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TAI Letter Of Completion for Diane De Coetlogon

December 17, 2021

Dear Diane,

Congratulations on your successful completion of the Fall 2021 Online Mindfulness Based Stress Reduction (MBSR) **Teacher Advancement Intensive (TAI)** Training, offered through the Centre For Mindfulness Canada, a Global Mindfulness Collaborative in cooperation with the Mindfulness Center, Brown School of Public Health, Providence, RI.

This training was held live online, over three, three-day weekends: November 4-6, November 18-20, and December 2-4, 2021. The sessions on each day (with exception to the initial 3-hour session on November 4) were held from 7:15 AM to 7:00 PM PDT (11.75 hour days), totaling 97 hours from which 75 were direct contact hours.

The Training was taught by Kasim Al-Mashat who is authorized by the Mindfulness Center at Brown University (MC@B) to teach TAI. We used the MBSR teacher training curriculum developed by MC@B, for which we have a collaborative licensing agreement. Florence Meleo-Meyer joined us on three segments during this TAI, including November 4, November 19, and December 3. We were also visited by Jon Kabat-Zinn on the final day for a short segment.

In addition, each participant met with their cohort group and completed a teach-back assignment with a peer between the second and third weekend session. Additional time was spent prior to and during the program in study, reflection and preparation.

Through your engagement and active participation throughout the program, you exemplified qualities of steadfastness, self-reflection, openness, and presence—qualities that will support you in teaching.

Acknowledgment And Next Steps

The TAI completes the Level 1 training of MBSR Teacher Education at the MC@B, and you are now eligible to teach the full 8-week MBSR Program. You are welcome to register [here](#) as a Level 1 MBSR teacher on the Mindfulness Center at Brown's website. You can also apply for the MBSR Curriculum Study Guide & Skill-Building Workshop through MC@B. The prerequisite is having taught 1-3 full 8-week MBSR courses, or



planning to begin teaching your first course within three months of the MBSR Curriculum Study Guide & Skill-Building Workshop.

Meanwhile, to further support your journey, you may consider continuing with the following:

- Taking retreats/daily meditation
- Reflections on areas of growth and areas needing refinement
- Studying the MBSR Curriculum
- Developing MBI-TAC competencies
- Investigating areas of implicit bias - confronting if it happens in the group
- You can consider peer support from the TAI group, such a study group for MBSR underpinning or teachback group.
- Continue with leading workshops

What you may say:

Lastly, taking responsibility for the beneficial development of MBSR and the field of mindfulness in the world, requires fidelity and integrity in your announcement of the training you have completed. You may say that you have completed Level 1 of the MBSR Teacher Training Pathway, and are qualified to teach the 8-week MBSR program. Please do not state that you are certified until all training components have been completed. MBSR is a course with specific timing and elements. Your ethical contribution furthers the integrity and research that is essential for understanding the benefits of MBSR for public health and for the relief of suffering in the world.

May your journey continue to unfold with ease and you find joy on this path of teaching and learning.

With warm regards,

Kasim Al-Mashat

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