



May 5, 2020

Dear Geneviève Hamelet,

Congratulations!

This letter acknowledges and confirms your successful completion of the MBSR Professional *Train the Trainer* Teacher Development Program and recognizes you as an MBSR Teacher Trainer.

Your development as an MBSR Teacher Trainer consisted of ten (10) months of live, online course work, as well as mentoring, or in-vivo apprenticing, and assessment while actively teaching each of the MBSR teacher training programs. You are authorized to teach MBSR Foundations, MBSR Teacher Advancement Intensive (TAI), MBSR Individual Mentoring, MBSR Study Group and Skill-Building Workshop, and the MBSR Teacher Certification Review process. Your experience, knowledge and wisdom in offering MBSR teacher trainings are recognized as are your understanding, skill and sensitivity to the development of new teachers. It is a joy to acknowledge you as authorized to offer all programs in the MBSR Teacher Training.

Your years of commitment and dedication to practice, learning, study, and to the larger intention to serve the world through teaching MBSR, have supported your development as a superb MBSR Teacher-Trainer. We feel confident that your MBSR students will receive a teacher training that is compassionate, rigorous and comprehensive.

With this acknowledgement, the Mindfulness Center at Brown University School of Public Health recognizes your alignment with the ethos that is intrinsic to MBSR:

- To do no harm;
- To recognize the inherent wholeness in each human being, complete as they are;
- To understand that knowledge and wisdom reside in the body as well as in the mind and cognition;
- To foster a presence and stance of inclusivity and welcome.



You are authorized to teach all MBSR Teacher Training programs using the curricula provided to you from the Mindfulness Center.

With respect and appreciation,

A handwritten signature in cursive script, reading "Florence Meleo-Meyer".

Florence Meleo-Meyer, MS, MA, LMFT
Program Director,
Global Relations and Professional Education,

A handwritten signature in cursive script, reading "Lynn Koerbel".

Lynn Koerbel, M.P.H.
Assistant Director
MBSR Teacher Education and Curriculum Development

A handwritten signature in cursive script, reading "Dianne Horgan".

Dianne Horgan
Associate Director, Mindfulness Center

A handwritten signature in cursive script, reading "Eric B. Loucks".

Eric B. Loucks, Ph.D.
Associate Professor, Department of Epidemiology
Director, Mindfulness Center