



BROWN
Mindfulness Center

July 7, 2020

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Dear Allison Peet,

Congratulations! With the successful completion of your MBSR Teacher Assessment and Review, it is with joy and enthusiasm I recommend you for MBSR Teacher Certification.

This acknowledges your years of commitment and dedication to practice, learning, study, and to the larger intention to serve the world through teaching MBSR.

Through the Assessment and Certification process at the Mindfulness Center at Brown University School of Public Health we recognize your alignment with a particular ethos:

- To do no harm;
- To recognize the inherent wholeness in each human being, complete as they are;
- To understand that knowledge and wisdom reside in the body as well as in the mind and cognition;
- To foster a presence and stance of inclusivity and welcome.

While this is a moment to celebrate, certification in MBSR teaching also represents an ongoing responsibility to maintain the integrity of what has been entrusted to you. This is supported by annual retreat time, continued practice and study, regular mentoring while teaching, along with attention to personal development.

With this recognition, you will be listed on the Registry of Certified MBSR Teachers on the Brown Mindfulness Center's website, joining an international community of teachers and leaders in the field of MBSR and mindfulness.

Once again, please accept the congratulations and best wishes from everyone at the Mindfulness Center at Brown.

Eric B. Loucks, Ph.D.
Associate Professor, Department of Epidemiology
Director, Mindfulness Center

Dianne Horgan
Associate Director, Mindfulness Center

Florence Meleo-Meyer, M.S., M.A.
Program Director, Mindfulness Center
Global Relations and Professional Education

Lynn Koerbel, M.P.H.
Assistant Director, Mindfulness Center
MBSR Teacher Education and Curriculum Development



Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
Department of Medicine
Division of Preventive and Behavioral Medicine
55 Lake Avenue North
Worcester, MA 01655
508.856-2656 (office) 508.856.1977 (fax)

April 12, 2016

Allison Peet
allisonpeet@gmail.com

To Whom It May Concern:

Allison attended the Practicum in Mindfulness-Based Stress Reduction: Living Inside Participant-Practitioner Perspectives. This 9-day Intensive began on April 3, 2016 and concluded on April 12, 2016. The program consisted of two parts. Part one included participation in Mindfulness Tools for Living the Full Catastrophe, a five-day course offered by the Center for Mindfulness in Fort Lauderdale, Florida. Part two included participation in the four day Residential Practicum Seminar in Mindfulness-Based Stress Reduction in Fort Lauderdale, Florida.

Allison Peet participated fully in and completed the 9-day, 66 hour Practicum in Mindfulness-Based Stress Reduction Seminar.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jacqueline Clark'.

Jacqueline Clark
Oasis Project Coordinator



Center for Mindfulness in Medicine, Health Care, and Society
University of Massachusetts Medical School
Department of Medicine
Division of Preventive and Behavioral Medicine
55 Lake Avenue North
Worcester, MA 01655
508.856-2656 (office) 508.856.1977 (fax)

September 25, 2016

Allison Peet
allisonpeet@gmail.com

To Whom It May Concern:

Allison Peet successfully completed the MBSR Practice Teaching Intensive offered by the Center for Mindfulness in Medicine, Health Care and Society at the Center for Mindfulness Shrewsbury, MA. The intensive began on September 17, 2016 and concluded on September 25, 2016. Allison fully participated in the 8 day, 92-hour program.

Admission to the Practice Teaching Intensive was limited to those with extensive professional experience in the fields of health care, education and/or social change, a personal meditation and movement awareness practice, silent mindfulness retreat experience, and experience teaching or a strong intention to teach MBSR.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jacqueline Clark'.

Jacqueline Clark
Oasis Project Coordinator