or longer mindfulness-based retreat\*, and may be guided by the program director to individually develop in some way.

*\* MARC staff will support you to find eligible residential, mindfulness-based retreats offered in a variety of contexts and traditions, live or online. See [Approved Retreat Centers](#)*

#### B. Community

The full cohort will meet quarterly for 4 or 5-day practicums during the year. Additionally, participants will be placed in smaller cohorts, called "pods", and will participate in a monthly call or video conference call with a "pod mentor" to build community and discuss topics in mindfulness

facilitation, practice teaching, or troubleshoot. The participants will benefit from a group of like-minded colleagues, with whom they will be encouraged to share, interact, and collaborate. The TMF will also provide online community-building activities for the group.

### *C. Service*

Each participant, during the course of our program, will start or continue sharing mindfulness with groups or individuals in the spirit of service and generosity. Participants can use their current job or existing volunteer work as a placement if it meets requirements. Psychotherapists who wish to incorporate mindfulness in work with clients are welcome, as are any field in which you are currently sharing mindfulness. We hope that participants will consider underserved populations who would not ordinarily have access to mindfulness.

We ask participants to be self-motivated to find a placement, but we will offer guidance.

### *D. Supervision*

Students will be supported in the implementation of mindfulness, through personal supervision, group troubleshooting, and feedback on recordings or observation of facilitation. Students will meet monthly with an approved mentor.

**Supervision will be available in Spanish and Mandarin as well as in English. Please check with us.**

### *E. Learning Areas and Outcomes*

Participants will meet Live Online for four 4-day practicums and will be exposed to the following areas:

#### **1. Personal Process**

Including exploration of motivations, personal practice, and group norms.

#### **2. Mindfulness Studies— Theory and Practice**

- a. Thorough investigation of mindfulness through reading, personal experience, current theories, and advanced topics.
- b. Investigation of practices that complement mindfulness— kindness, working with difficult emotions, as well as relational mindfulness practices— through reading, personal experience, and current theories.

#### **3. Facilitating Mindfulness – Theory and Practice**

- a. Role of the Facilitator: Personal presence and embodiment, self-awareness, how to effectively communicate mindfulness teachings, giving instructions, understanding context (adapting to specific client groups), role identification, and self-esteem.
- b. Group Facilitation skills: Understanding the group, creating group norms, leadership, comfort, working with challenging people, effective communication, developing sensitivity, and organizational issues.
- c. Life Issues: Bringing mindfulness into institutions and financial issues in mindfulness facilitation as a career path.

#### **4. Science of Mindfulness**

Participants will gain a working knowledge of the science behind mindfulness so that they will have comfort sharing and referring to the science while facilitating mindfulness.

#### **5. Cultural Competency, Diversity, and Ethics**

- a. Working with diverse populations, sensitivity to cross cultural issues, language, and exploring conditioned biases.
- b. Fostering personal integrity, being aware of one's ambitions and limitations, and teaching from an ethical basis.

#### **6. Mindfulness Applications**

Through guest lecturers and readings, students will gain an understanding of the larger field of mindfulness and its contemporary applications such as mindfulness in the workplace, in education, with children, in academia, in corporate settings, in medicine, and in psychology.

#### **7. Mindfulness Protocol**

Students will be assisted to develop protocols for bringing mindfulness into various settings, tailored to specific needs, including:

- a. Public lectures
- b. Group formats, topics, and structures for single or ongoing classes
- c. Guided meditations
- d. Guidance for working with individuals

### **V. Format**

The program consists of four Live Online practicums with a potential In-Person at UCLA option.

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.

Participants will choose how they wish to participate with each practicum, depending on what MARC will make available. The program will be responsive to the Covid-19 pandemic. For further information, please see our [Practicum Format](#).

## VI. Structure:

The following chart lays out the program including coursework provided by MARC and outside requirements.

Components	Time	Info
Weekend Practicums	Four total Practicums. First three practicums are 4 days, last practicum is 5 days.	These sessions are where the bulk of the didactic material will be taught
Pod: Monthly online meetings	1.5 hours monthly (non-practicum months)	Support for ongoing issues in students' mindfulness facilitation
Mentor supervision	1 hour, 6 times per year	Face-to-face, video, or phone meetings with approved mentor
Reading	Ongoing	Course includes recommended reading list with required texts
Written Assignments	Twice monthly with mid-year curriculum assignment and final papers	Papers are short, reflective, 1-2 page essays.
Continuing Education	Every three years following completion of program	Trained Mindfulness Facilitators will be required to maintain their current status through one MARC-sponsored training weekend every 3 years. Yearly they must (1) submit a summary of current mindfulness work and personal practice and (2) attend one four- five-day or longer silent mindfulness retreat.
<b>Additional Components</b>		
<b>Personal practice</b>	<b>Daily</b>	<b>Required of all participants</b>
Mindfulness sharing "placement"	Minimum 2 hours monthly or equivalent	Each participant will be supported to find a local placement, although TMF will not provide leads or offer job opportunities. Where appropriate, participants can use current work.
Retreat	One 4-night or longer silent retreat per year	Must be approved by Program Director. Online retreats are acceptable.

Personal study	Ongoing	Reading or attending teachings from MARC or other related teachers/organizations. **Note: Most MARC events and classes are free for TMF students.
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## VII. Training in Racial Awareness Requirement

TMF is working to build safety within our community, making it inclusive for people of all racial backgrounds and cultivating an anti-racist lens within our facilitation. In this spirit, we have instituted a requirement that all participants agree to participate in minimum 10-hours of racial awareness training before our second practicum in April 2023 at the latest. For more information about this requirement and how to fulfil it, please see [Training in Racial Awareness Requirement](#) document.

## VIII. Faculty

Diana Winston, MARC's Director of Mindfulness Education, and Marvin G. Belzer, PhD, Associate Director of MARC, will be the primary faculty members. Components of the 2023 program will be taught by various guest teachers, and may include Susan Smalley, PhD, Dan Siegel, MD, David Treleaven, Michael Irwin, MD, Matthew Brensilver, PhD, Leslie Booker, Tom Heah, Susan Kaiser Greenland, JD, among others. Alem Makonnen is Director of Equity, Diversity, and Inclusion

2022 Adjunct Faculty and Mentors:

Gael Belden  
Leslie Booker  
Nico Carey  
Tina Carlson  
Mike Coughlin  
JD Doyle  
Veronica Fernandez

Susan Kaiser Greenland  
Bhanu Harrison  
Tom Heah  
Giselle Jones  
Stacy Kesten  
Renda Dionne Madrigal  
Alem Makonnen

Neesha Patel  
Ali Rahmani  
Sheri Watson  
Melanie Yetter  
Jing-Jing Zhu

### **Past Additional Adjunct Faculty and Mentors Included:**

Stephen Bachelor  
Nicola Bentley  
Heidi Bourne  
Rebecca Bradshaw  
Stella Chow  
Linda Collins  
Antonia Galindo  
Jozen Gibson  
Shahara Godfrey

Susan Kaiser  
Greenland  
Diane Hetrick  
Jeremy Hunter  
Gloria Kamler  
Eileen Leuders  
Rhonda Magee  
Mitra Manesh  
Eric Lopez Maya

Robert McClure  
Tanya Odom  
Rebecca Peters  
Allyson Pimentel  
Adrianne Ross  
Donald Rothberg  
Jill Satterfield  
Sara Schedler  
Amita Schmidt

Sebene Selassie  
Gina Sharpe  
Brian Shiers

Tempel Smith  
Deborah Eden Tull  
Pamela Weiss

Larry Yang

## IX. Completion:

**Upon successful completion of all TMF program requirements**, with program director approval, TMF graduates will receive a document of completion as a Trained Mindfulness Facilitator from the UCLA Semel Institute for Neuroscience and Human Behavior. *Successful completion requires the following:*

1. Attendance and participation in all program components
2. Reflection papers twice per month and one 4-week mindfulness curriculum
3. Six-month review
  - a. reflection paper on areas of success and development challenges
  - b. mentor evaluation
  - c. on site or recorded observation of mindfulness facilitating in student's placement with specific feedback for improvement
4. End of year review
  - a. reflection paper on areas of success and development challenges
  - b. mentor evaluation
  - c. on-site or recorded observation of mindfulness facilitation
5. Approval of Program Director

### *Notes:*

1. *Participants will be required to get Continuing Mindfulness Education through a Graduate Training Weekend every three years, and yearly written update on current mindfulness work and practice. They are also required to attend a four-night or longer silent retreat yearly. Participants will not receive "current" status if they do not follow this process.*
2. *If the participant does not satisfactorily complete the program, or in some way violates the commitments, ethics, or spirit of this program, they are subject to immediate termination with no refund of fees.*

### **External Credentialing through the International Mindfulness Teachers Association (IMTA):**

The TMF is an accredited program through the independent credentialing association, the IMTA. Upon completion of the TMF, and with the verification of 35 hours of teaching experience, graduates will then be eligible for a Certified Mindfulness Teacher-Professional level credential (CMT-P).

Students who enter the TMF program can join the IMTA Membership Organization. For more information: [www.imta.org](http://www.imta.org)

## X. Application:

### A. Who should apply for this program?

1. Passionate and committed mindfulness practitioners who would like training and support to share mindfulness within their profession, with the public, their community, or in a service position working with populations in need. Also suitable for people who will be teaching mindfulness to general populations and not necessarily within a specific field.
2. Licensed professionals in the mental, medical, education, or other fields who are looking for training and support to successfully bring mindfulness into their current professional practice.
3. Individuals looking for a university-based program that offers training and support for career plans to share mindfulness with others.  
Ex. Mindfulness school counselor; corporate mindfulness instructor; mindfulness hospital specialist; mindfulness addictions specialist, etc.

### B. Entry Requirements:

1. At least four years of personal daily mindfulness practice or with permission of the Program Director. Comparable meditation experience will be considered. *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 as taught at MARC or through comparable programs.*
2. Must have attended at least one **Mindful Awareness Practices (MAPs)** class through MARC, live or online. We recommend attending MAPs 1 so that you can observe our methodology.
3. Strong commitment and passion for mindfulness.
4. Minimum **two** silent 4-night or longer mindfulness meditation retreats are required, and more than two retreats is highly recommended. 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 and may not be fully silent, they are excellent substitutes and we heartily endorse this accessible format.

### C. Application will require:

1. Completion of items <https://www.uclahealth.org/marc/tmf#Application-Steps>
2. Interview for some candidates.

**Deadline:** Sunday, October 23, 2022 (11:59 PM PST)

**Admission Notification:** Tuesday, November 29, 2022

- Applicants will be notified via email.

**Seat Acceptance Deadline:** Tuesday, December 6, 2022



## **D. Considerations:**

We ask all applicants to consider how the TMF can fit into their lives. It is a rigorous program that demands a significant amount of time and attention, and we do not recommend trying to fit it in on top of already full and busy lives. Please thoroughly reflect on whether you can make the time commitment in order to get the most out of this program. It is our experience that people who are currently in another intensive program such as graduate school, should wait until after graduation before applying for the TMF.

## **XI. Financial Information:**

### **Program Cost**

The full cost of the program is \$7,000. The cost includes tuition for the full-year training, which includes four practicums, mentorship fee, conference calls, administrative fee, and evaluation. The cost does not cover travel, food, lodging, books, the multi-day silent retreat, and any online or phone costs incurred.

### **Application Fee Policy**

All applications include a \$50 application fee. This fee is non-refundable.

### **Payment**

For those accepted into the program: Of the \$7,000 tuition fee, half must be paid upon acceptance to secure your place in the program. The second half must be paid by the start of the first practicum, January 26, 2023.

### **Refund Policy**

The TMF fee is non-refundable

If you have any questions about these policies, please contact Rani Breslow [rbreslow@mednet.ucla.edu](mailto:rbreslow@mednet.ucla.edu)

## **XII. Discounted program fees:**

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.

## **XIII. Dates:** Four practicum dates are scheduled as follows for **2023:**

January 26-29

April 27-30

August 10-13

November 8-12 (5 days)

All Practicums will be held Thursday - Sunday, 9am-5pm Pacific Time, with a 1.5-hour lunch break. **Note:** The November Practicum will include Wednesday, 9am-5pm PT.

Smaller pod Zoom meetings, and individual mentor meetings will be set up once participants have begun the program.

*The program is open and welcoming to people of all ethnic and economic backgrounds, ages, sexual orientations, abilities, and gender identities.*

*UCLA's TMF is an Accredited Mindfulness Teacher Training Program  
through the International Mindfulness Teachers Association*

[www.imta.org](http://www.imta.org)



## TMF 2023 Training in Mindfulness Facilitation Frequently Asked Questions

**1. Is the TMF only being run in 2023? Will you offer it again?**

Yes, we run this program yearly. 2024 applications will be available online summer 2023.

**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. MAPs I 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. Currently, many retreat centers are offering in-person options.

**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](http://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 or in person hybrid program for 2023?**

Please refer to our [Practicum Format](#) handout.

## 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.

## **Approved Retreat Centers 2023**

This list was created before the world health crisis. Since March 2020, many of these centers have begun to offer online retreats and some are currently offering in person retreats. 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 and may not be fully silent, they are excellent substitutes and we heartily endorse this accessible format.

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This list is not exhaustive and is meant to give you an idea of where to start looking for your retreats. Feel free to run additional centers by us. Look for a silent retreat where you will practice mindfulness meditation, likely in the form of vipassana or Zen, or Tibetan practices.

**Workshop/Retreat hybrids do not qualify.**

### **West Coast**

1. Spirit Rock in No. CA: [www.spiritrock.org](http://www.spiritrock.org)
2. Abhayagiri Monastery in No. CA: <https://www.abhayagiri.org/home/>
3. Big Bear Retreat Center in So. CA: <https://bigbearretreatcenter.org/>
4. Cloud Mountain in WA: [www.cloudmountain.org](http://www.cloudmountain.org)
5. Deer Park Monastery in So. CA: [www.deerparkmonastery.org](http://www.deerparkmonastery.org)
6. Forest Monastery in So. CA: [www.watmetta.org](http://www.watmetta.org)
7. Great Vow Monastery in OR <https://www.zendust.org/greatvow>
8. Green Gulch in No. CA: [www.sfzc.org/ggf/](http://www.sfzc.org/ggf/)
9. Insight LA in So CA: [www.insightla.org](http://www.insightla.org)
10. Insight Meditation Center affiliated retreats in No. CA: [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org)
11. Pacific Zen Institute in No CA: [www.pacificzen.org](http://www.pacificzen.org)
12. Tassajara Zen Center in No CA: [www.sfzc.org/tassajara](http://www.sfzc.org/tassajara)
13. Yokoji Zen Center in So CA: [www.zmc.org](http://www.zmc.org)

### **New Mexico**

1. Vallecitos Mountain Refuge: [www.vallecitos.org](http://www.vallecitos.org)
2. Upaya Zen Center [www.upaya.org](http://www.upaya.org)

### **East Coast**

1. Insight Meditation Center in MA: [www.dharma.org](http://www.dharma.org)
2. Insight Meditation Community of Washington affiliated retreats in DC area: [www.imcw.org](http://www.imcw.org)
3. Southern Dharma Center in NC: [www.southerndharma.org](http://www.southerndharma.org)

### **General**

1. Buddhist Insight Network lists retreats throughout the world-- <http://www.buddhistinsightnetwork.org/retreats>
2. Goenka Retreats Worldwide— [www.dhamma.org](http://www.dhamma.org)
3. Mindful Living Revolution with Deborah Eden Tull: [www.deborahedentull.com](http://www.deborahedentull.com)
4. Shambhala International-- <http://shambhala.org/centres/find-shambhala-centre/>
5. Thich Nhat Hanh Retreats worldwide: <https://www.thichnhatanhfoundation.org/>

## 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](mailto:mbelzer@mednet.ucla.edu). Please feel free to contact the MARC office if you have further questions about this requirement.