

<b>MBRT Curriculum Overview</b>	
<b>Topics</b>	<b>Content</b>
<b>Mindfulness Overview</b>	<ul style="list-style-type: none"> <li>• What mindfulness is, and is not</li> <li>• Science behind mindfulness</li> <li>• Training overview</li> <li>• Mindfulness skills practice</li> </ul>
<b>Resilience &amp; Mindset</b>	<ul style="list-style-type: none"> <li>• Science of resilience</li> <li>• First Responder health data</li> <li>• Mindfulness skills practice</li> </ul>
<b>The Body</b>	<ul style="list-style-type: none"> <li>• Science of the mind-body connection</li> <li>• Body scan practice</li> <li>• Mindful movement</li> </ul>
<b>Narratives &amp; Thinking</b>	<ul style="list-style-type: none"> <li>• Science of the thinking mind</li> <li>• Working with narratives &amp; thoughts</li> <li>• Disrupting habitual patterns &amp; creating change</li> <li>• Mindfulness skills practice</li> </ul>
<b>Reactivity</b>	<ul style="list-style-type: none"> <li>• Reactivity cycle</li> <li>• Disrupting reactive behaviors &amp; creating change</li> <li>• Mindfulness skills practice</li> <li>•</li> </ul>
<b>Emotion</b>	<ul style="list-style-type: none"> <li>• Constructed Emotions</li> <li>• Emotion Regulation</li> <li>• Mindfulness skills practice</li> </ul>
<b>Stress &amp; Trauma</b>	<ul style="list-style-type: none"> <li>• Science of trauma</li> <li>• Developing trauma competency</li> <li>• Interventions for trauma injury</li> </ul>
<b>Compassion</b>	<ul style="list-style-type: none"> <li>• Science of Compassion</li> <li>• Self-compassion</li> <li>• Compassion for others</li> <li>• Compassion for health &amp; performance</li> </ul>
<b>A Way Ahead</b>	<ul style="list-style-type: none"> <li>• Integrating mindfulness skills</li> <li>• Resources</li> <li>• How to find additional training</li> <li>• Mindfulness skills practice</li> </ul>