



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 to Master NM
Assessments, Skills, & Tools and 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.

Applicants successfully completing NM 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.



NeuroMeditation Institute

Level 3 Certification Packet

Overview

You receive the benefits of Levels 1 and 2 Certification:

- Incorporate NeuroMeditation into your work with others
- Receive access to our online research library
- Invitation to attend monthly mentoring video calls
- Ability to teach NeuroMeditation classes
- Ability to hold individual NM sessions for those seeking Level 1 certification
- 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

And Additionally, 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.

- 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

Detailed certification requirements for Level 3 are described below. A checklist and a copy of the forms required are included in this packet.

All materials should be submitted to: 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.

*Materials that are included in this course 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 professions standards.



NeuroMeditation Institute Level 3 Certification Packet

Certification Requirements Detail for Level 3: NeuroMeditation Certified Mentor

1. Hold NM-I Level 2 certification for at least 6 months.
2. 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.
 - b. Demonstrate expertise. Level 3 credentialing is all about establishing yourself as an expert. For this part of the process it is necessary that you are able to clearly demonstrate expertise in a specific area related to NeuroMeditation. This may be a particular treatment modality (ACT, MBSR), technology-based intervention (EEG neuromeditation, AVE, vibroacoustics) or other procedure/approach (sound healing, yoga, qigong). This specialty will set you apart from other NM Instructors and may be important when Level 2 mentees are searching for a mentor.
 - c. You can demonstrate your expertise through a combination of education and experience. To qualify you must have evidence of high level training in your area as well as extensive experience using your skills in a clinical or training environment.

For example- Area of Expertise: Heart Rate Variability Biofeedback

Education/Training:

Heart Math Certification (Feb., 2015)

NeuroMeditation webinar: Using HRV with Meditation (June, 2018)

Experience: -used with approximately 30 clients in therapy practice over the past 6 years

-taught introductory HRV class at University of Missouri wellness center (April, 2019)

3. 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.
4. 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.
5. 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.



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- 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.
6. Submit the NeuroMeditation Institute Certification Application Form included in this packet.
7. Submit certification fee of \$195.

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 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. For more information on the Independent Study see attached sheets.

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.



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Certification Fee

The certification fee for Level 3 is \$195.00 USD. The fee is for a 2-year period and is non-refundable. The certification fee is submitted at the end of the certification process after all requirements have been completed.

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. 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 \$195.00 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.



NeuroMeditation Institute Level 3 Certification Packet

Level 3 Forms & Checklist

Eligibility Requirements

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

	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 \$195. Once all of the above requirements have been completed, fill out the Level 3 NeuroMeditation Certification Application Form



NeuroMeditation Institute Level 3 Certification Packet

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?

Independent Study Guidelines:

Independent project: You will work directly with Dr. Tarrant to design a project that intersects with your interests and NeuroMeditation.

Project examples:

- Small research project investigating an aspect of or benefit of NeuroMeditation. For example:
 1. Research question: What do you want to investigate? Ex: Does



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NeuroMeditation enhance mental health benefits associated with yoga? i.e. are there mental health benefits above and beyond those associated with yoga, when you add NeuroMeditation?

2. Background: Why should you investigate this? Why is it important? Ex: Yoga has been shown to be beneficial in boosting mood. (cite studies that show this) NeuroMeditation has benefits in boosting mood (cite studies showing this)
3. Operationalizing your question: Finding a scientifically backed method of measurement. Ex: Measure mood by the Brunel Mood Scale.
4. Study Design: How will you set up the study?
 - Who are the participants? Ex: Two group- study. Group 1 does Yoga only. Group 2 does Yoga + NeuroMeditation.
 - What will they do? How long will they participate? Ex: Each group does one, 1 hour session.
 - When will the measurements occur? Why? Ex: All participants take the Brunel Mood scale before and after their session. We can compare changes in mood before and after the session.
5. Results: What did you find? Ex: Compare results. Did one group's scores change more than the other?
6. Discussion: Why might this be?

- **Applicable interest:**

1. Ex 1: your specialty= software designer. You design a software program that incorporates NeuroMeditation.
2. Ex 2: your specialty= singing bowls. You incorporate a guided Open Heart NeuroMeditation with Tibetan Singing Bowls sounds tuned to heart chakra frequencies.