



Institute for Mindfulness-Based Approaches



Polski Instytut®
Mindfulness

Certificate

Teacher of Mindfulness-Based Stress Reduction (MBSR)

Anna Chudzyńska

Program: September 2021 to April 2023.

Class attendance totalled 330 hours.

In addition, certification requirements included:

- Intensive self-practice of MBSR meditations and exercises in the training program.
- Study of subject literature and other reading materials.
- Planning and teaching of student's own eight-week MBSR course under supervision of a mentor.
- Creation of MBSR course materials including three audio instructions for mindfulness exercises and handbook preparation for course participants.
- Intensive review of the teaching of student's own MBSR course through group indivision and/or supervision.
- Conducting individual intake and exit interviews with participants in student's own course.
- Completion of a written thesis and review by institute faculty.
- Mentoring during preparation and realization of student's own MBSR course.

Februar 2024

Linda Lehrhaupt, PhD
Director IMA

Bartosz Jakimiec, MSc
Director of Polish Institute of Mindfulness

Faculty of the MBSR Teacher-Training Program:

Małgorzata Jakubczak, MSc
Sylwia Rogala-Marciniak, MSc
Katarzyna Jaguszewska, MSc
Sagra Hannich, MSc
René Slikker, MSc
Aleksandra Dembińska, PhD