



smartEducation

Mindfulness for Educators

A 4-Week Practicum

Practicum Prerequisite

Completion of a 9 session SMART program as a participant.

Program Description

The 30-hour practicum provides participants with the opportunity to participate in the SMART program from the perspective of the facilitator.

The practicum includes experience in guiding practices, as well as debriefing on the content and structure of the 9 session SMART curriculum.

Course Overview

Wednesdays 9 am to 3 pm SMART curriculum
3 p.m.—5 p.m. SMART practicum

Tuesday — The Retreat
10 a.m. to 3 p.m. SMART Silent Retreat
2 p.m.—3 p.m. SMART Practicum

Who Should Attend

Educators and those interested in becoming a SMART facilitator. The program is a requirement of the UBC facilitator certification process for SMART Facilitators.

Facilitators: Heidi Bornstein and Stephen Chadwick



Practicum Learning Objectives

- Instruct educators in the principles and practices of SMART
- Discuss and analyze the theoretical, philosophical, pedagogical, and scientific underpinnings of SMART
- Examine SMART within the fields of Social and Emotional Learning
- Foster a coherent, active international network of SMART professionals



The Practicum in SMART is an in-depth training program offering you an opportunity to:

- Immerse yourself in the smartEducation (Stress Management and Resiliency Techniques) program
- Study the curriculum, program flow, and contextual and theoretical background of SMART
- Inquire and reflect on a range of issues arising out of the experience and principles of SMART
- Prepare and lead a seminar presentation that includes mindfulness practice, theory, and application
- Familiarize yourself with perspectives on self-care, self-compassions, and mindful awareness inherent in the SMART curriculum.

July 13 - August 3, 2016

Wednesdays

10 a.m. – 5 p.m.

Silent retreat

Tuesday, August 2, 2016

10 a.m. – 3 p.m.

The Centre for Mindfulness Studies

180 Sudbury Street, Toronto

\$1000