THE MINDFULNESS CENTRE TEACHER TRAINING FACULTY:

FOUNDER DIRECTORS:

Josephine Lynch, Dip. Ac., Dip. Herbal Med., M.A. Mindfulness-Based Approaches, Bangor University, has also gained the Certificate of Competence to Teach Mindfulness-Based Courses from the Centre for Mindfulness Research & Practice at Bangor University. Most of her career was in Mind/Body medicine with such modalities as shiatsu, acupuncture and herbal medicine. She studied counselling in Maynooth University and has been interested in ecology and environmental issues for many years.

Josephine has received substantial training in offering supervision to mindfulness teachers with Cindy Cooper at Bangor University and recently completed a 2-year in-depth course in Buddhist Psychology with the Bodhi College, with whom she continues to study. She trained in teaching Mindful Self-Compassion with Chris Germer and Kristin Neff. Josephine has been teaching MBSR since 2005, making her one of the first people to bring MBSR to Ireland. She is a Senior Lecturer on the UCD School of Psychology’s M.Sc. in MBIs and is the Chairperson on the first Board of Directors of the Mindfulness Teachers Association of Ireland, the emerging professional body for teachers of evidence-based MBIs.

Helen Byrne, B.A., H.Dip.Ed., Dip. Psych.(post-grad.), M.A. in Mindfulness-Based Approaches (with distinction) from Bangor University. Helen qualified as a Family Therapist with the Clanwilliam Institute in 1996 following a 3 Year Clinical Training Programme. She trained as a Yoga teacher with the Yttc and YTI in 2004 and 2005. She trained in offering supervision to mindfulness teachers with Cindy Cooper at Bangor University and recently completed a 2-year in-depth course in Buddhist Psychology with the Bodhi College, with whom she continues to study. She also trained with Christopher Germer and Kristin Neff in teaching Mindful Self-Compassion.

Helen’s background is in education and the community and voluntary sector. She has been teaching mindful movement since 2004 and MBSR/MBCT in various contexts since 2008. She is a Senior Lecturer on the UCD School of Psychology’s M.Sc. in MBIs.

Josephine and Helen have received substantial training in the use of the Mindfulness-Based Interventions: Teacher Assessment Criteria (MBI:TAC) from Dr. Rebecca Crane. The MBI:TAC is regarded as the gold standard in the assessment of mindfulness teachers and is used in Bangor, Oxford and Exeter Universities, at UCD, and is now being used at the Center for Mindfulness at University in Massachusetts. This is the assessment tool used at The Mindfulness Centre on this Diploma Course.

FACULTY:

Niamh Barrett, B.A., began her professional training in 2007 with a foundation year at the University of Bangor in North Wales, and completed her training with the Institute for Mindfulness-Based Approaches (Germany), graduating in 2010. Prior to this, her professional background was in documentary film and television production and she holds a Post-Grad. Dip. Journalism.
As the mother of a young child, Niamh enjoys sharing mindfulness practice with others who are working or living with children and also offers workshops and short courses in mindfulness in parenting. Niamh has a special interest in mindful communication and has trained with Bangor University in offering Supervision to Mindfulness Teachers.

**Dr Terry Hyland**, Fellow of the Higher Education Academy (UK) & Professor Emeritus of the Education & Psychology Academic Group, University of Bolton, UK. Terry is a highly published author on the themes of mindfulness, education and philosophy and his current interest is in the area of the commodification of mindfulness.

**Fionnuala Gill**, B.A. Psych., TCD, M.A. Vocal Performance, RSAMD, Glasgow, Yoga teacher (RYT 200 hour, Yoga Alliance), Level One Sensory Motor Psychotherapy Training, Teacher of Mindfulness Based Approaches, IMA. Fionnuala has also trained with Bangor University in offering Supervision to Mindfulness Teachers.

Fionnuala attended her first seven-day silent retreat with Martine and Stephen Batchelor in 1994 and in 1999 travelled to India and Nepal where she attended the teachings of the Dalai Lama and completed a month long retreat at Kopan Monastery in Kathmandu. Since that time Fionnuala has attended many trainings and retreats with other renowned teachers including Mark Williams, Christina Feldman, John Peacock, Cindy Cooper and Rebecca Crane.

**Fiona O'Donnell**, M.A. in Mindfulness Based Approaches (Bangor University, Wales), is also a trained teacher in Mindful Self Compassion (MSC) with The Centre for Mindful Self Compassion, California. Fiona has attended training in Mindfulness Based Cognitive Therapy (MBCT) at the Oxford Mindfulness Centre, Oxford University. She has also completed the .b with the Mindfulness in Schools Project (MISP), Positive Neuroplasticity Professional Training with Dr Rick Hanson and Google’s ‘Search Inside Yourself’ Mindfulness, Emotional Intelligence and Leadership Training with SIYLI.

Fiona has completed Level 1 training in Sensorimotor Psychotherapy with the Sensorimotor Institute, Colorado, USA and is registered as an MBCT Therapist on the International Access MBCT register.

Fiona is a Practice Tutor and assistant Teacher on the University College Dublin's M.Sc. in Mindfulness Based Interventions. She has a Masters in Applied Social Research from Trinity College Dublin and a Bachelor of Social Science from Queen's University Belfast.

**VISITING & SUPPORTING TEACHERS:**

**Dr Tony Bates** is a clinical psychologist with over 30 years’ experience and is the Founding Director of Headstrong, the National Centre for Youth Mental Health.

**Dr Paul D’Alton** is the head of the Psychology at St.Vincent’s University Hospital and is the Co-Director of the UCD M.Sc. in Mindfulness-based Interventions.

**Dr Rebecca Crane**, Ph.D., M.A., PFHEA, Dip. Cot. directs the Centre for Mindfulness Research and Practice at Bangor University and has played a leading role in its
development since it was founded in 2001. She teaches and trains internationally in both Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction (MBSR), and is a certified MBSR teacher with the Center for Mindfulness at the University of Massachusetts Medical School.

Dr Crane is the development lead in the MBI:TAC, the gold standard in assessment of mindfulness teachers, used in Bangor, Oxford and Exeter Universities, at UCD, and now being used at the Center for Mindfulness at University in Massachusetts.

**Sarah Silverton** holds a B.A. (hons), Dip COT, and Med. She is currently a Mindfulness teacher and trainer working through The Centre for Mindfulness Research and Practice, Bangor University and The Mindfulness in Schools Project, and is a Co-author of Paws b, a primary school curriculum for children aged 7-11. Sarah is the author of ‘The Mindfulness Breakthrough’ (2012).

**Christina Feldman** is a co-founder of Gaia House and a guiding teacher at Insight Meditation Society, Barre, Massachusetts. The author of a number of books, she has been teaching insight meditation retreats internationally since 1976. She is one of the founders of the Bodhi College, dedicated to the study and application of the early teachings of the Buddha, and is engaged in teaching the Buddhist psychological foundations of mindfulness to those training to teach mindfulness-based applications in England, Belgium and the Netherlands.

**Dr John Peacock** is both an academic and a Buddhist practitioner of nearly forty years. Trained initially in the Tibetan Gelugpa tradition in India, he subsequently spent time in Sri Lanka studying Theravada. He lectured in Buddhist Studies at the University of Bristol, is Associate Director of the Oxford Mindfulness Centre and teaches on the Master of Studies programme in MBCT (Mindfulness-based Cognitive Therapy) at Oxford University. John has been teaching meditation for more than twenty five years, is a Gaia House guiding teacher and a founder of the Bodhi College.

**Emma Philbin Bowman**, BA, Diploma in Humanistic & Integrative Psychotherapy. Emma completed a 4-year Professional Training at the Institute of Creative Counselling and Psychotherapy and is a fully accredited member of the Irish Association of Humanistic and Integrative Psychotherapy (IAHIP). She is also a committed mindfulness meditation practitioner.

**Alvina Cassidy** is a psychotherapist & teacher of Mindfulness-Based Approaches. Alvina is a supervisor and teacher with the IMA and The Mindfulness Centre.

**Dominic Cogan** BA (Hons.), M.Ed. (with Distinction), Cert. in Counselling Skills and Practice, received professional training in teaching MBSR at the University of Bangor and the Institute for Mindfulness Based Approaches (IMA), Germany. He has also trained with the UK based Mindfulness in Schools Project (MiSP) to teach the .b programme to adolescents, the Paws b programme to children and the .b Foundations programme to teachers and those working with young people. In addition, he works as a teacher trainer on the MiSP .b teacher training courses. He has a particular interest in promoting mindfulness in schools and in supporting teachers to do so.
Dominic has also completed a 6-day intensive Professional Training in Positive Neuroplasticity with the leader in the field, Dr Rick Hanson.

**Marian O’Brien-Hughes** has a psychology, psychotherapy and clinical background. A graduate of T.C.D. in Psychology and with a further degree in the Arts and the Humanities, she was also awarded a Master's degree in the field of Mindfulness-Based Cognitive Therapy at Oxford University in 2011.

**Dr Elma Hedderman**, M.B., B.A.O. B. Ch., B.A. M.ClPsych. A consultant child and adolescent psychiatrist, Dr Hedderman has worked within the HSE with responsibility for Child and Adolescent Mental Health Services (CAMHS) in Kildare and Dublin. She also has extensive experience working within the NHS in Belfast, Bristol and Sussex. She has trained in Psychopharmacology, Family Therapy, Cognitive Behaviour Therapy, Dialectical Behaviour Therapy and Mindfulness. Dr. Hedderman is currently involved in research on the role of Self-Compassion in Depressed adolescents. Dr Hedderman trained as a teacher of MBSR/MBCT with The Mindfulness Centre.

**Dr Sarah-Jane Cullinan** joined Trinity College Dublin’s School of Business in 2014 as an Assistant Professor in Human Resource Management and Organisational Behaviour. She also holds a BA in Sociology and Psychology from University College Cork and a MBS in Human Resource Management from Dublin City University. Her research interests lie primarily in the area of employee health and well-being at work. In 2017 Sarah-Jane trained as a Mindfulness Teacher with The Mindfulness Centre. She is passionate about sharing mindfulness practice (in the form of Mindfulness-Based Stress Reduction Programmes) with both students in her modules and employees and managers in the organisations where she conducts research.

**Niamh Digan**, M.Ed., B.Sc. Couns. & Psych., B.A., Dip in Ed Leadership, H.Dip in Ed., worked with the Department of Education teacher support services for ten years where she had responsibility for the design and facilitation of child protection training to school managers as well as teacher training in the area of relationships, sexuality and health education. Prior to this she worked in post primary schools in Dublin as a teacher and guidance counsellor.

Niamh trained in person-centred and psychodynamic therapy and in teaching Mindfulness Based Approaches. She is a registered member of the Teaching Council and an accredited member of the IACP. Niamh teaches MBSR and uses Mindfulness in her work with young people and adults in schools and colleges around Ireland.

*From time to time, teachers other than those listed above may be invited to contribute.*

**EXTERNAL EXAMINER:**

**Rosalie Dores** M.A has been practicing meditation and yoga since 1993. She completed a five-year Masters with distinction in Teaching Mindfulness Based Approaches at Bangor University in 2011. She also holds a Certificate of Competency in Teaching Mindfulness Based Approaches. She teaches Distance Learning programmes for the University of Bangor, supervises mindfulness teachers for the Mindfulness Network CIC, and teacher
trains in Europe. Rosalie has completed a training in teaching Interpersonal Mindfulness with the Centre for Mindfulness (UMASS) and Metta Foundation.

**SUPPORTING TEAM:**

**Shirley Copeland** brings together mindfulness and wonderful vegetarian cooking. She is highly experienced in a different way of cooking, treating the ingredients and the process of cooking with care and attention.

**Dee Kerins** teaches video in Griffith College. She is an Iyengar Yoga teacher, and for the Mindfulness Centre she is an indispensable administrator, organiser, website person and, when called on, an excellent vegetarian cook.