



Center for Mindfulness in Medicine, Health Care,
and Society
University of Massachusetts Medical School
Department of Medicine
Division of Preventive and Behavioral Medicine
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www.umassmed.edu/cfm

July 30, 2015

Silvia Bianchi
Via del Commercio Sud 215
Pomaia Pisa 56040
Italia

Dear Silvia,

It is with great pleasure that I am writing to congratulate you on your successful completion of all requirements for *Teacher Certification in Mindfulness-Based Stress Reduction (MBSR)* conducted by the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School in Shrewsbury, Massachusetts.

After a careful review of your submitted materials, the Certification Review Team was unanimous in their approval. They have recognized your expert grasp of the interventional elements of MBSR and, more so, your depth of understanding and embodiment of the foundational underpinnings of this approach.

As Executive Director of the Center for Mindfulness, I am a member of this review team. I whole-heartedly concur with the assessment and decision of my fellow members. We are honored to count you as a colleague and an MBSR professional.

Sincerely,

A handwritten signature in black ink, appearing to read 'Saki F. Santorelli'.

Saki F. Santorelli, EdD, MA
Executive Director, CFM
Professor of Medicine

**The Center for Mindfulness
in Medicine, Health Care, and Society
University of Massachusetts Medical School
Worcester, Massachusetts**

Congratulates

Silvia Bianchi

**on successful completion of all requirements for
*Teacher Certification in Mindfulness-Based Stress Reduction (MBSR)***

The Center for Mindfulness recognizes that Silvia Bianchi has successfully demonstrated advanced knowledge and an experiential understanding of the interventional elements of Mindfulness-Based Stress Reduction.



Florence Meleo-Meyer, MS, MA
Director of Oasis Institute, CFM



Saki F. Santorelli, Ed.D, MA
Executive Director, CFM
Associate Professor of Medicine