Dharma Mentoring Training Program

Year One

2017 Application

Dear Program Applicant,

Thank you for your interest in the joint Insight Meditation Center and Sati Institute for Buddhist Studies Dharma Mentoring Training Program. The application is below.

Listed below are the dates for the training. Your attendance is requested at all sessions, and required at 9 out of the 10. If you are able to participate, we encourage your thoughtful and reflective completion of this application.

2017/2018 Scheduled Dates

Mondays from 9:30 a.m. to 4 p.m. except where noted

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| - August 28 - September 11- October 6 (**Friday**)- November 20- December 18- January 8  | - February 12- March 12- April 2- May 7 |

Enrollment in the training is limited and we have a strong commitment to diversity.

Please email your application to dharmamentoring@gmail.com

We look forward to hearing from you soon,

Andrea Fella and Gil Fronsdal

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Please use a computer for filling out the application

*The teachers of the program will read your answers to these questions as they select participants for the program. For those accepted into the program, your reflections on these questions will have served as the start of the Dharma Mentoring Training Program.*

Name:

Address:

City:

State:

Zip:

Best Phone Number to reach you:

Email:

Occupation:

1. Explain your interest and motivation to apply to this program. What experiences or events have interested you to seek training in Dharma Mentoring at this time?

2. What has been your experience of receiving Dharma mentoring and/or one-on-one Dharma support from Dharma teachers or others?

3. Describe some of the more useful ways that Dharma teachers or mentors were with you when they mentored, supported, or guided you in Dharma practice? What was not useful?

4. What difference have you experienced between meeting for Dharma discussion with a teacher during a retreat and meeting outside of a retreat?

5. Describe experiences you have had in informally supporting others in their Dharma practice and/or important life transitions

6. If you have been a Dharma mentor for others, briefly describe your experience.

7. If you, as a therapist or counselor, you have offered Dharma or practice support to others, please describe this.

8. For you currently, how do you understand the role of a Dharma mentor?

9. What traditions of Buddhism have you practiced? What have you valued the most from these traditions?

10. What has been your experience of participating in a *sangha* or a Buddhist community? In what ways has this experience supported and not supported your spiritual growth?

11. List dates and teachers of the Insight Meditation Retreats you have attended.

12. List other Buddhist retreats.

13. List retreats you have attended in other religions.

14. Describe any education you have had in Buddhism or other religions.

15: What training or education have you had in psychotherapy, counseling, or similar fields? What do you most value from this training?

16. What strengths and skills do you bring to doing Dharma mentoring?

17. For being a Dharma mentor, in what areas do you believe you need further growth or learning?

18. What is your current family and personal relationship situation?

19. Do you have a history of psychological difficulties? Please specify if you have been treated for a psychological condition such as depression, drug/alcohol addiction, anxiety disorder, eating disorder, psychosis, schizophrenia, or mania. When did this occur? (Your responses will be kept confidential).

20. What else would you like us to know?

21. Do you have any disability that we should know about?

For legal reasons, we are required to ask the following question:

22. Have you have ever been convicted of a felony? If “yes”, please explain, briefly.

23. Who are your primary Insight teacher(s).

Which Insight teacher is writing a letter of recommendation for this Dharma Mentoring Program? Please have the teacher email the letter directly to Dharmamentoring@gmail.com or mail it to

Dharma Mentoring Program

108 Birch Street

Redwood City, CA 94062

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| Acceptance into the first year of the two-year Dharma Mentoring Training Program does not guarantee you will be accepted into the second year. Do you understand this? Yes: ☐ No: ☐ |

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Date Name

Please email your application to Dharmamentoring@gmail.com