

SMT® Teacher Training Course Syllabus

By virtue of its content, the 2.5 year over-lapping training in the facilitation of Stillness Meditation Therapy serves the purpose of extended learning in a relaxed and co-operative environment. It is a requirement that at least one SMT program of 16 sessions (or equivalent) is completed prior to commencing training and that at least one maintenance program (of 16 sessions) is undertaken for each year of training. Topics within training include:

Personal reflection

Why and how you might assist others using Stillness Meditation Therapy – within your profession or as an adjunct to personal practice; how your personal experience of SMT might strengthen your understanding and skills

History of meditation

A range of meditation styles and practices will be observed for comparative discussion

Physical and psychological effects of meditation

SMT as the original therapeutic meditation, requires knowledge of physiological and psychological issues. The rudiments of these will be explored together with counseling strategies and first aid requirements

Meditation for therapeutic use

In examining some of the vast amount of data on the benefits of meditation currently available, focus will be drawn to the indications and contraindications of the therapeutic use of meditation. Particular attention is given to the management of rare or unusual client reaction

Dr Ainslie Meares

Exploration of the theory and principles surrounding Meares' work including understanding and isolating his unique approach; the elements of teaching success; practical application; outcomes; difficulties and obstacles to client progress

Teaching across the life span

Discussion and investigation of the use of Stillness Meditation Therapy for assistance with life issues from childhood to the aged

Reading and self directed learning

This is essential for self integration of the SMT approach. Students are required to read extensively including books by Ainslie Meares and Pauline McKinnon as per reading list provided. Books are available at the SMT Centre for purchase or loan to assist in the student's knowledge and application of SMT

Client management and case studies

1st year students will gain relevant information from observing case studies and 2nd year students are encouraged to commence restricted teaching for self observation. Frequently asked questions (FAQ's) will come under detailed discussion. In 2nd year, students may participate in professional sessions conducted at the SMT Centre

Ethics and empathic skills

Emphasis is placed on exceptional ethical standards in the facilitation of SMT and within all professional client interaction. The skills surrounding the ability to facilitate SMT (explanation, use of monologue and voice, movement, timing, communicative touch etc. will be explored and practiced.

Practicum (2nd year students)

This includes demonstration sessions within the student group and participation and assessment at the SMT Centre with supervised constructive criticism from peers

Course Assignment

An assignment will be distributed at the end of 2nd year training for completion prior to graduation (as set out therein)