

## ***Learning to be a Facilitator for Mindful Practice® Programs***

Facilitation of Mindful Practice workshops involves several sets of interrelated skills. We offer a training sequence that includes attendance at a core workshop of at least 20 hours followed by a 5-day intensive facilitator training workshop. Periodically, there are opportunities for a limited number of those completing both workshops to gain further training through a year-long internship with supervised teaching practice. Please inquire from the facilitators if you are interested. For further information, see our website [www.mindfulpractice.urmc.edu](http://www.mindfulpractice.urmc.edu).

Facilitators have the following background:

**Experience with contemplative practices.** Facilitators should have a personal practice that incorporates regular contemplative practice, on a daily basis, for at least two years. This practice provides the grounding for teaching of mindfulness meditation, body scan and other contemplative exercises. Training in **facilitating** contemplative practice is available through our facilitator training workshops and also through mindfulness centers at the University of Massachusetts and the University of California San Diego (see <http://www.umassmed.edu/cfm/> and <http://health.ucsd.edu/specialties/mindfulness/Pages/default.aspx>).

**Small group facilitation skills.** Facilitators need skill and experience with small group learning, including a learner-centered orientation, framing tasks appropriately, adopting an inquiry-oriented approach, using learners' experiences to enrich discussion, making sure each person is heard, providing closure, dealing with challenging learners, addressing conflict when it arises, and providing effective feedback. In our training workshops, we count on potential facilitators as having had some of that background, which we will then augment. Training is available at a variety of faculty development workshops at academic medical centers, as well as communication skills courses such as those offered by the American Academy on Communication in Healthcare (<http://www.aachonline.org/dnn/default.aspx>).

**Experience with narrative medicine.** The use of stories written by workshop participants is integral to our work. Opportunities for training in narrative medicine are available through our workshops, and the narrative medicine program at Columbia University (see <http://www.narrativemedicine.org/>).

**Appreciative inquiry skills.** Appreciative inquiry training can be accomplished during our workshops as well as a variety of leadership workshops in medicine, for example, those offered by Relationship-Centered Health Care (<http://www.rhcweb.com/>).