



Institute for Mindfulness-Based Approaches



POLSKI INSTYTUT
MINDFULNESS

Certificate

Teacher for

Mindfulness-Based Stress Reduction (MBSR)

Sylwia Spychała

Program: September, 2020 to January, 2022

The actual class attendance totaled 330 course hours.

In addition, completion of the requirements for a certificate included:

- Intensive self-practice of MBSR meditations and exercises in the training program
- Study of subject literature and other reading material
- Planning and teaching of one's own 8-week MBSR course under supervision of a mentor
- Creation of MBSR course materials including 3 audioinstructions for mindfulness exercises and preparation of a course participant handbook
- Intensive review of the teaching of one's own MBSR course through group indivision and/or supervision
- Conducting individual intake and exit interviews of participants in one's own course
- Completion of a written thesis and its review by institute faculty
- Mentoring process during preparation and realization diploma MBSR course

January 2022

Dr. Linda Lehrhaupt, Director IMA

Mgr Małgorzata Jakubczak, Director of Polish Institute

Faculty of the MBSR Teacher-Training Program:

Dipl. Sagra Hannich

Dipl. Rene Ryorin Slikker

Wolfgang Schroeder

Dr Aleksandra Dembińska

Mgr Katarzyna Jaguszewska-Nadrasik

Mgr Malgorzata Jakubczak

Mgr Sylwia Rogala-Marciniak