

# Stillness Meditation Therapy (SMT®)

## TEACHER TRAINING COURSE WITH PAULINE MCKINNON

Pauline McKinnon is the Founding Director of the Stillness Meditation Therapy Centre in Melbourne. The integrity of the SMT Teacher Training Course is derived from her 33 years personal and professional experience as a Stillness Meditation teacher and psychotherapist. Pauline is a pioneer in anxiety awareness and a leading authority on meditation and on natural anxiety management. This course is developed from the teaching of Australian psychiatrist, Dr Ainslie Meares who originated the use of meditation as a form of therapy. His approach is non-sectarian and unrelated to other forms of meditation. Pauline is the only person acknowledged by Meares as an exponent of his style of meditation.

### Assumptions

The Teacher Training Course is based on the following assumptions:

- The uniqueness, theory and principles of the authentic Meares form of meditation is recognised
- SMT is assimilated into students' own lives
- Facilitation of SMT requires Continuing Professional Development
- The therapeutic use of SMT is conducted within the parameters of each student's vocational expertise and qualifications
- Some potential students' interest in training may be intended for purely personal growth

### Course Structure

Participants are required to complete approximately 250 hours' training over a 2.5 year period. This includes compulsory attendance at the Annual SMT Conference.

Training sessions are held at the Stillness Meditation Therapy Centre one Saturday morning per month from February to November inclusive each year. A schedule of dates is provided.

The course is conducted in a relaxed, supportive environment. It is essential and expected that participants read widely from the book list supplied. The history, principles and uniqueness of SMT are examined and studied and topics covered include all aspects of meditation in general. Teaching includes practical strategies in applying this form of meditation, as well as education in Meares' theory and the surrounding physiological, psychological, philosophical and spiritual influences. The training is based on Pauline McKinnon's extensive body of work at the Stillness Meditation Therapy Centre. The environment supports participants in their own development while learning to assist others towards health and wellbeing. A syllabus can be viewed online:

<http://stillnessmeditation.com.au/stillness-meditation-therapy-centre/>

A distance education option of the course is available. Please contact us for more information.

### Eligibility

This Course is ideal for candidates who have a genuine interest in meditation as a therapeutic intervention and who recognise the benefits of natural stress and anxiety management. The course is ideally suited for:

- Health care professionals: e.g. medical doctors, social workers, counsellors, psychologists, occupational therapists, nurses, aged care or paediatric care professionals, etc.
- Education professionals: primary and secondary school teachers, principals and other specialist education professionals
- HR training and development professionals
- Personal development and growth
- Family sharing and parenting skills

All candidates must be mature minded, committed to learning and training in SMT as a form of therapy, sensitive to the needs of others and be skilled in working with people. Acceptance of candidates will be dependent upon individual assessment carried out by the SMT Centre at an initial consultation.

### Prerequisites:

- Initial consultation to determine eligibility
- Completion of at least one SMT Standard program or equivalent, within two years **prior** to commencing Teacher Training. *(If more than two years have passed, a follow up consultation and refresher course must be undertaken)*
- Acceptance of formal application
- Commitment to regular personal practice of SMT
- Completion of at least one maintenance SMT course of 12 sessions during each year of training.

The above requirements are designed to assist personal integration of Stillness Meditation Therapy. These requirements are essential to the integrity of the course and the appropriate level of knowledge and experience to be gained before leading classes or otherwise teaching the SMT approach.

## Course content and contact hours (2.5 year period)

Prerequisite Standard SMT course or equivalent	12
Session attendance	60
Self directed learning (topical and comparative reading, research, experiential and practice sessions)	60
Completion of assignment & practicum (minimum)	40
Minimum of 1 maintenance SMT course per year of training	36
Annual conference attendance	24
<b>Year 1</b>	Attendance at 10 x 2.5hr monthly group sessions comprised of the SMT stillness experience; group exercises and discussion themes relating to Dr Meares' work; attendance at the Annual Accreditation Conference; completion of a 12 session SMT maintenance program
<b>Year 2</b>	As above together with supervised practice sessions
<b>Year 3</b>	Group supervision; 3 practicum sessions; completion and submission of a written assignment; completion of a 12 session SMT maintenance program; attendance at the Annual Accreditation Conference.

Course participants are also encouraged to attend and assist at various workshops and seminars presented by the SMT Centre to expand their own understanding and experience of SMT in different environments and settings.

## Learning Outcomes

On completion of the course, students will:

- demonstrate a full understanding of Meares' theory and display confidence in the process, objectives and outcomes of SMT
- enhance and deepen their personal experience of SMT and its benefits to health and wellbeing
- Equip health care, education and other professionals with the ability to include SMT as an adjunct to and within the parameters of their vocational expertise and qualifications

## Accreditation

At satisfactory completion of training:

- A Certificate of Accreditation will be granted by the Stillness Meditation Therapy Centre to those students who complete all assessment criteria, including the written assignment and practicum sessions.
- A Certificate of Completion will be granted by the Stillness Meditation Therapy Centre to those students who undertake the course for personal development.

## Schedule of Fees

- Year 1** \$2,150 (includes maintenance SMT program of 12 sessions & Annual Conference)
- Year 2** \$2,150 (includes maintenance SMT program of 12 sessions & Annual Conference)
- Year 3** \$750.00 (includes maintenance SMT program of 12 sessions & Annual Conference)

50% deposit required within seven days of acceptance of your application to secure your place; balance payable by the first week of February of each calendar year. Payment plan available on application. Note: the above fees do not include the prerequisite Standard SMT program which must be undertaken prior to commencing Teacher Training.

All fees include GST, are non-refundable and are subject to revision without notice.

## Course Recognition

The Teacher Training Course is recognised by the Meditation Association of Australia (MAA). Please note completion of this course does not automatically guarantee MAA membership as applicants may need to satisfy other membership requirements. See [www.meditationaustralia.org](http://www.meditationaustralia.org) for details.

## Certificates & Accreditation

Certificates are presented to graduates at the Annual SMT Conference in the year following second year training. Accreditation is valid for 12 months from the day of the Conference. Attendance at this event each year is compulsory for all graduates in order to maintain accreditation. Failure to attend the Conference or to undertake the equivalent substitute arrangements will result in lapsed accreditation. To be re-accredited, further training must be undertaken.