**Schedule of Events:**

**In person at Vanderbilt University Medical Center, Nashville, TN:**

March 27th & 28th, 2020

**Zoom Sessions:** Thursdays, Feb 13, April 16, April 23, April 30, May 7, and May 14, 2020

Time: 9:00-11:00am CT

**Please commit to attending all the sessions (Zoom and in person)**

**Links to the sessions provided after enrollment**

**It is important to have access to a quiet-uninterrupted space. We ask that you *arrive* into the zoom meetings five minutes early. You willneed a computer (not a tablet or phone) that has audio and video capabilities, and a strong internet connection.**

**Training in the application and use of the**

**Mindfulness-based Intervention:**

**Teaching Assessment Criteria (MBI:TAC)**

**Provided by Vanderbilt University Medical Center**

**Osher Center for Integrative Medicine at Vanderbilt**

**March 27 & 28, 2020**

**This educational activity is designated for 13.0 CE credit toward the continuing education of psychologists.**

Available for the first time in the United States, the Osher Center of Integrative Medicine at Vanderbilt, is proud to offer in collaboration with Bangor and Brown Universities, training in the use of the MBI:TAC.

This first-level training offers background and rationale of the MBI:TAC domains, and explores its use as a self-reflective, strength-based tool to support an MBP teacher's personal development, self-knowledge, and skill enhancement. In addition, this training introduces MBP teachers to some of the issues and practices of how the instrument can be used for peer feedback, mentoring and supervision.

This training is led by MBI:TAC developer, Rebecca Crane from Bangor University (Zoom sessions), and MBI-TAC trainer Lynn Koerbel from Brown University (zoom and in-person sessions).

**Registration prior to October 31st, 2019 is $485**

**After October 31st, 2019 the price will increase to $585**

**The enrollment has a limit of 30 participants**

**Registration:** Sign up at [**http://www.vanderbilthealth.com/osher**](http://www.vanderbilthealth.com/osher) or call Katrina at **(615) 343-1170**

Questions? Email Michelle Foote-Pearce @ michelle.c.pearce@vumc.org

Vanderbilt University Medical Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Vanderbilt University Medical Center maintains responsibility for this program and its content. Vanderbilt University Medical Center designates this educational activity for 13 CE credits toward the continuing education of psychologists. Course directors, planners and speakers indicated no financial relationships to disclose.

**Facilitators:**

**Rebecca Crane, PhD** directs the Centre for Mindfulness Research and Practice at Bangor University and has played a leading role in developing its training and research program since it was founded in 2001. She teaches and trains internationally in both Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction (MBSR). Her research and publications focus on how the evidence on mindfulness-based interventions can be implemented with integrity into practice settings. She has written Mindfulness-Based Cognitive Therapy Distinctive Features 2017, co-authored Mindfulness-Based Cognitive Therapy with People at Risk of Suicide, 2017 and is a Principle Fellow with the Higher Education Academy.

When booking your flight, the call letters for Nashville International are BNA.

Vanderbilt University Medical Center/Osher Center and hotel are in Mid-town Nashville, which is an easy Uber, Lyft or cab ride from the airport.

A block of rooms has been held at the Nashville Marriott Vanderbilt under the Osher name.

2555 West End Avenue, Nashville, 37203

 615-321-1300

<https://www.marriott.com/hotels/travel/bnaav-nashville-marriott-at-vanderbilt-university/>

This hotel is in front of the main campus and not far from the medical center.

Lunches will be catered during the day events. We will reach out to participants closer to the event for dietary restrictions.

Shuttle service to and from the hotel will be provided.

Lodging and Logistics:

Dr. Crane developed and validated the MBI TAC in collaboration with colleagues at Exeter and Oxford university mindfulness centers in. She was an MBCT teacher on the research trial led by Professor Mark Williams on the effective of MBCT for people with recurrent depression and suicidality. She previously worked as an occupational therapist and integrative counsellor within NHS mental health services for 15 years.

**Lynn Koerbel, MPH** is the Associate Director, MBSR Teacher Education and Curricula Development at the Mindfulness Center at Brown University School of Public Health. She has been training MBSR teachers since 2012. Most recently, she was Director of MBSR Teacher Education and Curriculum Development at the University of Massachusetts Medical School’s Center for Mindfulness in the Oasis Institute for Professional Education & Training.

Prior to her MBSR teaching and training, Lynn spent over 25 years as an integrative bodywork therapist with a focus on supporting individuals who had experienced early trauma and assisting in the integration of the body in healing. This work influenced Lynn’s deep trust in the integrity of the body and its wisdom, the nature of resilience, and the power of presence.

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