



NEUROMEDITATION INSTITUTE

Certification

*Using brain-based principles
to individualize and enhance meditation for mental health*

Train in Advanced NeuroMeditation Concepts & Methods

Work Closely with a Certified NM Instructor

Master NM Assessments, Skills, & Tools

Individualize NM for Specific Populations

The certification process in NeuroMeditation (NM) was specifically developed to provide advanced training in the concepts, theories, science, and methods of NM. The heart of this certification is working with an experienced NM mentor to deepen your personal and professional experience with NM in an individualized manner—a process that is defined by the type of work you do and the populations with which you work. By completing certification, you are advancing your skill and knowledge and demonstrating your competence.

NM certification has three levels: Level 1, Level 2, and Level 3.

Applicants successfully completing NM certification at any level will have demonstrated mastery of the skills necessary to competently use NM assessment, techniques, and tools with a variety of clients or students in a variety of settings.

Benefits of Becoming Certified in NeuroMeditation

Level 1 Certification: NeuroMeditation Trained

- Incorporate NeuroMeditation into your work with others
- Receive access to our online research library
- Use NM-I Level 1 credential after your name, identifying successful training and achievement

Level 2 Certification: NeuroMeditation Certified Instructor

- Incorporate NeuroMeditation into your work with others
- Receive access to our online research library
- Use NM-I Level 2 credential after your name, identifying successful training and achievement
- Invitation to attend monthly mentoring video calls
- Be listed on the NeuroMeditation Institute website as a certified provider
- Access to recorded distance education courses, guided meditations, monthly webinars, and monthly mentoring meeting
- Receive 25% discount on future trainings, workshops, and retreats
- Receive 25% discount on NM materials
- Eligible to become affiliates, earning 20% of course sales connected to your identifying link

Level 3 Certification: NeuroMeditation Certified Mentor

Those at Level 3 certification demonstrate an advanced level of understanding and practical application of the theories, science, and methods of NM. At this level, you will be authorized to mentor those seeking Level 2 certification.

- Incorporate NeuroMeditation into your work with others
- Receive access to our online research library

- Use NM-I Level 3 credential after your name, identifying successful training and achievement
- Invitation to attend monthly mentoring video calls
- Be listed on the NeuroMeditation Institute website as a certified provider
- Access to recorded distance education courses, guided meditations, monthly webinars, and monthly mentoring meeting
- Eligible to provide mentoring to those undergoing Level 2 certification process*
- Develop advanced skills in NM
- Receive 50% discount on future trainings, workshops, and retreats
- Receive 50% discount on NM materials
- Eligible to become affiliates, earning 35% of course sales connected to your identifying link

**Note: You may set your own fees related to mentoring.*

NeuroMeditation Certification Process, Requirements, & Eligibility

If you are interested in the certification process, please first contact our office at info@neuromeditationinstitute.com. Someone from our office will welcome you and answer questions you may have. You'll be entered into our system at that time so that we can provide information, guidance, and updates to support you in the completion of the NM certification.

Detailed certification requirements for each level are described below. A checklist and a copy of the forms required are included in this packet.

All materials should be submitted to:

NeuroMeditation Institute
 115 W 8th Ave, Ste 360
 Eugene, OR 97402
info@neuromeditationinstitute.com

We will review your materials and communicate with you about any questions or missing components. Once all elements have been verified, you will receive a "what's next" email from us.

BECOME NEUROMEDITATION CERTIFIED

Learn how to bring the benefits of NeuroMeditation to your students, clients, or patients through our certification program. Our caring instructors and mentors come alongside to assist you on your professional journey.

Level 1

Open to all who apply

LEVEL 1: NEUROMEDITATION TRAINED

- Submit application
- Complete Level 1: Foundations Workshop
- Complete a NeuroMeditation retreat, group class or at least 4 individual sessions with a NM instructor

LEVEL 2: NEUROMEDITATION CERTIFIED INSTRUCTOR

- Submit application
- Complete Level 2: Clinical Applications Workshop
- Complete 30 NM contact hours
- Document personal meditation practice
- Complete 10 hours of mentoring
- Complete book review
- Submit certification fee

Level 2

Open to those who have:

- completed requirements in Level 1

Level 3

Open to those who have:

- held Level 2 certification for at least 6 months

LEVEL 3: NEUROMEDITATION CERTIFIED MENTOR

- Submit application
- Demonstrate an area of specialization
- Complete Level 3: Independent Study, which includes a project
- Document personal meditation practice
- Complete article reviews
- Submit certification fee

Certification Requirements Detail for Level 1: NeuroMeditation Trained

1. Submit the NeuroMeditation Institute Certification Application Form included in this packet.
2. Complete the Level 1 NeuroMeditation Foundations Workshop.
3. Complete a retreat, group class, or at least 4 individual NM sessions.

Certification Requirements Detail for Level 2: NeuroMeditation Certified Instructor

1. Submit the NeuroMeditation Institute Certification Application Form included in this packet.
2. Successfully complete Level 1 NeuroMeditation Trained certification.
3. Complete the Level 2 NeuroMeditation Clinical Applications Workshop.
4. Complete at least 30 NM contact hours in which NM techniques and principles were used with at least 5 different clients, students, and/or groups.
 - a. These hours should be documented using the NeuroMeditation Session Log Form.
5. Establish a personal meditation practice that incorporates the theory and techniques of NM.
 - a. Submit the Summary of Personal NeuroMeditation Practice Form.
6. Complete 10 hours of mentoring with a Level 3 NeuroMeditation Certified Mentor.
 - a. 6 of these hours can be completed in a group format. Mentoring may take place in person or remotely using a video conference platform.
 - b. Work with your Level 3 Mentor to complete and submit the NeuroMeditation Mentoring Verification Form. Your mentor must recommend you without reservations in order for your application to be considered.
 - c. You may find a list of approved Level 3 mentors on the NeuroMeditation Institute website at <https://www.neuromeditationinstitute.com/providers>. Search for “mentor” to find the list of Level 3 mentors. We recommend reading the mentor profiles and selecting someone who matches your needs and interests. Contact the mentor you are interested in to discuss your specific situation and certification plans. Each mentor independently sets their fees and schedules.
7. Complete a book review of *Meditation Interventions to Rewire the Brain* by Dr. Jeff Tarrant, following the instructions provided on the NeuroMeditation Certification Book Review Guidelines in this packet.
 - a. The review must be completed for each chapter and submitted to your mentor as you complete it. Please do not wait to submit all 7 chapter reviews at once.
 - b. If English is not your primary language, you may submit this requirement in video format. Please email us at info@neuromeditationinstitute.com for more instructions.
8. Submit certification fee of \$300.
 - a. You have the option of submitting the Authorization for Certification Credit Card Charge to pay this fee.

Certification Requirements Detail for Level 3: NeuroMeditation Certified Mentor

1. Submit the NeuroMeditation Institute Certification Application Form included in this packet.
2. Hold NM-I Level 2 certification for at least 6 months.
3. Successfully complete at least 1 NM specialization workshop.
 - a. Specializations may include EEG biofeedback, HRV biofeedback, audio-visual entrainment, ACT, yoga, or breathwork. Other specializations may be accepted with approval from Dr. Tarrant. This requirement can be waived if you already have a certification demonstrating this specialization.
4. Complete at least 5 hours of mentoring with Dr. Tarrant through the independent study course and complete an approved independent study project.
 - a. You will work directly with Dr. Tarrant to design a project that intersects with your interests and NM. You must successfully complete the project to meet this requirement.
 - b. You'll also learn how to effectively educate and mentor mental health professionals seeking Level 2 certification.
5. Maintain a personal meditation practice for the past year of at least 4 times each week and including at least 2 different NM styles.
 - a. Submit the Level 3 Summary of Personal NeuroMeditation Practice Form.
6. Summarize and reflect on 5 research articles.
 - a. When you submit your Level 3 NeuroMeditation Institute Application Form, you will receive access to our Zotero library with research articles from which to select for this requirement. We recommend that you choose articles from a variety of categories.
 - b. Details on what to include in the article reviews are described in the NeuroMeditation Research Article Review Guidelines in this packet.
 - c. The review must be completed for each article and submitted as you complete it. Please do not wait to submit all reviews at once.
7. Submit certification fee of \$300.
 - a. You have the option of submitting the Authorization for Certification Credit Card Charge to pay this fee.

NeuroMeditation Course Details

The NeuroMeditation Institute regularly offers a variety of in-person, live online, and self-paced online courses. These courses offer a chance to either launch or deepen your meditation practice based on your personal goals. Our current offerings are available online at neuromeditationinstitute.com/get-trained-in-neuromeditation.

Our NeuroMeditation Certified Instructors offer individualized sessions to those seeking a customized, brain-based approach for developing or deepening their own meditation practice. Current opportunities are available online at

neuromeditationinstitute.com/experience-neuromeditation.

Level 1: NeuroMeditation Trained Courses

NeuroMeditation Foundations Workshop

In-Person. This three-day workshop provides in-depth didactic instruction on the 4 styles of NM, how they work, their implications for mental health, along with some practical interventions. This workshop is open to anyone interested in learning more about the principles of NM and the brain science behind the styles. CEUs are available for purchase.

Virtual. Those who desire an online, self-paced workshop can complete the online master course “Meditation for the 21st Century,” which covers the same material as the Foundations Workshop.

Level 2: NeuroMeditation Certified Instructor Courses

NeuroMeditation Clinical Applications Workshop

In-Person and ***Virtual.*** This four-day workshop prepares professionals to apply NM principles in their work with clients. This workshop provides a deeper dive into the processes behind identifying the ideal style for a client, developing a meditation plan, and evaluating effectiveness. In addition, this workshop will include additional opportunities for teaching and practicing each of the 4 NM styles. You must have completed the NeuroMeditation Foundations Workshop prior to attending this workshop.

Specialization Workshops

In-Person and ***Virtual.*** Our specialization workshops offer the opportunity to gain greater mastery of teaching NM in a particular area of emphasis. These 3- or 4-day didactic and experiential workshops will give you the tools and confidence you need to begin applying your NM skills in these areas:

- NM & yoga
- NM & EEG neurofeedback
- NM & technology (i.e., AVE, HRV)
- NM & leading groups

These workshops are open to anyone, although attendance at the Clinical Applications Workshop is recommended.

Innovations Seminars and Workshops

In-Person and ***Virtual.*** We at the NeuroMeditation Institute consistently expand our knowledge and research, and we enjoy sharing these innovations and perspectives with you. Our innovation seminars and workshops are offered throughout the year, and they are open to anyone.

Level 3: NeuroMeditation Certified Instructor Courses

NeuroMeditation Independent Study

In-Person and ***Virtual.*** This program provides an independent study designed to satisfy the requirements of Level 3 certification. You will work directly with Dr. Tarrant to

design a project that intersects with your interests and NM. You'll also learn how to effectively educate and mentor mental health professionals seeking Level 2 certification. After this independent study, you will be eligible to offer mentoring services to those seeking Level 2 certification. You must have completed the NeuroMeditation Clinical Applications Workshop and successfully achieved Level 2 certification prior to attending the independent study.

Certification Period

If approved, certification status will be granted for 2 years from the data of acceptance.

For each 2-year period after initial certification, you will be required to provide evidence of at least 10 continuing education hours of NM-approved education.

Certification Fee

The certification fee for Level 2 and Level 3 is \$300.00 USD. The fee is for a 2-year period and is non-refundable. There is no certification fee for Level 1.

The certification fee is submitted at the end of the certification process after all requirements have been completed. You may mail a check or provide your credit card information on the payment form included in this packet.

Certification fees cover administrative costs and provide access to courses, guided meditations, monthly webinars, and monthly mentor meetings.

Recertification

Your original certification is valid for 2 years. When your certification anniversary is within a few weeks, you will receive a reminder to submit evidence of continuing education in NM and your renewal fees.

Level 3 Certification: Your certification at Level 3 supersedes certification at Level 2. You do not have to renew two certifications, only the most advanced.

If we do not receive the renewal forms within 30 days of your renewal date, you will be moved to inactive status. Inactive certificants will not have access to the course portal, webinars, and monthly mentor meetings. Level 2 and 3 certificants will be removed from the website.

Continuing Education

During the recertification process, you must submit evidence of at least 10 continuing

education hours in areas related to NM. Continuing education can include:

- Live attendance at NM events, webinars, or mentoring meetings. Events offered by the NeuroMeditation Institute will be tracked by our staff.
- Attendance at other meditation retreats, seminars, or workshops, or training in therapeutic modalities with a clear connection to meditation and/or mindfulness, such as ACT, DBT, or yoga therapy.

If you are unsure if a specific training will count toward your continuing education, please contact us in advance.

Recertification Fees

The recertification fee is \$300.00 USD.

If you submitted an Authorization for Certification Credit Card Charge Form during your original certification process, we will attempt to use the card on file for this renewal fee. If the payment is rejected or if your fees are more than 30 days past due, your status will be moved to inactive until payment has been resolved.

Level 1 Forms & Checklist

	Submit the NeuroMeditation Institute Certification Application Form.
	Complete the Level 1 NeuroMeditation Foundations Workshop.
	Complete a retreat, group class, or at least 4 individual NM sessions.

Level 1: NeuroMeditation Institute Certification Application Form

Please complete the application form online at <https://forms.gle/QHtcYXTQ2vZA3ve56>.

Level 2 Forms & Checklist

Eligibility Requirements

	Successfully complete Level 1 NeuroMeditation Trained certification.
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Certification Requirements

	Submit the NeuroMeditation Institute Certification Application Form.
	Complete the Level 2 NeuroMeditation Clinical Applications Workshop.
	Submit the NeuroMeditation Session Log Form to document 30 NM contact hours.
	Submit the Summary of Personal NeuroMeditation Practice Form to document personal meditation practice.
	Submit signed NeuroMeditation Mentoring Verification Form to document 10 hours of mentoring with a Level 3 NeuroMeditation Certified Mentor.
	Complete book review of <i>Meditation Interventions to Rewire the Brain</i> following the format specified in the NeuroMeditation Certification Book Review Guidelines.
	Submit certification fee of \$300. You have the option of submitting the Authorization for Certification Credit Card Charge.

Level 2: NeuroMeditation Institute Certification Application Form

Please complete the application form online at <https://forms.gle/QHtcYXTQ2vZA3ve56>.

NeuroMeditation Session Log Form

Please do not include any identifying information about your client on this form.

Date	Client Concern/Goal	NM Style(s)	NM Intervention/Results
1.		F / M / O / Q	
2.		F / M / O / Q	
3.		F / M / O / Q	
4.		F / M / O / Q	
5.		F / M / O / Q	
6.		F / M / O / Q	
7.		F / M / O / Q	
8.		F / M / O / Q	
9.		F / M / O / Q	
10.		F / M / O / Q	
11.		F / M / O / Q	
12.		F / M / O / Q	
13.		F / M / O / Q	
14.		F / M / O / Q	
15.		F / M / O / Q	

16.		F / M / O / Q	
17.		F / M / O / Q	
18.		F / M / O / Q	
19.		F / M / O / Q	
20.		F / M / O / Q	
21.		F / M / O / Q	
22.		F / M / O / Q	
23.		F / M / O / Q	
24.		F / M / O / Q	
25.		F / M / O / Q	
26.		F / M / O / Q	
27.		F / M / O / Q	
28.		F / M / O / Q	
29.		F / M / O / Q	
30.		F / M / O / Q	

Summary of Personal NeuroMeditation Practice


Use clear descriptions of how your practice has developed over time and incorporated elements of NM.

Please describe how your personal NM practice has developed over time.

How has your practice incorporated elements of NM?

Please discuss how these practices have impacted your life.

What you have learned?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

What are your areas of continued growth?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

NeuroMeditation Certification Book Review Guidelines

Read *Meditation Interventions to Rewire the Brain* by Dr. Jeff Tarrant. Due to the nature of this book and the importance of its content, the format for this requested review is different than that of an academic book review or book report.

For *each* chapter, please answer the questions below in 1-3 pages. We recommend completing each chapter review immediately after reading the chapter. Submit the pages to your mentor for feedback and discussion.

1. Summarize the main points of the chapter in your own words.
2. How does the information in this chapter fit with your past learning, experience, or professional practice? In other words, how are you integrating this information into your current understanding of the topic?
3. How does the information in this chapter inform your own meditation practice? Did it provide any insights, cause you to question certain assumptions, or lead to changes in your practice?
4. How can you use the information in this chapter in your professional work? You might address specific populations, environments, or concerns. If you use a case example, you must protect the confidentiality of the subject.
5. What aspects of this chapter would you like to learn more about and how might you do that?

When addressing elements of your personal life in these reviews, know that your confidentiality will be maintained; nothing you write will become public information unless you yourself choose to release it.



NEUROMEDITATION INSTITUTE

Authorization for Certification Credit Card Charge

For your convenience, you may authorize charges to your credit card to pay for your certification fee. You will be charged once you have submitted all the completed requirements and gained acceptance for certification. This authorization will also be used for renewal every two years.

Applicant Name:

Cardholder Name:

Card Type:

Visa

Mastercard

American Express

Discover

Account Number:

Expiration Date:

CVV*:

Zip Code:

Associated with Billing Address

* 3-digit code shown on the back of the card if you have Visa, Mastercard, or Discover. 4-digit code on the front if you have American Express.

I authorize the NeuroMeditation Institute to charge this card for certification fees of \$300.00 USD and certification renewals of \$300.00 USD. These charges are non-refundable.

I understand that this authorization will remain in effect until I cancel it in writing. I agree to notify the NeuroMeditation Institute of any changes in my account information or termination of this authorization at least 15 days prior to the next billing date.

Signature of Authorized Card User

Date

Level 3 Forms & Checklist

Eligibility Requirements

	Hold NM-I Level 2 certification for at least 6 months.
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Certification Requirements

	Submit the NeuroMeditation Institute Certification Application Form.
	Complete at least 1 NM specialization workshop <i>or</i> submit documentation demonstrating this specialization.
	Complete at least 5 hours of independent study mentoring with Dr. Tarrant and complete the approved independent study project.
	Submit the Summary of Personal NeuroMeditation Practice Form to document personal meditation practice for the past year of at least 4 times each week and including at least 2 different NM styles.
	Summarize 5 research articles from our Zotero library following the format specified in the NeuroMeditation Research Article Review Guidelines.
	Submit certification fee of \$300. You have the option of submitting the Authorization for Certification Credit Card Charge.

Level 3: NeuroMeditation Institute Certification Application Form

Please complete the application form online at <https://forms.gle/QHtcYXTQ2vZA3ve56>.

Summary of Personal NeuroMeditation Practice

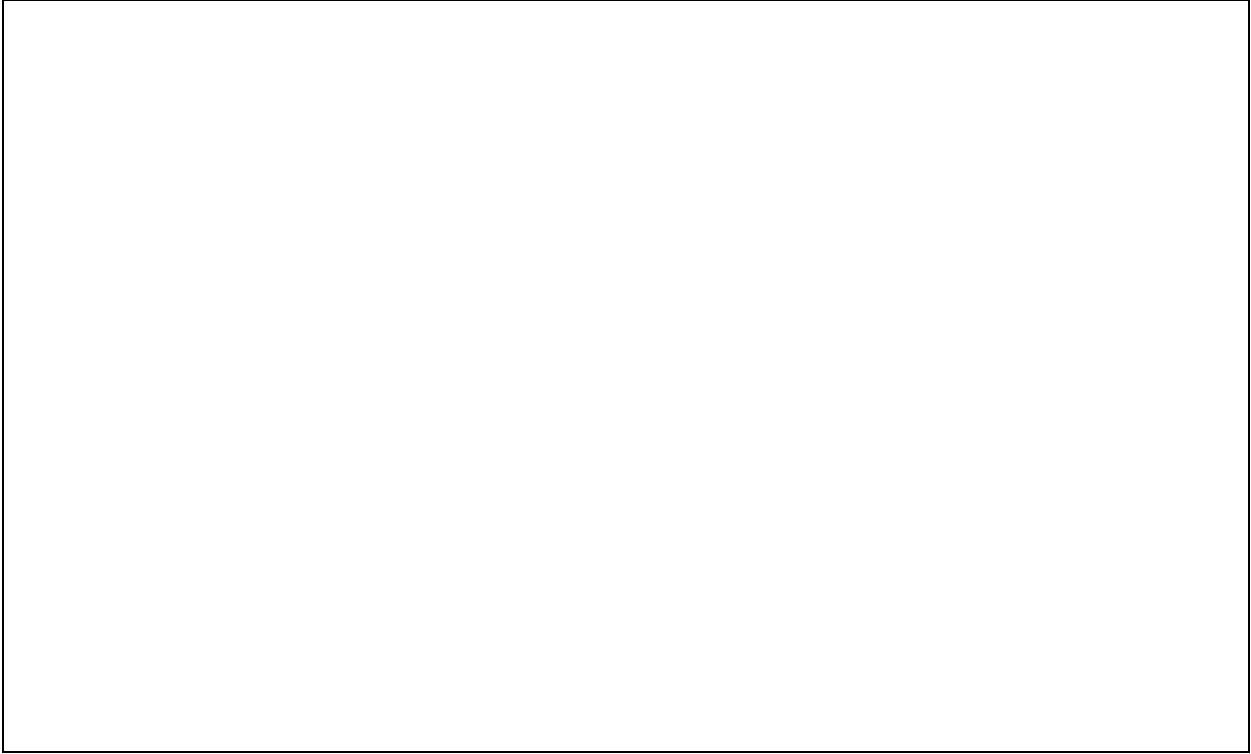
Please describe your meditation practice. How often do you meditate? How long are your meditation sessions? Which styles do you tend to use and how do they fit within the NM categories?

What are you doing with your attention and intention in these practices?

How did you decide on these practices?

What impact has your meditation practice had on you personally and professionally?

What are your areas of continued growth? How do you plan to address these areas in your future practices?



How have the concepts taught in NM impacted your practice?



NeuroMeditation Research Article Review Guidelines

As part of the Level 3 certification program, you are required to read, summarize, and react to 5 research articles that have direct relevance to NM.

When you submit your Level 3 NeuroMeditation Institute Application Form, you will receive access to our Zotero library with research articles from which to select for this requirement. We recommend that you choose articles from a variety of categories. If you find an article that is not in our library that you would like to use, please first receive approval from Dr. Tarrant.

For *each* article, please write 1-2 pages that include the following:

1. Summarize the primary findings in your own words.
2. How does the information in this article fit or contradict information presented in the NM system?
3. What aspects of this article would you like to learn more about and how might you do that?



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Authorization for Certification Credit Card Charge

For your convenience, you may authorize charges to your credit card to pay for your certification fee. You will be charged once you have submitted all the completed requirements and gained acceptance for certification. This authorization will also be used for renewal every two years.

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* 3-digit code shown on the back of the card if you have Visa, Mastercard, or Discover. 4-digit code on the front if you have American Express.

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Signature of Authorized Card User

Date