

# Practice Mindfulness Everyday

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# SMART

(Stress Management and Resiliency Techniques)

## Facilitator Training Pathway

# Contents

## Table of Contents

<b>Contents</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>1</b>
<b>Framework</b> .....	<b>2</b>
<b>What is SMART?</b> .....	<b>2</b>
<b>Course Format:</b> .....	<b>2</b>
<b>Learning Outcomes:</b> .....	<b>2</b>
<b>SMART Training Pathway:</b> .....	<b>2</b>
<b>20-HOUR SMART Overview</b> .....	<b>8</b>
<b>SMART Facilitator Certification Ontario</b> .....	<b>9</b>
<b>SMART Facilitator Certification:</b> .....	<b>9</b>
<b>Prerequisites:</b> .....	<b>9</b>
<b>Academic Qualifications:</b> .....	<b>9</b>
<b>Certification Training Program (140 hours):</b> .....	<b>9</b>
<b>Assessment and Expectations:</b> .....	<b>9</b>
<b>SMART Facilitator Certification Visual Pathway</b> .....	<b>10</b>

## Framework

This document sets out a pathway that describes how to train SMART facilitators. It is based on expert opinion and consensus, as well as references the training that was completed by SMART teachers in the research that informed the evidence base for SMART. Our intention in setting out this pathway is to help potential SMART facilitators identify appropriate training and to support our Mindfulness Everyday community.

## What is SMART?

*Trauma-Sensitive, SEL\*-informed and EDI\*\*-Aware*

*\*SEL = Social and Emotional Learning | \*\*EDI = Equality, Diversity, and Inclusion*

SMART is a 9-session evidence-based course that helps participants to better manage work-related and personal stress, cultivating emotional balance.

SMART integrates teachings, practices, and research from (MBSR) Mindfulness-Based Stress Reduction, (MSC) Mindful Self-compassion, Emotional Literacy, Mindful Movement, and draws on Positive Psychology, including Kindness and Compassion training.

Each session consists of presentations, group discussions and experiential practices in mindfulness, including mindful movement, visualization, and mindfulness meditation. A 4-hour silent retreat and weekly home practice is also part of the course. Previous experience with mindfulness is not required.

### Course Format:

SMART workshops are delivered in two live formats: in-person and online. The 20-hour program is delivered in a workshop setting, consists of 8 x 2-hour sessions, a 4-hour silent retreat and includes home practice. Successful participants receive a SMART© Certificate of Completion.

### Learning Outcomes:

The course trains participants to:

- Manage stress through a greater understanding and control of emotions.
- Employ self-care techniques to cultivate personal and professional resilience.
- Create effective strategies for relating to challenging situations.
- Enhance concentration and executive function (planning, decision-making, and impulse control).
- Revitalize purpose, personally and professionally.
- Improve your overall mental and physical health.
- Promote happiness through healthy habits of the mind.

The sessions are engaging, interactive and highly participatory. SMART helps you develop inner strength and resilience to be with the challenges of life.

## SMART Training Pathway:

- Offers a coherent, stepped approach.
- Is evidence-based relying on and generating the best available evidence to inform the training.
- Integrates formal teaching with workshops/residential mindfulness trainings, skills training and supervision/mentoring.
- Uses the Mindfulness-based Interventions Teaching Assessment Criteria (MBI-TAC) (R. S. Crane et al., 2013) both to support SMART facilitator learning and to assess competency when teachers graduate from the training program and are selected to be listed as a SMART facilitator on the Mindfulness Everyday website.
- Expects SMART teachers to work within the ethical codes of their professional bodies. If they do not have such a code, training and attention to codes set out by the most relevant professional body are suggested as a safeguard and to promote good practice (Baer, 2015).

# 20-HOUR SMART Overview

Eight 2-hour classes, one 4-hour retreat

Each 2-hour session breakdown (vertical alignment):

- Opening practice (30 minutes)
- Discussion/Q&A, starting with pairs followed by whole group (total 30 minutes)
- New material/activities (45 minutes)
- Practice and closing (15 minutes)

<p><b>1. INTRODUCTION</b></p> <ul style="list-style-type: none"> <li>• Pause practice</li> <li>• Instructor introduction</li> <li>• Course introduction</li> <li>• Well visualization</li> <li>• Group introductions</li> <li>• Raisin practice</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: pause practice, mindful listening, mindful eating</i></p>	<p><b>2. INTRODUCTION TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>• Standing PAUSE Practice leading to Circle of Joy</li> <li>• Body scan</li> <li>• Triangle of awareness</li> <li>• Dyads and discussion</li> <li>• Setting intentions/three questions</li> <li>• Sitting (breath/noticing thoughts)</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: movement, body scan, mindful listening, sitting</i></p>	<p><b>3. RESPONDING VS. REACTING (Perceptions and stress)</b></p> <ul style="list-style-type: none"> <li>• Mindful standing movement</li> <li>• Body scan</li> <li>• Dyads and discussion</li> <li>• Perception and stress reaction and response charts</li> <li>• Sitting (breath, sensations)</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: movement, body scan, mindful listening, sitting</i></p>
<p><b>4. SELF-COMPASSION</b></p> <ul style="list-style-type: none"> <li>• Mindful standing movement</li> <li>• Self-Compassion practices</li> <li>• Dyads and discussion</li> <li>• Group discussion</li> <li>• Kindness to Self practice</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: movement, soothing touch, self-compassion, self-kindness</i></p>	<p><b>5. GUIDED RETREAT HALF DAY</b></p> <ul style="list-style-type: none"> <li>• Welcome and guidelines</li> <li>• Floor mindful movement</li> <li>• Body scan</li> <li>• Open awareness</li> <li>• Lunch / Dinner</li> <li>• Standing &amp; Mountain Visualization</li> <li>• Mindful Walking</li> <li>• Kindness</li> <li>• Closing Circle</li> </ul>	<p><b>6. EMOTIONS</b></p> <ul style="list-style-type: none"> <li>• Mindful standing movement</li> <li>• Emotions &amp; Feelings States Visualization / Emotional Awareness Reflection / Practice</li> <li>• Dyads and discussion</li> <li>• Emotions</li> <li>• Ocean Visualization</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: movement, sitting, ocean</i></p>
<p><b>7. WORKING WITH STRONG EMOTIONS - ANGER</b></p> <ul style="list-style-type: none"> <li>• Mindful standing movement</li> <li>• Sitting (breath, body sensations, feelings)</li> <li>• Dyads and discussion</li> <li>• Working with anger</li> <li>• R.A.I.N Practice</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: movement, sitting, R.A.I.N</i></p>	<p><b>8. KINDNESS AND COMPASSION</b></p> <ul style="list-style-type: none"> <li>• Mindful standing movement</li> <li>• Kindness Practice</li> <li>• Dyads and discussion</li> <li>• Compassion, Kindness, Appreciation, Gratitude, Discussion</li> <li>• Gratitude Circle</li> <li>• Assign home practice</li> <li>• Closing</li> </ul> <p><i>Practices: movement, sitting, kindness, gratitude circle</i></p>	<p><b>9. BEGINNINGS AND ENDINGS</b></p> <ul style="list-style-type: none"> <li>• Mindful standing movement</li> <li>• Giving and Receiving Compassion</li> <li>• Dyads and discussion</li> <li>• Being/doing, resources, and the packet</li> <li>• Visualization, "What's next?"</li> <li>• Closing circle</li> <li>• Closing poem</li> </ul> <p><i>Practices: movement, giving and receiving compassion</i></p>

# SMART Facilitator Certification Ontario

(Stress Management and Resiliency Training)

The SMART teacher training consists of 60-hour facilitator training, 40 hours of practicum, assisting, co-teaching, 30 hours of mentoring instruction, and 20 hours of self-study in SMART program delivery.

## SMART Facilitator Certification:

- Offers a coherent, stepped approach.
- Integrates formal teaching with workshops/residential mindfulness training, skills training, and supervision/mentoring.
- Uses the Mindfulness-based Interventions Teaching Assessment Criteria (MBI-TAC) (R. S. Crane et al., 2013) to support SMART facilitator learning and assess competency when teachers graduate from the training program.
- Expects SMART teachers to work within the ethical codes of their professional bodies. If they do not have such a code, training and attention to codes set out by the most relevant professional body are suggested as a safeguard and to promote good practice (Baer, 2015).
- Is evidence-based relying on and generating the best available evidence to inform the training.

### Prerequisites:

1. Completion of one online or face-to-face Mindfulness-Based Stress Reduction course (MBSR) as a participant.
2. An established mindfulness practice including meditation and mindful movement.
3. Experience leading groups.

### Academic Qualifications:

- Undergraduate degree in education, psychology, health sciences, social work, or equivalent degree, or Advanced professional degree and/or equivalent experience.

### Certification Training Program (150 hours):

1. SMART Session Attendance: Attend a 9-session SMART course and fulfill course requirements (20 hrs.).
2. Mindful Self-Compassion (MSC) Short Course: Attend a 6-session MSC course and fulfill course requirements (10 hrs.).
3. 3-Day Foundations: Receive training in facilitation skills for SMART program delivery, including guiding practice, mindful movement, and curriculum review (12 hrs.).
4. Practicum: Engage in interactive sessions to receive feedback, coaching, and mentoring in facilitating discussions and managing groups (20 hrs.), along with session preparation (10 hrs.) and mentoring (10 hrs.).
5. Facilitation & Mentoring: Co-teach SMART sessions with a fellow trainee, receive mentoring, and provide sessions to a designated population (20 hrs.), with additional mentoring (10 hrs.).
6. Self-Study: Participate in ongoing professional development with Mindfulness Everyday, including directed self-study, resources, relevant research, and articles (20 hrs.).
7. Guided Silent Retreat: Complete a residential teacher-led silent retreat lasting three to five days (18 hrs.).

### Assessment and Expectations:

- Adherence to the ethical codes of professional bodies.
- Use of the Mindfulness-based Interventions Teaching Assessment Criteria (MBI-TAC) for competency assessment.
- Emphasis on an evidence-based approach to inform training and practice.

## SMART Facilitator Certification Visual Pathway

### Prerequisites

1. Completion of MBSR course.
2. Established mindfulness practice.
3. Experience in leading groups.

### Academic Qualifications

Undergraduate degree in relevant fields or equivalent, or advanced professional degree and/or equivalent experience.

### Certification Training Program 150 Hours

#### Completion of:

- 20 hrs: SMART Course
- 10 hrs: MSC Short Course
- 12 hrs: 3-Day Foundations
- 40 hrs: SMART Practicum
- 30 hrs: Facilitation & Mentoring
- 20 hrs: Self-Study
- 18 hr: Guided Silent Retreat

**Note:** Completion of the certification training components does not guarantee certification; additional training or mentoring may be recommended.