



### Course Teachers

**Frits Koster** is a Vipassana meditation teacher and a certified teacher of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). He has taught mindfulness in mental health settings, including clinics and hospitals, for many years. He has been practicing Theravada Buddhism for more than 35 years and lived as a Buddhist monk in Thailand for six years in the 1980s. He has been leading Vipassana retreats since the 1980s. He is a member of the faculty of the Institute for Mindfulness-Based Approaches (IMA), the Institute for Mindfulness (ivM) in the Netherlands as well as various training institutes across Europe. He has also trained and worked as a psychiatric nurse. He is the author of several books, including *Liberating Insight* and *Buddhist Meditation as Stress Management*. He is a Co-Author, with Erik van den Brink, of *Mindfulness-Based Compassionate Living* (Routledge, May 2015).



**Erik van den Brink** is a psychiatrist/psychotherapist and teacher of MBSR and MBCT. He is a co-founder of the Centre for Integrative Psychiatry, an innovative mental health clinic in the north of Holland. He has specialised in mindfulness-based and compassion-focused approaches in mental health. He is a guest teacher at training institutions in the Netherlands and

abroad. He has many years of experience in practicing Zen and Vipassana meditation. He has also trained in Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy (CFT) and Interpersonal Mindfulness (Insight Dialogue). He is a co-founder of the Center for Integrative Psychiatry, an innovative mental health clinic, and currently works in a psycho-oncology center in the north of Holland. He is a Co-Author, with Frits Koster, of *Mindfulness-Based Compassionate Living* (Routledge, May 2015).

### MBCL Foundation Courses

**Date:** 26th - 28th May 2017  
Or  
28th - 30th Oct. 2017  
**Venue:** Oslo, Non-Residential  
Times: Friday and Saturday 9.30 - 18.00,  
Sunday 9.30 - 15:00  
**Course Fee:** Euro 490

### MBCL Teacher Training

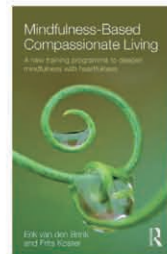
**Date:** May, 7 - 13, 2018  
**Times:** Begin: 18:30 with dinner  
End: 12:00 with lunch  
**Venue:** Oslo area (within ca. 2 hrs. drive), Residential  
**Course Fee:** Euro 1,450

The cost for accommodation and meals is in addition to the course fee.

### Registration and Information:

The registration form for the MBCL Foundation Courses and MBCL teacher training can be downloaded from the IMA web site ([www.institute-for-mindfulness.org](http://www.institute-for-mindfulness.org)) or can be requested to be sent by contacting the IMA course coordinator at [info@institute-for-mindfulness.org](mailto:info@institute-for-mindfulness.org)

### Literature



#### Mindfulness-Based Compassionate Living

A new training programme to deepen mindfulness with heartfulness by Erik van den Brink and Frits Koster  
Publisher: Routledge, 2015  
ISBN-13: 978-1138022157  
ISBN-10: 1138022152

### Institute for Mindfulness-Based Approaches (IMA)

**Info and Contact:**  
[info@institute-for-mindfulness.org](mailto:info@institute-for-mindfulness.org)

[www.institute-for-mindfulness.org](http://www.institute-for-mindfulness.org)



Institute for  
Mindfulness-Based  
Approaches

# MBCL

## Mindfulness-Based Compassionate Living

MBCL Foundation Courses 2017  
And  
MBCL Teacher Training 2018

In Norway

## What is MBCL?

MBCL is an 8-week programme that supports the development of compassion to enhance mental and physical health.

MBCL encourages individuals to cultivate a friendly and compassionate attitude toward themselves and others. The exercises help individuals experience key aspects of emotional well being.

Class participants are introduced to background information about compassion training, as well as the ways to anchor it in everyday life. A central theme is how to nurture compassion with oneself and others in the face of difficult emotions and challenging life situations.

The MBCL course consists of eight weekly sessions of 2.5 to 3 hours and a silent, all-day practice session. It is particularly suitable as a follow-up program to an 8-week course such as MBSR, MBCT or other mindfulness-based approach.

MBCL is appropriate for persons who have had some exposure to mindfulness, whether in meditation training or in the context of other offerings that incorporate it (ACT, DBT, rehabilitation or care programs).

MBCL can be particularly supportive for people living with depression, anxiety, illness, chronic pain and traumatic experience. As well, it can be beneficial to persons living a stressful life who wish to deepen their mindfulness practice with heartfulness.

## MBCL Foundation Course

### Participant Requirements for the MBCL Foundation Course

- An established mindfulness practice
- Recommended: prior participation in an MBCL, MBSR, MBCT course or other 8-week mindfulness-based approach

### Learning Objectives of the MBCL Foundation Course

- Learning the main exercises of the MBCL programme
- The curriculum of the 8 sessions of the MBCL programme will be reviewed in detail
- Introduction to the scientific foundations of compassion training and its theoretical background in western and Buddhist psychology

Free audio downloads from the Internet and the MBCL course book (Routledge, 2015) support home practice.

## It is possible to take part only in the foundation course without going on to the MBCL teacher training.

It provides an in-depth opportunity to learn and practice compassion training as well as to explore opportunities for integrating it into one's work. Participants will have a solid foundation to continue practice after the course is over.

## MBCL Teacher Training

### Learning Objectives of the MBCL Teacher Training

- Experiencing the main exercises of MBCL beyond the foundation course level
- Intensive practice teaching the MBCL curriculum, guided meditations and leading inquiry
- In-depth review of the MBCL course structure and its exercises from the teaching perspective
- Cultivating the attitudes necessary for working with compassion-focused methods
- Enhancing skills for presenting background theory on compassion training
- Clarifying participant criteria for taking part in an MBCL course
- Strengthening one's own mindfulness practice and clarifying its relationship to compassion training

### Participation Requirements

- Participation in an MBCL Foundation Course either in Norway or in another country

### And either

- Holding certification as an MBSR or MBCT teacher

### Or

- Being in the later stages of training as an MBSR or MBCT teacher with the IMA or any other recognized institute in Europe or other places

### Or

- Interested persons who are not MBSR or MBCT teachers may participate in the MBCL teacher training if they have sufficient professional experience in medical, health, social or educational fields, and have an established mindfulness practice
- They must also have significant experience in teaching mindfulness to individuals or small groups

## Retreat Experience

All participants must have taken part in a minimum five-day silent meditation retreat that includes mindfulness meditation. The retreat must be completed at the latest before the MBCL teacher training begins in May 2018.

## Professional Work Experience

Participants must have completed a professional degree or certificate training in one or more of the following fields: psychotherapy, counseling, medicine, nursing, art, dance or movement therapy, occupational therapy, mental health, physical therapy, social work, coaching, education, chaplaincy, hospice care and related professions.

## Participation in an MBCL course

Participation in an 8-week MBCL course before the training begins is strongly recommended.

However, because MBCL is new in Norway it will be more difficult to find certified MBCL-teachers. Therefore, we will accept participation in an MBSR or MBCT course with a teacher approved by the IMA (not necessarily trained by it) as a substitute.

If it is not possible to participate in an MBSR or MBCT course because of geographical limitations, it is possible to substitute an online MBCL, MBSR or MBCT course. Please discuss this with us for our recommendations.

## What you will receive upon completing the MBCL teacher training

- If you are a certified MBSR or MBCT teacher you will receive a certificate as an MBCL teacher
- If you are in the process of completing certification as an MBSR or MBCT teacher, you will receive a statement that you have completed the MBCL teacher training. When you are awarded your MBSR or MBCT certificate, you may then apply to receive an MBCL certificate
- Non-certified teachers will receive a confirmation of having completed the program. They are permitted to integrate elements of MBCL into their work