



## Supporting Integrity in Teaching & Training

### SiTT Group Overview Supporting Integrity in Teaching & Training

#### Session Details

Session Title	SiTT Group Monthly Supporting Integrity in Teaching & Training
Course Lead	
How Long is the Session	
Who is it for?	
Where is it held?	
How many people can attend?	
How much does it cost?	
How do I join?	
Organised by:	
Contacts:	

#### What is it about?

By coming along to a SiTT Group you become part of a local community of mindfulness teachers and trainees who adhere to good practice guidelines for mindfulness based Teaching and Training.

The group comes together monthly to sit, reflect on teaching and personal practice, and to offer kindness, support and inspiration to one another as we continue on our journey of personal and professional development.

Part of the intention of SiTT is to cultivate a shared sense of integrity and good practice within the group. In the absence of local guidelines, we ask all participants to adhere to the UK Good Practise Guidelines for Mindfulness based teachers



## Supporting Integrity in Teaching & Training

### What to expect

Each session starts with a short sit of around 20 minutes to allow us time to settle and fully arrive together.

We find it works best if people enter the room and join the practice in silence. This helps us to create a focused intention for our time in the space as well as making sure that we start on time! After that there is time to check in and reflect on our teaching and practice either around a particular theme or whatever is alive for people in the room. We then have time for refreshments and socialising before finishing with a longer sit to end the session.

Honouring confidentiality and mutual respect allows us to create a safe space for whatever arises during the sessions. You are welcome to attend all or just some of the sessions, but we ask you to confirm attendance. If you attend regularly you can apply to use the SiTT logo on your documentation.

### Who is it for?

1. You are eligible for SiTT group Membership if:
  - You have completed - or are in the process of completing -mindfulness teacher training with a recognised Mindfulness teacher training organisation.
  - You are currently teaching and receive regular supervision from a suitably qualified Mindfulness Supervisor
  - You maintain Standards as outlined in the UK Good Practice Guidelines for Mindfulness -Based teachers.

### Who Facilitates?

The Co-ordinators are:

emails:

The facilitator each week will be one of the members who will run the session in accordance with the Guidance for Facilitators. This provides an opportunity for members to practise / demonstrate skills relating to the MBI-TAC domains.



# Supporting Integrity in Teaching & Training

## Session Themes

It is normal for SiTT groups to choose an overarching framework for discussion and from within this, choose a theme for each SiTT Group.

Overarching frameworks could include, for example:

- MBI-TAC criteria for Assessing Competence for in Mindfulness Based Teaching,
- Attitudinal Foundations of Mindfulness as described by Jon Kabat-Zinn, or
- The Weekly sessions of an 8-week Mindfulness Based Intervention

Themes Once the overarching framework for discussion is chosen, each session would look at one of the themes (examples given below). Participants are invited to share any issues relating to their teaching and maintaining integrity in teaching, and where possible relate to the theme of the evening.

### ➤ **MBI-TAC Themes**

- Domain 1: Coverage, Pacing and Organisation of the Session Curriculum
- Domain 2: Relational Skills
- Domain 3: Embodiment of Mindfulness
- Domain 4: Guiding Mindfulness Practices
- Domain 5: Conveying Course Themes through Interactive Inquiry and Didactic Teaching
- Domain 6: Holding the Group Learning Environment

### ➤ **ATTITUDUNAL FOUNDATIONS OF MINDFULNESS Themes**

- Non-judging
- Patience
- Beginner's mind
- Trust
- Non-striving
- Acceptance
- Letting go
- PLUS
- Commitment, Self-Discipline, and Intentionality.

### ➤ **8-WEEK PROGRAMME SESSIONS Themes** (MBCT titles given here: Adapt for MBSR,

MBCT-L, MBCP, MBRP, Finding Peace etc

- Introduction and Orientation Session
- Session 1: Awareness & Automatic Pilot
- Session 2: Living in our Heads
- Session 3: Gathering the Scattered Mind
- Session 4: Recognising Aversion
- Session 5: Allowing/Letting Be
- Session 6: Thoughts are not Facts
- Day of Silent Practice
- Session 7: How can I best Take care of Myself?
- Session 8: Maintaining and Extending New Learning



# Supporting Integrity in Teaching & Training

## Guidance for Facilitators

### ➤ Starting the Session

- SiTT meetings begin in silence, maintained until after the arrival practice. This is to ensure the meetings start with a focussed intention and socialising is kept for the tea break.
- If new members are present it may be necessary for the facilitator to say a few words at the start to make this clear.

### ➤ Arrival sit

- 20 mins, Silent.

### ➤ Briefly introduce the ethos and intentions of SiTT

- to facilitate free/affordable peer support for practice and teaching
- to cultivate a shared sense of integrity and good practice within the group
- to build a local network of mindfulness teachers adhering to good practice
- to create a broader community of support for good practice within the field

### ➤ Very brief introductions around the room

- Name and context of teaching
- 1 minute each

### ➤ Brief overview of plan for the evening with rough timings

### ➤ Establish Confidentiality

### ➤ Group Discussion: Related to Theme

- 40 mins
- Space to reflect on teaching and practice
- The theme should provide a loose framework for discussion
- Ensure session theme is balanced with space for anything alive in the room

### ➤ Tea Break

- 20 mins

### ➤ Closing Sit

- 30-40 mins
- Silent or Guided

### ➤ Close Session

- Invite donations. Donations are used solely for the purpose of supporting the SiTT Group: Admin / Facilities / etc.
- Any surplus will be put toward future events.
- Thank You and Goodbye



## Supporting Integrity in Teaching & Training

### Guidance for Coordinators

- The local coordinator creates the space for the meeting either by arranging a venue or by hosting online. The space is made available for teachers to come together once a month on a regular day (eg. the last Thursday of the month) where possible.
- Local coordinators organise a rolling rota of facilitators; adding to this, as new members join.
- Local coordinators complete a spreadsheet with times, dates and location of meetings and send to Events List. One schedule of events can include meetings in advance for the year ahead.
- Email addresses and contact information for all members that attend groups should be recorded and forwarded to [SiTTMindfully@gmail.com](mailto:SiTTMindfully@gmail.com).
- Once every three months local coordinators come together online to meet, practice and share learning.



## Supporting Integrity in Teaching & Training

### SiTT Community

#### What is SiTT?

SiTT facilitates a community of mindfulness teachers, trainers and MBI-TAC assessors that acknowledge one another's experience and expertise and support each other to meet ongoing good practice guidelines. All SiTT affiliated activities, including monthly group meetings, community days and retreats, are run and led by the participants on a co-operative basis and are therefore described as "peer-led". This approach, conducted mindfully and in an atmosphere of mutual care and co-operation, means the events are a form of practice in and of themselves. SiTT believes that formal supervision and teacher led retreats are necessary for ongoing good practice. The peer-led model is intended as an additional support to mindfulness teaching and training and not as an alternative in meeting Good Practice Guidelines. The role of SiTT is to facilitate peer-led activities by connecting members, arranging logistics, guidelines and personal contact for information, advice and support. The aspiration is for SiTT to develop a community of mindfulness teachers, trainers, trainees and assessors.

#### Foundations of the SiTT Community

Mindfulness practice leads to a greater awareness of our common humanity. We all get stressed, we get scared, we worry. We all generally want to be happy, love, feel loved and have peace of mind; it is part of the human condition. Through practice we also become aware that the quality of our lives is directly related to the way we act and react to other people, that we are fundamentally interconnected, and that competition and personal gain therefore make little sense. These realisations are, however, strikingly easy to forget as we go about our day to day lives, especially our professional lives – even as mindfulness teachers. Reminding ourselves of this is a practice and this practice forms the foundation of the SiTT Community.

#### Background and Beginnings

SiTT started with a group of mindfulness teachers based in Exeter who recognise the value of community in commitment to personal practice and authentic teaching. Others came on board and the SiTT community started to grow. SiTT members attend monthly group meeting and peer-led community days.

#### Objectives

1. To facilitate a community of mindfulness teachers, trainers, trainees and assessors that support one another to uphold integrity and meet good practice guidelines.
2. To enable mindfulness teachers to use relationships within the community as an opportunity to practice self-awareness and common humanity.
3. To lower the financial commitment of meeting ongoing good practice requirements for the mindfulness teaching community.



## Supporting Integrity in Teaching & Training

### **SiTT Teacher Meetings**

Monthly meetings offer teachers the space to come together for practice, peer reflection and connection. The 2-hour meetings start in silence which is maintained until after the 20-minute arrival sit. This is followed by a 40-minute peer reflection segment in which mindful communication and skilful responding support teachers to reflect around a theme, such as one of the domains of the MBI-TAC, an attitudinal foundation or something more specific to their specialism. The group then moves into a 20-minute tea break in which connections and relationships are formed in areas outside of mindfulness teaching. The group comes back together for the final 40-minute sitting practice.

Members can attend any open group once as a participant and then enter the rotation to facilitate the monthly meetings. This may feel like a challenge for some which presents a valuable opportunity for using practice to resource and turn towards. Those wishing to set up a new group, either open to any community member or closed for those working within a specialism, should contact [SiTTmindfully@gmail.com](mailto:SiTTmindfully@gmail.com).

### **SiTT MBI-TAC Assessor Meetings**

SiTT offers the space for MBI-TAC assessors to come together to cultivate reliability, kindness and consensus in the assessment process. The foundation of SiTT assessor meetings is the cultivation of compassion, both for the trainee under assessment and to the self within the role of assessor. The assessment process involves critiquing others, which can sometimes bring with it a sense of being an 'imposter'. The peer connection and support in the SiTT community, and a focus on befriending, can provide an antidote to this.

Meetings are peer-led and held quarterly online, enabling assessors from international teacher training organisations to join. The two-hour meetings start with a thirty-minute compassion-based practice. This is followed by a one-hour peer reflection segment in which the group reflect on the assessment of MBA teaching, through the lens of an alternate domain of the MBI-TAC. This discussion may be resourced by a case study, a piece of written feedback or a short clip of teaching and provides the opportunity for assessors to share in one another's wisdom and experience of trainee assessment. The group comes back together for a final 30-minute practice before closing.

Membership to a SiTT Assessor group demonstrates adherence to good practice. The SiTT membership list is therefore a place for international training organisations to refer, when building or expanding their assessment teams. Assessors that regularly attend SiTT Assessor meetings, will be able to use the SiTT Assessor logo to demonstrate their commitment to ongoing good practice.

### **Community Days**

While monthly meetings support connections between teachers working closely with one another, either by geography or by specialism, Community Days bring together teachers, trainers and trainees applying mindfulness across a range of fields and locations. This creates a bigger container for learning and connection. Workshops focus on mindful communication, community building and peer reflection on teaching and practice. Community days are also an opportunity for members to get updates based on shared learning from the community.



## Supporting Integrity in Teaching & Training

### Peer-Led Retreats and Practice days

Peer-led retreats and practice days bring mindfulness teachers together to work cooperatively and share responsibility for supporting one another to uphold good practice. Turning towards the challenge of co-leading a retreat is a wonderful opportunity to work with our own habitual patterns of thought and behaviour and a place in which we can connect in our common humanity. The ethos is of shared contribution. Everyone takes responsibility for guiding practice, facilitating sessions, cooking, cleaning and all other aspects of leading the retreat.

### SiTT Community

- A choice of monthly SiTT Group meetings, either in person or online.
- SiTT Group induction for those wishing to set up new groups. Groups can be open to the whole community or closed to those working within a specialism.
- Ongoing support and coordination for monthly groups, community days and retreats and further development of the broader SiTT community.
- SiTT member logo to demonstrate commitment to good practice
- Community Days
- Practice days
- Peer-led Retreats
- Facebook and Whatsapp Groups

### SiTT Contributions

To contribute to the SiTT community, you can either

- ✓ Offer your time in coordinating a local group, either in person or online.
- ✓ Offer to assist with the administration of SiTT
- ✓ Offer to donate.

Some members offer a monthly donation via direct debit, others donate annually. We also welcome singular contributions. 100% of all donations and contributions go towards supporting the community to continue, grow and hopefully one day flourish.

If you would like to contribute to SiTT please contact [SiTTMindfully@gmail.com](mailto:SiTTMindfully@gmail.com)