



INSTITUT FÜR ACHTSAMKEIT VERBUNDENHEIT ENGAGEMENT



# Teacher training for mindfulness and empathy in education

Dr. Arist von Hehn, AVE Institut gGmbH



In cooperation with the pioneers of mindfulness in schools we have created a training for teacher trainers



**Barbara Tiesler**  
Landesinstitut Hamburg



**Dörte Westphal**  
Amiki



**Mirjam Luth**  
Amiki



**Dr. Nils Altner**  
University  
Duisburg/  
Essen



**Helle Jensen**  
German-Danish  
Institute for Family Therapy



**Vera Kaltwasser**  
AISCHU



**Mag. Helga Luther Schreiner**  
University Vienna,  
PAS



**Dr. Karlheinz Valtl**  
University of  
Vienna, ALBUS



**Dr. Corina Aguilar-Raab**  
University Heidelberg,  
SEE Learning



The training program offered is unique in several ways

- The only **train-the-trainer** program for the school context
  - Training only people who are themselves **educators**
- All key **mindfulness for schools programs** in Germany/Austria **cooperate**
- Each module is **co-taught by two expert teachers** from different mindfulness programs
- Curriculum including **empathy/compassion** and **engagement**
- Participants not being taught a particular program, but focus on **deepening practice, and building skills and attitudes**



## The pillars of the training are six 2-day modules and an optional retreat

- Module 1: Introduction into mindfulness and empathy in schools on a **scientific, practical and personal base**
- Module 2: **Inner attitude** towards oneself (self-compassion), towards others and towards the surrounding; using **art** in mindfulness trainings
- Module 3: **Relational competence** and dialog
- Module 4: Potentials of mindfulness in **teacher trainings** and in **schools**
- Module 5: Practice how to **implement the knowledge** and **develop “life practice” project**
- Module 6: Reflection and **sustainable engagement** on the base of global competence
- Optional retreat to **deepen personal practice** and build community

Between modules participants work with “**buddys**” and in **regional groups**, deepen their **teaching practice** and work on a “**life practice**” project. Additionally, participants reflect on their learnings in an **electronic journal**.