
FUNDAMENTALS FAQ'S

What is the difference between the 9-Day Intensive Fundamentals course and the 8-week Fundamentals course?

The 9-day is an intensive version of the 8-week course. In the 8-week, you meet one day a week for eight weeks with one part of the day is for Fundamentals and the other part of the day for participant-observation in a concurrent 8-week MBSR program.

The 9-day Intensive Fundamentals begins with a 5-day MBSR tools program, the intensive version of the 8-week MBSR course, and concludes with an additional 4 days with only the Fundamentals participants.

Do I have to take the 8-Week MBSR if I am going to take the Fundamentals course?

Yes, the 8-week MBSR must be taken before one can apply for the Fundamentals course.

What are the pre-requisites for Fundamentals?

The requirements are the 8-week MBSR course, participation in at least one 5+ day silent retreat, and a minimum of 1-year personal practice are required to join the Fundamentals program. Center for Mindfulness at UMass reviews all application for Fundamentals, their website is the official place to check for updated requirements for attendance to the Fundamentals program.

Do I get CEU for Fundamentals?

The CEU offered for Fundamentals are as follows:

Psychologists earn 76 CEs

Physicians earn 60 CEs

Registered Nurses earn 72 CEs

Licensed Social Workers earn 56 CEs

Licensed Mental Health Counselors earn 60 CEs

All Other Healthcare Professionals ie Licensed Professional Counselors (LPC) earn 56

Is the Fundamentals program residential?

If taking the 9-day Intensive Fundamentals program, it is often recommended to take as a residential program to make the experience more immersive. Often people taking the Fundamentals program are traveling from all over the country and around the world. Residential does not apply for the 8-week version of Fundamentals.

Is there tuition assistance for the Fundamentals program?

Yes. In the application process through Center for Mindfulness at UMass there is an opportunity to apply for tuition assistance.

Can I teach MBSR after completing Fundamentals?

Once Fundamentals is completed, you are encouraged to teach "Introduction to Mindfulness" workshops. You may not market yourself as an MBSR instructor, or your program as MBSR.

What are the steps after Fundamentals to become an MBSR instructor and teach the MBSR program?

After completing the Fundamentals course, you are required to participate in another 5+ day silent retreat, and apply and complete the Practice Teaching Intensive (PTI). You are then a qualified MBSR instructor. This criterion is subject to Center for Mindfulness at UMass approval.