

RESUME

Andrew Safer

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Overview of Relevant Education and Experience

For 57 years, I have been a practitioner of mindfulness meditation. I was authorized as a mindfulness instructor in 1993 by Shambhala International of Halifax. For the last 16 years in St. John's, I have been teaching mindfulness meditation, practices, and exercises, along with applications for mindfulness in everyday life. I teach the techniques and methods and how they apply to challenging life circumstances. The individual who is engaged with the process gets to know their own mind/body, which becomes transformative going forward. For the great majority of my adult life, I have been a daily practitioner of mindfulness, and was fortunate to receive extensive training first in the Zen tradition beginning in 1968, and then in the Tibetan Buddhist tradition, beginning in 1973. Since 2013, I have developed and implemented multi-week programs for anxiety and stress, depression, ADHD symptoms, suicidal thoughts, and addictions, as well as for the workplace, and resilience.

Education

1970 – 1972 Undergraduate, University of California, Santa Cruz
Creative Writing major

1973 – 1987 Vajradhatu / Shambhala International
Worldwide Buddhist / Shambhala spiritual community
Under direction of Chogyam Trungpa, Tibetan Buddhist Meditation Master
Boulder, Colorado and Halifax, Nova Scotia

1980 – Present Kenneth Friedman, Meditation Instructor
Boulder, Colorado; Halifax, Nova Scotia; and St. John's, NL

Acquired Professional Experience

1. Andrew Safer, N.D. (2026)

58 Pennywell Rd., St. John's, NL A1C 2K9

Academy of Naturopaths and Naturotherapists of Canada (ANNC)

Qualified for membership through the Meditation subcategory with 1,124 hours of training (minimum requirement = 400 hrs.)

Membership No. 26-7260

Responsibilities

- Individual applied-mindfulness consultations / group workshop series
 - As noted here: www.safermindfulness.com
 - Collaborations with community groups
 - Program development
 - Lead community-based mindfulness practice sessions / retreats
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2. Canadian Mental Health Association—Newfoundland and Labrador (CMHA-NL)
2017 – 2021

Responsibilities:

- Presented workshop series: “Navigating Anxiety and Stress Through Mindfulness”, and “Mindfulness in Recovery” (Addictions)
- Co-developed and piloted “Suicide Prevention Through Mindfulness Training” and “Mindfulness for Depression”
- Funders included: VOXM Cares Foundation, Department of Health and Community Services, Pennecon Limited, and CMHA-NL

3. Journal of Psychology and Cognition

January 2017

Responsibilities:

- Co-authored with Martha Traverso-Yepe, PhD, published article: “Cultivating Mindfulness and Awareness in a Community-based Setting”

4. Memorial University

2013 – 2021

Responsibilities:

- Piloted “Workplace Mindfulness” program (10-week) with faculty and staff
- Presented “Anxiety, Stress & Mindfulness” with Martha Traverso, PhD, at Memorial University Annual Research Day 2016
- Presented “Workplace Mindfulness” (10 weeks) to undergraduate and graduate students: five cohorts
- Adapted and presented four-workshop series to members of the Professional Engineers and Geoscientists of Newfoundland and Labrador
- Collaborated with Dr. Janna Rosales, Associate Professor, Engineering, on both the five cohorts and the four-workshop series

5. “Mindfulness at School”

2014 – 2015

Responsibilities:

- Developed “Mindfulness at School” 10-session high school curriculum
- Developed 43-page supplemental reading resource
- Presented five / seven / ten sessions in Grade 10 Healthy Living classes at Gonzaga, Booth Memorial, Bishops College, Prince of Wales Collegiate, and Holy Spirit High Schools
- Both pre- and post- evaluations completed by 198 students
- Conducted two six-session workshop series for autistic students

6. Eastern Health

February, March 2014

Responsibilities:

- “Mindfulness for Social Workers”
- Presented ½-day workshop to four groups of social workers (100 total)

October, November 2021

Responsibilities:

- “Mindfulness Training for a Canadian Health Organization”
- Presented four-week Workplace Mindfulness training program to 14 health-care managers
- Evaluation rating: 9.5 out of 10

7. Safer Mindfulness, Inc. (2014 – 2025)

Mindfulness Instructor & Trainer, Workshop Facilitator, Author

Responsibilities

- Presented applied-mindfulness workshop series on mental health and addictions, workplace, and resilience, and individual consultations
- Wrote/published two books: *Anxiety, Stress & Mindfulness*, and *Mindfulness in the Workplace*, 2nd Tier Publishing
- Note: at year-end 2025, Safer Mindfulness, Inc. was dissolved. The business transitioned back to the sole proprietorship “Andrew Safer”

8. Andrew Safer (2010 – 2014)

Mindfulness Instructor & Trainer, Workshop Facilitator

Responsibilities:

- Presented applied-mindfulness workshop series, individual consultations
- Collaboration with Family Life Bureau, Archdiocese of St. John’s: mindfulness workshop series (6 weeks): 3 times/year x 4 years
- “Navigating Anxiety and Stress Through Mindfulness” and “Mindfulness in Recovery” were developed and piloted

9. Independent Journalist

1990 - 2013

Responsibilities:

- Wrote more than 400 articles for 70+ magazines
- Completed assignments for 18 government departments (mostly in Nova Scotia)

Program Outcomes

For representative outcomes for programs Andrew developed, piloted, and implemented (2013 to present), go to: <https://safermindfulness.com/wp-content/uploads/2023/10/Applied-Mindfulness-Outcomes-May-2023.pdf>

Training Courses and Conferences

September, 2023

ASIST (Applied Suicide Intervention Skills Training)

May, 2023

Canadian Association for Suicide Prevention

CASP Annual Conference

September 2018

Nova Scotia Department of Community Services “Reclaiming Social Work” Conference
Presented “Mindfulness—Personal Practice for Managing Workplace Pressure & Stress”
Provided 350 copies of newly published book, *Anxiety, Stress & Mindfulness*

May, 2017

17th World Summit on Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences
Presented “Cultivating Mindfulness and Awareness in a Community-based Setting”

June, 2014

Canadian Association of Physical Medicine & Rehabilitation Conference
Presented “Mindfulness: Chronic Pain and Post-Traumatic Stress Disorder”

September – November, 1975

Vajradhatu / Shambhala International Seminary
12-week mindfulness and meditation practice and study program
Snowmass, Colorado

Memberships and Awards

Academy of Naturopaths and Naturotherapists of Canada (ANNC)
Atlantic Contemplative Centre
Mindfulness Council of Canada
The Mindful Coach Association

EDI Media Recognition Award, EDI Council of Canada (Electronic Data Interchange) Nov 1994
Hope Award, Consumer Health Awareness of Newfoundland and Labrador 2017

Volunteer Work

Board of Directors, Mindfulness Council of Canada,
Board of Directors, Youth Voices of Nova Scotia Society, Halifax
Chaplain, Eastern Health--NL Health Services, St. John’s
Leader, Monday Night Meditation, The Lantern, St. John’s
Leader, Friday Mindfulness Session, Memorial University, St. John’s

References

Dr. Keith Vokey
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Dr. Anne Porter
Psychiatrist
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John Abbott
Former Minister, Mental Health & Addictions
Government of Newfoundland & Labrador
Former CEO, Canadian Mental Health Assoc.-NL
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Judy Kennedy, Psychotherapist, Counsellor
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