



# MINDFULNESS TEACHER TRAINING ASSESSMENT OVERVIEW

LEVEL 5

## LEAD TRAINER

LOUISE SHANAGHER

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NAME:Louise.Shanagher

## COURSE ADMINISTRATOR

KAREN SHIELDS

+44 1462 431112

info@thecamcoach.com

## MODULE 1 - INTRODUCTION TO MINDFULNESS

### PRACTICE LOGS

- Fill out 48 practice logs in total, 24 formal mindfulness practice logs and 24 informal practice logs

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## MODULE 2 - HISTORY OF MINDFULNESS

### ESSAY - AN INTRODUCTION TO SECULAR MINDFULNESS

- 500 words written assignment

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## MODULE 3 - BENEFITS OF MINDFULNESS

### ESSAY - DISCUSS THE BENEFITS OF MINDFULNESS

- 500 words written assignment

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## MODULE 4 - MINDFUL SELF-COMPASSION

### ESSAY -DESCRIBE MINDFUL SELF-COMPASSION AND ITS BENEFITS

- 500 words written assignment

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## MODULE 5 - THE SCIENCE OF MINDFULNESS

### ESSAY - HOW DOES SCIENCE SUPPORT THE PRACTICE OF MINDFULNESS

- 500 words written assignment

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## MODULE 6 - STRESS, MINDFULNESS AND STRESS REDUCTION

### ESSAY - WHAT IS STRESS? HOW CAN MINDFULNESS PRACTICE HELP US MANAGE STRESS?

- 500 words written assignment

### SUMMARY & FEEDBACK FORM

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## MODULE 7 - MINDFULNESS AND HEALTH

- ESSAY - DESCRIBE HOW MINDFULNESS CAN PROMOTE POSITIVE PHYSICAL HEALTH**
  - 500 words written assignment
- SUMMARY & FEEDBACK FORM**
  - Completion of form for your Trainer

## MODULE 8 - MINDFULNESS AND RELATIONSHIPS

- ESSAY - HOW CAN MINDFULNESS PRACTICE BE APPLIED TO RELATIONSHIPS?**
  - 500 words written assignment
- SUMMARY & FEEDBACK FORM**
  - Completion of form for your Trainer

## MODULE 9 - MINDFULNESS AT WORK

- ESSAY - HOW CAN MINDFULNESS PRACTICE BE APPLIED TO THE WORKPLACE?**
  - 500 words written assignment
- SUMMARY & FEEDBACK FORM**
  - Completion of form for your Trainer

## MODULE 10 - THERAPEUTIC APPLICATION OF MINDFULNESS

- CASE STUDIES**

Prepare 2 case studies based on an individual mindfulness session with two different clients

  - 500 words per case study
- SUMMARY & FEEDBACK FORM**
  - Completion of form for your Trainer

## MODULE 11 - TEACHING MINDFULNESS TO ADULTS

- CASE STUDIES**

Prepare 2 case studies based on an individual mindfulness session with two different clients

  - 500 words per case study
- SUMMARY & FEEDBACK FORM**
  - Completion of form for your Trainer



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## MODULE 12 - TEACHING MINDFULNESS TO TEENAGERS

### CASE STUDIES

Prepare 2 case studies based on an individual mindfulness session with two different clients

- 500 words per case study

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## MODULE 13 - TEACHING MINDFULNESS TO CHILDREN

### CASE STUDIES

Prepare 2 case studies based on an individual mindfulness session with two different clients

- 500 words per case study

### SUMMARY & FEEDBACK FORM

- Completion of form for your Trainer

## RECOMMENDED READING

### CORE READING LIST

- Brown, K., Creswell, D. & Ryan, R. 2016. Handbook of Mindfulness: Theory, Research, and Practice. Guilford.
- Germer, C. 2009 The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions. Guilford Press.
- Kabat-Zinn, J. 2004. Wherever you go, there you are: mindfulness meditation in everyday life. Little Brown.
- Neff, K. 2011. Self-Compassion: The Proven Power of Being Kind to Yourself. HarperCollins.
- Williams, M.D. & Penman, D.2011. Mindfulness; A practical Guide to Finding Peace in a Frantic World. Platkus.
- Wolf, C., Serpa, G. Clinician's Guide to Teaching Mindfulness : The Comprehensive Session-by-Session Program for Mental Health Professionals and Health Care Providers. New Harbinger Publications.
- Shanagher, L. 2018. The Mindfully Me Series. Lilliput Press

### SUPPLEMENTARY READING LIST

- Brown, K., Creswell, D. & Ryan, R. 2016. Handbook of Mindfulness: Theory, Research, and Practice. Guilford.
- Kabat Zinn, J. 2013. Full Catastrophe Living: How to Cope with Stress, Pain and Illness using Mindfulness Meditation. Random House.
- Rechtschaffen, D. 2016. The Way of Mindful Education: Cultivating Well-Being in Teachers and Students. WW Norton & Co.
- Shapiro,S.& Carlson, L. 2017. The Art and Science of Mindfulness: Integrating Mindfulness Into Psychology and the Helping Professions. American Psychological Association.