



# NEUROMEDITATION INSTITUTE

## Level 2 Certification

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

- Train in Advanced NeuroMeditation (NM) Concepts & Methods.
  - Work Closely with a Certified NM Instructor.
  - Master NM Assessments, Skills, and Tools.
  - Individualize NM for Specific Populations.

\*Materials that are included in this program may include interventions and modalities that are beyond the authorized practice of your profession or license. You are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.



# NeuroMeditation Institute

## Level 2 Certification Packet

### Overview

The Level 2 certification process in NeuroMeditation (NM) was specifically developed to provide advanced training in the concepts, theories, science, and methods of NM to facilitate your work with clients or students. The heart of this certification is working with an experienced NM mentor to deepen your personal and professional experience in an individualized manner—a process that is defined by the type of work you do and the populations with whom you work. By completing certification, you are advancing your skill and knowledge and demonstrating your competence.

Applicants successfully completing NM Level 2 Certification 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 2

- Use the NMI-2 credential after your name, identifying successful training and achievement.
- Digital and print version of your Level 2 Certification document.
- Invitation to attend monthly mentoring video calls where you connect with mentors and experience new guided meditations, discuss cases, challenges, and future directions.
- A more detailed and expanded certified provider profile page on the NeuroMeditation Institute website. This is a terrific way to build your business.
- Access to our research document library on Zotero.
- Receive a 25% discount coupon for future trainings, workshops, and retreats.
- Eligible to purchase and teach NMI's 6-week group curriculum on each of the 4 styles. We have outlines, meditation scripts, and PowerPoint decks already prepared to help you teach these groups on your own. Each curriculum is \$275 USD and includes access to the course's online version, taught by Dr. Tarrant.
- Eligible to become an affiliate, earning 25% of distance learning course sales connected to your identifying link.

### NeuroMeditation Certification Process, Requirements, & Eligibility

Detailed certification requirements for Level 2 are described below. A checklist and the forms required will be in your individual Google Drive folder that we create for you.

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.



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### Certification Requirements for Level 2: NeuroMeditation Certified Instructor

1. Complete the Level 1 NeuroMeditation Certification.
2. Complete the Level 2 NeuroMeditation Clinical Applications Workshop.
3. Complete at least 20 NM contact hours in which NM techniques and principles are used with at least five different clients, students, and/or groups.
  - a) Eligible hours include any situation in which NM theories, methods, or practices are used with an individual or group. If NM theories, methods, or practices are used as only a portion of a session/class, only the time specific to NM should be counted in these hours.
  - b) These hours should be documented using the NeuroMeditation Session Log Form.
4. Establish a personal meditation practice that incorporates the theory and techniques of NM.
5. Submit the Summary of Personal NeuroMeditation Practice Form.
6. Complete six hours of mentoring with a Level 3 NeuroMeditation Institute Certified Mentor.
  - a) These hours can be completed in a group or individual format.
    - i) Mentoring may take place in person or remotely using a video conference platform.
    - ii) In a six-week group format with Dr. Tarrant of NMI, each person leads a meditation and presents a case. Each session is 60 minutes and is \$300 USD for all six weeks.
    - iii) In an individual format, you work with a Level 3 Instructor at mutually agreed upon times for a total of 6 hours. Level 3 Instructors set their own price for mentoring, which is typically \$100-\$200 USD/hour.
  - b) Work with your Level 3 Mentor to complete and submit the NeuroMeditation Mentoring Verification Form. Your mentor must recommend you without reservations for your application to be considered.
  - c) For individual mentoring, find a list of approved Level 3 mentors on the NMI website at <https://www.neuromeditationinstitute.com/providers>. Search for “mentor” under specialty 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 one of these:
  - a) A book review of *Meditation Interventions to Rewire the Brain* by Dr. Jeff Tarrant, following the instructions on the NeuroMeditation Certification Book Review Guidelines. The review must be completed for each chapter and submitted to your mentor as you complete it. Please do not wait to submit all seven chapter reviews at once. If English is not your primary language, you may submit this requirement in video format. Please email us at [info@neuromeditationinstitute.com](mailto:info@neuromeditationinstitute.com) for video format instructions.
  - b) Level 2 Exam. Part 1 is comprised of 49 multiple choice questions. This is essentially basic NMI knowledge. You should be able to pass this portion without additional studying or the use of outside materials. Part 2 of the exam is comprised of eight short answer essay questions worth a total of 55 points.
8. Submit the NeuroMeditation Institute Certification Application Form at <https://forms.gle/QHtcYXTQ2vZA3ve56>
9. Submit the \$195 USD certification fee.

NeuroMeditation Institute

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## Level 2 Certification Packet

### Certification Period & Fee

If approved, certification status will be granted for two years from the date of acceptance. The Level 2 certification fee is \$195 USD and is non-refundable.

The initial certification fee is submitted at the end of the certification process after all requirements have been completed. You may mail a check, or we can send you an invoice through PayPal.

Certification fees help support the NM infrastructure and cover administrative costs to provide access to courses, guided meditations, monthly webinars, and monthly mentor meetings.

### Re-Certification

Your original certification is valid for two years. To be re-certified, you need at least ten continuing education hours in areas related to NM.

When your certification anniversary is near, you will receive an e-mail reminder to submit evidence of continuing education in NM. Re-certification forms must be submitted within 30 days of your anniversary date. The recertification fee is \$195 USD.

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.



# NeuroMeditation Institute Level 2 Certification Packet

## Level 2 Checklist

### Eligibility Requirement

	Complete the Level 1 NeuroMeditation certification.
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### Certification Requirements

	Complete the Level 2 NeuroMeditation Clinical Applications Workshop.
	Submit the NeuroMeditation Session Log Form to document 20 NM contact hours.
	Submit the Summary of Personal NeuroMeditation Practice Form to document your personal meditation practice.
	Complete six hours of mentoring with a Level 3 NM Certified Mentor (group or individual).
	Complete either the book review of <i>Meditation Interventions to Rewire the Brain</i> <u>or</u> the Level 2 Exam.
	Submit the NeuroMeditation Institute Certification Application Form.
	Submit the \$195 USD certification fee.

## 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 from that of an academic book review or book report.

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

1. Summarize the chapter’s main points in your own words.
2. How does the chapter’s information 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 chapter’s information 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 chapter’s information 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 the reviews, know that your confidentiality will be maintained; nothing you write will become public information unless you choose to release it.

**Remember, you can choose the online Level 2 test as a replacement for the book review.**

Updated 01-12-2023