**Foundational course in teaching MBCT**

**Application Form**

Please complete and return to the above address to arrive no later than 13 March 2017

* Shortlisted applicants will be invited to attend an interview on the May date 2017
* An offer of a place/or informed if unsuccessful will be sent by 19 May 2017.
* If offered a place you should confirm acceptance, and make full payment by the 3 July 2017.

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| **Full name:** |  |
| **Preferred name:** |  |
| **Address:** |  |
| **Post code:** |  |
| **E-mail:** |  |
| **Telephone**  **Home:**  **Mobile:** |  |
| **Date of birth:** |  |
| **Male/Female:** |  |
| **Emergency contact and**  **telephone number:** |  |

**Pre-requisites for applying for the Foundational Course. Please answer Yes or No\*:**

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| 1. At the time of application, have you completed one of the following: | - A 8 Week MBCT / MBSR programme or an equivalent course? (e.g. a 5-day MBCT experiential over a ten week period with daily home practice)?  - Other: Equivalent face to face course  (eg. Unless unavailable in your home country) |
| A) Please provide details of the duration of the programme(s), where, when and with whom it was undertaken: |  |
| 1. Do you have experience of the population and context within which you plan to teach mindfulness and appropriate qualifications for working with this group? (please provide details) |  |
| A) Occupation, field of work & employer: |  |
| B) Professional qualifications and training relevant to your professional role: |  |

In support of your application, please write a brief summary for each section below, before continuing:

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| 3. Your reasons for applying and what you hope to learn (200 words) |

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| 4. Your meditation experience (200 words), including  4. A) Your experience of the 8/9 week or 5 day experiential MBCT / MBSR programmes detailed above;  4. B) Meditation retreats attended, if any; and  4. C) Please reflect upon your ongoing personal practice including frequency, duration and practices chosen as well as any delights, difficulties and discoveries you have been working with recently |

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| 5. The professional context in which you plan to teach (200 words) |

6. Do you have the means to fund this course, and can you pay in full by **3 July 2017**? YES/NO

Please provide details:

7. Please confirm you have read the cancellation policy YES/NO

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| Signature: Date: |