

**Tom Bassarear (tombassarear@gmail.com)**

**Training in Teaching Mindfulness Based Stress Reduction**

2007-2009 Individual consultation with Melissa Blacker  
March 2009 8-day Teacher Development Intensive (TDI) for Mindfulness-Based Stress Reduction with the co-directors of the Center for Mindfulness, Worcester, MA  
Fall 2007 10-week practicum on teaching Mindfulness-Based Stress Reduction with the director of the Center for Mindfulness, Worcester, MA

**Mindfulness and meditation workshops (as leader)**

2014- present 6- and 8- weeks courses on Stress Reduction and Cultivating Mindfulness, Kindness, and Compassion  
2010 and 2016 7 week course on Applying Buddhist Psychology to One's Mindfulness Practice  
2011 – 2014 8-week Mindfulness Based Stress Reduction courses for employees at Cheshire Medical Center  
2010 - 2016 8-week Mindfulness Based Stress Reduction course for students at KSC  
2008 - 2016 8-week Mindfulness Based Stress Reduction course for faculty and staff at KSC  
September 2012 Play and Mindfulness: Cultivating Joy in the Present Moment, 3-day workshop at Omega Institute for Holistic Studies, with Howard Moody  
August 2009 5-day workshop (2 ½ hours each day) "On Play and Mindfulness" with Yvette Yeager at Ferry Beach Conference Center near Saco, ME  
2008, 2009 8-week [Mindfulness-Based Cognitive Therapy for Prevention of Depression Relapse](#) with Betsy Taylor  
Fall 2008 10-part series on Mindfulness Meditation and stress at Delta Dental in Concord, NH  
August 2008 5-day workshop (2 ½ hours each day) "On Play and Mindfulness" with Yvette Yeager at Ferry Beach Conference Center near Saco, ME  
Fall 2007 5-part Deepening Your Practice series at the Monadnock Mindfulness Practice Center  
June 2007 Workshop on Mindfulness meditation for staff at Maplewood Nursing Home  
Spring 2007 4-part series on Mindfulness Meditation and stress at Cheshire Medical Center with Yvette Yeager  
November 2006 Workshop on Mindfulness meditation and Hospice at Cheshire Medical Center  
October 2006 Invited speaker at 4-part series on stress reduction at Cheshire Medical Center  
September 2006 Keene State College, workshop on tools to address performance anxiety for 70 music majors  
Fall 2006 4-part series on The Four-Fold Way (by Angeles Arrien) and Mindfulness meditation at Cheshire Medical Center with Jeff Saari  
Summer 2006 Ferry Beach, ME. 6-day workshop (2 ½ hours each day) on The Four-Fold Way (by Angeles Arrien)  
Spring 2006 4-part series on Mindfulness Meditation and stress at Cheshire Medical Center with Len Fleischer  
Fall 2005 4-part series on The Four-Fold Way (by Angeles Arrien) and Mindfulness meditation at Cheshire Medical Center with Lori Hanau  
Summer 2005 Ferry Beach, ME. 6-day workshop (2 ½ hours each day) on The Four-Fold Way (by Angeles Arrien)  
December 2004 Introduction to meditation talk at Monadnock Mindfulness Practice Center with Lori Hanau  
2002-2005 Led weekly meditations for faculty at Keene State College  
1992 Guest speaker on Buddhism at Keene State College

### **Other places where I have taught meditation and mindfulness**

at the Cheshire County Jail (almost every Tuesday afternoon since 2011)  
to two Hospice patients; performed a funeral service for one patient who was Buddhist  
at the Monadnock Mindfulness Practice Center where I am a co-founder (since 2002),  
to local elementary and middle schools students on several occasions  
to residents in nursing homes on two occasions

### **Publications**

- 2015 Mamberg, M. and Bassarear, T. "From Reified Self to Being Mindful: A Dialogical Analysis of the MBSR Voice" in *The International Journal for Dialogical Science for the Special Issue, "Dialogical and Eastern Perspectives of Self: Towards a Synthesis of Consciousness and Dialogue."* Volume 9, Number 1, Winter 2015.
- 2015 Byrnes, K and Bassarear, T. "Contemplative Pedagogy: Connecting Theory and Practice," in *Mindful Teaching and Learning: Developing a Pedagogy of Well-being*, Lexington Press.

### **Conference presentations related to spirituality and education**

- October 2014 "Mindfulness-Based Stress Reduction Participants Describe Why They Meditate." Julia E. Field, BS, Bridgewater State University, Michelle H. Mamberg, PhD, Bridgewater State University, Thomas Bassarear, PhD, Keene State College. New England Psychological Association.\*<sup>1</sup>
- September 2014 "Constituting Oneself as 'Mindful': Meditators Move from a Reified Self to a Self-in-Process." Poster presentation at The Eighth International Conference on the Dialogical Self, The Hague University, The Hague, The Netherlands. Michelle H. Mamberg, Ph.D., Department of Psychology, Bridgewater State University, Bridgewater, MA, Thomas Bassarear, Ed.D. Keene State College, Keene, NH.\*
- September 2014 Invited panelist at the 2<sup>nd</sup> Annual NH Mindfulness in Business Conference, Concord, NH.
- August 2014 "How Might Discursive Psychology inform MBSR teacher training?" Michelle H. Mamberg, Ph.D., Department of Psychology, Bridgewater State University Bridgewater, MA, Thomas Bassarear, Ed.D. Keene State College, Keene, NH. Poster presented at Mind & Life Europe's Summer Research Institute.\*
- November 2013 "Meeting Students Where They Are: Transformative Implications of Integrative Education," poster presentation with Katie Byrnes and Jane Dalton at the Association for Contemplative Mind in Higher Education (ACMHE) conference, Amherst, MA.
- April 2013 "How Does Grounded Theory Guide the Analysis of Interview Data?" Julia E. Field<sup>1</sup>, Michelle H. Mamberg, Ph.D.<sup>1</sup>, Thomas Bassarear, Ed.D.<sup>2</sup>. <sup>1</sup>Bridgewater State University, MA. <sup>2</sup>Keene State College, NH. Poster presentation at the 11<sup>th</sup> Annual International Scientific Conference on Mindfulness: Integrating Mindfulness-Based Approaches and Interventions into Medicine, Health Care, and the Larger Society. Norwood, Massachusetts.\*
- April 2013 "So how did you learn to practice mindfulness?": A qualitative interview study" Michelle Mamberg, Ph.D., <sup>1</sup> Thomas Bassarear, Ed.D.<sup>2</sup>, and Alex Schubert, B.A.<sup>1</sup> <sup>1</sup>Bridgewater State University, MA. <sup>2</sup>Keene State College, NH. Poster presentation at the 11<sup>th</sup> Annual International Scientific Conference on Mindfulness, Norwood, Massachusetts.\*

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<sup>1</sup>\* Participated in the creation of the presentation or poster but did not attend the conference.

October 2012	“Exploring the Pedagogical Underpinnings of Contemplative Classroom Communities” with Katie Byrnes of Bowdoin College at the ACMHE conference, Amherst.
October 2012	“Neuropsychology of Meditation course,” poster presentation with Karen Jennings of KSC at the ACMHE conference, Amherst.
September 2012	Member of panel for “Dialogue on Spirituality and Religion: at Keene State College.
April 2012	“21 Day Exploration,” poster presentation at the first International Symposia for Contemplative Studies, Denver.
September 2011	“Listening to What the Course Wants to Be” at the ACMHE conference, Amherst, MA.
November 2011	“How Nurturing the Spirit of Students and Staff Sustains Their Engagement and Commitment” panel presentation which I organized at the Sustainability Symposium at KSC. The panel included Dr. Shirley McLoughlin, Dr. Len Fleischer, and Dr. Hank Knight
September 2010	“Pedagogical Practices to Support Contemplative Inquiry,” at the ACMHE conference, Amherst, MA.
September 2010	“Keene State College’s Efforts to Transform Educational Practices at the College,” panel presentation which I organized at the ACMHE conference, with Dr. Karen Jennings and Dr. Wes Martin, Amherst, MA.
April 2009	“Opening to Other Ways of Knowing and Being: Peer-Response Journals and Council,” at the ACMHE conference, Amherst, MA.

#### **Conferences and workshops attended**

2014	2 <sup>nd</sup> International Symposium for Contemplative Studies, Boston.
2013	Symposium: Contemplative Teaching and Learning Initiative at the Garrison Institute.
2013	Mindfulness in Education Network Annual Conference in Boston.
2011	Mindfulness in Education Network Annual Conference in Washington, DC.
2010-2011	Integrated Study Practice Program at the Barre Center for Buddhist Studies (BCBS) with Andrew Olendski and Gloria Ambrosia. This intensive 14 month program, including four five-day retreats. Only 30 applicants were accepted to the program; minimum requirements included 50 days of retreat experience.
2010	Mindfulness in Education Network Annual Conference in Boston.
2010	5-day course “Essentials of Buddhist Psychology” at BCBS with Andrew Olendski and Gloria Ambrosia.
2010	Organized the participation of the Dean of Professional Studies and five KSC faculty at the 2010 Fall Retreat for Academics at the Garrison Institute.
2010	Courage to Lead workshop for school administrators and leaders in the Keene area. This is connected to the Courage and Renewal work developed by Parker Palmer.
2009	Organized the participation of the Dean of Professional Studies and five KSC faculty at the Mind and Life Conference: Educating World Citizens for the 21 <sup>st</sup> Century, in Washington, DC.
2009	Participated in the Teacher Development Intensive, an eight-day residential program for advanced training in teaching Mindfulness Based Stress Reduction, Worcester, MA.
2008	On-line course for educators with Claire Stanley
2007	Took the Practicum in Mindfulness Based Stress Reduction, a 10-week initial training program for teaching MBSR, Worcester, MA.
2007	3 day retreat for educators with Claire Stanley at the Barre Center for Buddhist studies

1998

Education as Transformation Conference on Religious Pluralism, Spirituality, and  
Higher Education, Wellesley College