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## Birthe Moksha Jørgensen CV

Autoriseret Sygeplejerske , Specular psykoterapeut MPF , Certificeret MBSR mindfulness lærer.

Fascial Flow ® guide ved Jeanne Jensen , Den levende krop  
Birthe Moksha er certificeret MBSR Mindfulnesslærer ved **Center for Mindfulness, University of Massachusetts**.

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Deltaget i 7 dages retreat Body and mind for professionelle i Tyskland under ledelse af **Jon Kabat-Zinn** og **Saki Santorelli**. 2009

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Har deltaget i 7 dages retreat med Antonia Sumbundo og **Ferris Urbanowski** i Advanced MBCT. 2009

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Deltaget i 7 dages stilhedsmeditation med **Christina Feldman** på **Gaia House** januar 2010.

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Deltaget i 9 dages praktikum **MBSR** i Massachusetts januar 2010.

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Deltaget i 8 dages MBSR / MBCT træning på Gaia House sept 2010 " The Foundation of Mindfulness ved Christina Feldman og John Teasdale".

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Deltaget i 8 dages retrete på Gomde maj 2011 med Christina Feldmann og John Peacock " The Foundation of Mindfulness " MBSR og MBCT.

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Deltaget i 9 dages TDI Teachers Intensive Development juni 2011 Sverige via Center for Mindfulness Massachusetts ved Florence Meleo-Meyer og Melissa Blacker.

6 days silence Insight Dialoge Retreat with Phyllis Hicks and Bart van Melik,  
Holland 2014

6 days silence , Insight dialoge retreat "Fulfilling the foundations of Mindfulness with Gregory Kramer and Phyllis Hicks and Bart van Melik oct 2014

8 days silence "The foundation of Mindfulness at Gomde DK with Christina Feldmann and John Peacock 2013

7 day Body and Mind – Mindfulness Retreat with Jon Kabat Zinn and Saki Santorelli Denmark, juni 2014 Fuglsøcenteret.

Teaching Presence in Relationship: 7 day Interpersonel Mindfulness training for

MBSR teachers with Florence Meleo. Meyer and Phyllis Hicks May, 2014

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Holland

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**Modtaget supervision ved seniorlærer ved Center for Mindfulness **Elana Rosenbaum****

**anbefaling fra 2015 fra Elana Rosenbaum i forbindelse med Certificering fra Center for Mindfulness**

**Attitudes of the teacher:**

**Birthe has always been dedicated to growth and insight. She is able to observe and be present free of assumptions and judgment and displays consistent curiosity in both inquiry and her responsiveness to class members. There is a freshness to her teaching and an openness to discovery. The class has become cohesive over time reflecting her increased trust and patience in the cultivation of mindfulness-more laughter and a sense of ease. Very dedicated to practice and learning and open to new discoveries. Aware of blind spots and continues growing in insight and confidence. Being with sons possible paralysis was a major accomplishment. Says, "I no longer have fear." Much more able to be accepting of what is as it unfolds in the moment. Qualities of the teacher: Open, connected, able to hold pain and consistently curious and insightful. Very dedicated to practice and bringing it into daily life. Ethical and authentic. I believe Birthe embodies mindfulness and has shown growth and maturity personally and professionally. Her increased confidence and trust are translated into her teaching and her ability to facilitate a group and hold diversity. Establishes sense of safety which facilitates the creation of a harmonious and supportive community.**

**I recommend certification. Birthe is dedicated to continued learning, will be going on more retreats so she can stay fresh and continue to inspire and be inspired. I believe she is a mature teacher and highly competent.**

**Modtaget supervision fra **Florence Meleo- Meyer** Center for Mindfulness Massathussets**

**Anbefaling fra cand. psyk **Dagmar Møller Kristensen** Specular Århus**

**From 1993- 2015 supervision and ongoing Training by cand. psyk **Dagmar Møller****

**Kristensen udd ved **Bob Moore** cand psyk. and meditationslærer Specular Århus ( meditation practice and personal and proff. supervision)**

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**Training in Buddhist filosofi and meditation 2009-2013 by Lahka Lama Rinpoche  
( Gelugpa) in DK and in Nepal and in monastery in Mungod India  
Continuing teaching from Lahka Lama Rinpocha**

**Two Silent Retreats Vipasanna Insigth Meditation 14 days in Thai Monastery, Sarnath/  
BodhGaya Indien  
February 19 - 26, 2016 with **Christopher Titmuss**  
February 26 - March 4, 2016 with Christopher and Zohar Lavie  
2015**

**5 days Dharmainquiry with Christoffer Titmuss Germany 2016**

**7 days Vipassanya with Christoffer Titmuss Germany 2017**

**14 days Intens Retræte training with Chritstoffer Tismuss Agent of Change ,  
Israel 2017**

**7 days Insight Meditaiton Bob Stahl Denmark 2017**

**20-21 nov 2015 Yogatraining with Birgitte Gorm Hansen Dynamic  
Yoga**

**2015 den 20 -25 okt retræte at Gomde with Tsoknyi Rinpoche, "At opleve  
følelser I et rummeligt sind" Dzogcen training**

**From 1993- 2015 supervision and ongoing Training by Dagmar Møller**

**Participation in 2 days seminar on Århus University Dansk Center for  
Mindfulness " Bivirkninger ved Mindfulness" ved Lone Fjordback.  
Participation in 2 days seminar an Århus University Dansk Center for  
Mindfulness "Inqiury im MBSR teaching " ved Lone Fjordback and Jacob  
Piet  
Participation in 2 days seminar on "Compassion" at Århus  
University 2016**

**One day seminar with Jon Kabat Zinn, Saki Santorelli, Lone Fjordback and  
Jacob Piet june, Denmark 2014**

**Ongoing Supervision and training with Lone Fjordback and Jacob Piet once  
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week since sept 2012 -2014

Participate with Lone Fjordback and Kit Appelt and Jacop Piet when they teach

Pratikum 5 days in 2012, 3 days in 2013 , 5 days in 2013

Participation in Mind and Life conference with HH Dalai Lama 2 days in Mungod India 2013

Participation in Mindfulness Konference for Center for Mindfulness in Boston 5 days 2013

10 days retræte with Chökyi Nyima Rinpoche Gomde DK training in Mahamudra/Dzogcen 2015

6 days retrete with Chökyi Nyima Rinpoche Gomde DK training in Dzogcen 2013

7 days Retrete with Chökyi Nyima Rinpoche Gomde DK training in Mahamudra/  
Dzogcen 2012

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Birthe Moksha har knapt 30 års meditationserfaring og er gennem tiden inspireret af Lakha Lama gennem rejser og unervisning i Nepal og Indien , HH Dalai Lama, Bob Moore, Anne og Philip Nees Nordlyscenteret Silkeborg, Meditationslærer og filosof Asta Fink Sorring, og Specular Århus.

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Birthe Moksha er uddannet Specular Psykoterapeut og medlem af Dansk Psykoterapeut forening MPF og initiativtager og formand for Mindfulness foreningen Danmark

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Specular Århus er en 5 årig psykoterapeutisk uddannelse svarende til de vejledende kriterier udsendt af **Socialministeriet, Undervisningsministeriet og Sundhedsministeriet.** Uddannelsen er bl.a. baseret på meditation, sammenhængen mellem krop, sind og bevidsthed , mindfulness og psykoterapi.

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