

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions

By Rob Brandsma

Download now

Read Online

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma

You must embody mindfulness in order to teach it. *The Mindfulness Teaching Guide* offers a thorough and practical guide for mindfulness teachers and professionals, offering a systematic approach to developing the teaching methods, skills, and competencies needed to become a proficient mindfulness teacher.

Mindfulness has captured public attention like never before. From the classroom to the boardroom, everyone is trying to make present moment awareness a part of daily life. Likewise, more and more professionals are adopting mindfulness-based interventions (MBIs) in their work, whether it's in healthcare, education, counseling, or social services. However, many people lack the resources needed to teach mindfulness well.

In this guide, you'll learn the three essential skills of being an effective mindfulness teacher: how to guide mindfulness practice, how to explore mindful inquiry, and how to give didactic presentations. Along with teaching underlying theory, this book also offers practical options, suggestions, examples, and even reminder lists so you can swiftly put what you learn to use. The approach in this book is descriptive instead of prescriptive, offering options instead of instructions to help you develop your own style of teaching.

If you want to improve the way you teach mindfulness—no matter what kind of setting you're in—this book is for you.

Download The Mindfulness Teaching Guide: Essential Skills a ...pdf

Read Online The Mindfulness Teaching Guide: Essential Skills ...pdf

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions

By Rob Brandsma

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma

You must embody mindfulness in order to teach it. *The Mindfulness Teaching Guide* offers a thorough and practical guide for mindfulness teachers and professionals, offering a systematic approach to developing the teaching methods, skills, and competencies needed to become a proficient mindfulness teacher.

Mindfulness has captured public attention like never before. From the classroom to the boardroom, everyone is trying to make present moment awareness a part of daily life. Likewise, more and more professionals are adopting mindfulness-based interventions (MBIs) in their work, whether it's in healthcare, education, counseling, or social services. However, many people lack the resources needed to teach mindfulness well.

In this guide, you'll learn the three essential skills of being an effective mindfulness teacher: how to guide mindfulness practice, how to explore mindful inquiry, and how to give didactic presentations. Along with teaching underlying theory, this book also offers practical options, suggestions, examples, and even reminder lists so you can swiftly put what you learn to use. The approach in this book is descriptive instead of prescriptive, offering options instead of instructions to help you develop your own style of teaching.

If you want to improve the way you teach mindfulness—no matter what kind of setting you're in—this book is for you.

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma Bibliography

- Rank: #752722 in eBooks
- Published on: 2017-05-01
- Released on: 2017-05-01
- Format: Kindle eBook

Download The Mindfulness Teaching Guide: Essential Skills a ...pdf

Read Online The Mindfulness Teaching Guide: Essential Skills ...pdf

Download and Read Free Online The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma

Editorial Review

Review

“This book is elegant, subtle, and spacious, and at the same time, rigorous and honest. Therefore it can be extremely useful to those with serious aspirations to teach and those who already do teach mindfulness in the forms of mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), and beyond. You can learn a lot about yourself by incorporating Brandsma’s high-resolution perspective into your own meditation practice and attending carefully to what if offers, both inwardly, and in terms of your own teaching. You will find that it is your own emergent embodied learning from the process that does all the work, only then it is not exactly ‘work,’ or entirely a matter of ‘doing.’”
—Jon Kabat-Zinn, founder of mindfulness-based stress reduction (MBSR) and author of *Full Catastrophe Living* and *Coming to Our Senses*

“This is a must-have book for anyone interested in teaching mindfulness! Brandsma shares his considerable knowledge of the ins and outs of teaching in a way that is incredibly helpful, including lots of concrete examples of esoteric practices like inquiry which make the process of teaching mindfulness much easier and straightforward. I wish I’d had this book when I was first learning to teach.”
—Kristin Neff, PhD, associate professor in the department of educational psychology at The University of Texas at Austin, and author of *Self-Compassion*

“This is an outstanding and welcome book! With clarity and insight based in extensive personal practice, and considerable experience teaching mindfulness, Rob Brandsma identifies essential skills and competencies, and provides in-depth examples, including scripts, citations, and historical context, to help the aspiring or experienced teacher grow, enrich, and deepen their mindfulness work with others.”
—Jeffrey Brantley, MD, founder and director of the Mindfulness Based Stress Reduction program at Duke Integrative Medicine, author of *Calming Your Angry Mind*, and coauthor of *Daily Meditations for Calming Your Anxious Mind*

“Mindfulness transforms lives. Rob’s warm but practical book will help you do this ever more effectively.”
—**Danny Penman, PhD**, coauthor of the international bestseller, *Mindfulness*

“As someone who has been involved in the teaching of mindfulness since it was first brought to the United States, I found myself continually applauding *The Mindfulness Teaching Guide* for its accuracy (not easily attained), depth, and usefulness. It will carry forward the fields of mindfulness studies and application.”
—Sharon Salzberg, cofounder of the Insight Meditation Society and author of *Lovingkindness* and *Real Happiness*

“Teaching mindfulness is as much an art as a science. It requires a firm understanding of how mindfulness can serve to reduce stress and alleviate suffering as much as the ability to make this understanding come alive, intuitively and intellectually, for others. This book is a wonderful gift. It goes far beyond what any

manual can offer, and opens the reader's perspective to what might be referred to as the 'hidden curriculum.' It serves as a companion and wise teacher, providing answers and insights from the minute details of teaching to the broader view on the inner journey of becoming a teacher. Few people are as exceptionally well placed to serve as a guide on this journey as Rob Brandsma is, having taught and supported hundreds of teachers at his center in Amsterdam, Netherlands. This book will be treasured by anyone who is passionate about teaching mindfulness."
—**Thorsten Barnhofer, PhD**, associate professor at the University of Exeter, and coauthor of *Mindfulness and the Transformation of Despair*

"This how-to guide to teaching MBSR fills an important gap, and does so with great skill, discernment, and heart. Rob Brandsma's wealth of experience shines through as he explains the artistry and practical skills of MBSR teaching. He tackles some of the most important questions inviting teachers to be the very best teachers they can be in the service of their clients, but never losing sight of the heart as the compass for this work. It is a beautifully rich and practical contribution."
—Willem Kuyken, professor of clinical psychology in the department of psychiatry at the University of Oxford

"This book is the most comprehensive guide to teaching mindfulness to date. Rob Brandsma, who has taught mindfulness for many years, including at the Dutch Parliament, systematically unpacks and addresses the subtle details of the art. No question is left unanswered. Both seasoned and novice mindfulness teachers will want this book as a reference for years to come."
—Christopher Germer, PhD, clinical instructor at Harvard Medical School, and author of *The Mindful Path to Self-Compassion*

"This lovely book is full of the sort of wisdom and insight that comes from long and thoughtful experience. The author obviously teaches a lot, and pays attention to exactly what's happening. He understands the limits of words, yet offers clear explanations and nice examples of helpful ways to phrase things. Highly recommended."
—Ruth Baer, author of *The Practicing Happiness Workbook*

"Rob is a dear colleague of mine and I have greatly enjoyed teaching together. I warmly recommend his book for both mindfulness teachers to be, and experienced mindfulness teachers. May it not only enhance their own mindfulness skills, but also that of their participants!"
—Anne Speckens, professor of psychiatry, and founder and director of the Radboud University Medical Centre for Mindfulness in Nijmegen, Netherlands

About the Author

Rob Brandsma is a licensed health psychologist, pedagogue, and author. He is cofounder and codirector of the Amsterdam *Centrum voor Mindfulness* (Netherlands) and head of its teacher training programs. As a mindfulness teacher, he has long-standing experience in teaching mindfulness-based applications, such as mindfulness-based stress reduction (MBSR) and mindfulness-based cognitive therapy (MBCT), as well as compassion-based programs.

Users Review

From reader reviews:

Bert Gomes:

What do you think about book? It is just for students since they're still students or it for all people in the world, what the best subject for that? Only you can be answered for that concern above. Every person has different personality and hobby for every other. Don't to be forced someone or something that they don't would like do that. You must know how great and important the book The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions. All type of book are you able to see on many methods. You can look for the internet sources or other social media.

Ernestine Worrell:

What do you regarding book? It is not important along with you? Or just adding material when you really need something to explain what the ones you have problem? How about your extra time? Or are you busy particular person? If you don't have spare time to try and do others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? All people has many questions above. They need to answer that question due to the fact just their can do that will. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on pre-school until university need this kind of The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions to read.

Juanita Cooke:

This The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions are reliable for you who want to certainly be a successful person, why. The main reason of this The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions can be on the list of great books you must have is usually giving you more than just simple reading food but feed anyone with information that perhaps will shock your earlier knowledge. This book will be handy, you can bring it all over the place and whenever your conditions throughout the e-book and printed people. Beside that this The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we understand it useful in your day activity. So , let's have it and luxuriate in reading.

Helen Massey:

The reason why? Because this The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret this inside. Reading this book beside it was fantastic author who also write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of rewards

than the other book have such as help improving your skill and your critical thinking way. So , still want to delay having that book? If I have been you I will go to the reserve store hurriedly.

Download and Read Online The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma #EV3FDYH6CA2

Read The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma for online ebook

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma books to read online.

Online The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma ebook PDF download

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma Doc

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma Mobipocket

The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma EPub

EV3FDYH6CA2: The Mindfulness Teaching Guide: Essential Skills and Competencies for Teaching Mindfulness-Based Interventions By Rob Brandsma