



## Certificate

### Teacher for Mindfulness-Based Stress Reduction (MBSR)

### Alexander Holthaus

Has successfully completed a teacher-training program in Mindfulness-Based Stress Reduction (MBSR) from November 2021 to June 2023

Actual class attendance for the training program: 240 Hours

Further work needed to complete the certification process (600 hours) included:

- Self-practice of mindfulness exercises (240 Hours)
- Skills training (20 Hours)
- Required reading (160 Hours)
- Planning and teaching of one's own 8-week MBSR course (120 Hours)
- Conducting and documenting pre- and post-interviews (15 Hours)
- Creation of MBSR course material, incl. audios of exercises, handbook etc. (15 Hours)
- Final thesis (25 Hours)
- Participation in five individual supervision sessions (5 Hours)

Total Hours: 840

June, 2023

*Linda Lehrhaupt*

**Dr. Linda Lehrhaupt**  
**Executive Director**

**Tutors of the MBSR Teacher-Training Program:**

Ingrid van den Hout, M. Sc.  
Wolfgang Schröder  
Elise Jansen, B.A.  
Bernd Langohr, Dr. Med.  
Johan Tinge, Dipl. Soz. Päd  
René Slikker, M. Sc.