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**Application for MBCT Teaching Competency Assessment**

1. **Personal Details**

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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:**  |  |

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1. **Reasons for applying for competency assessment**

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| **Please state your reasons for applying for competency assessment at this point** |
| **Please confirm that your supervisor supports this application YES/NO** |

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1. **Pre-requisites- Please give evidence that you fulfil the pre-requisites set out in the MBCT training pathway. Please see the appendix for full details of each pre-requisite.**

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| **Pre-requisite One: Experiential understanding of mindfulness** |
| **Pre-Requisite Two: Participation in a structured 8-week MBCT course as a participant** |
| **Pre-Requisite Three: Knowledge and key competencies to deliver a structured therapeutic approach** |
| **Pre-Requisite Four: Knowledge and experience of the population to which MBCT will be delivered** |
| **Pre-Requisite Five: Skills to work with individuals and groups** |

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1. **MBCT Foundational / basic training or other training (e.g. a Master’s course)**

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| **Please give details of any MBCT teacher training you have attended, including dates, length of training, the name of the teacher(s) and where the training took place** |

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1. **Mindfulness experiential retreats**

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| **Please give details of any teacher-led silent residential mindfulness retreats you have attended, including dates, length of retreat, the name of the teacher(s) and where the retreat took place.**  |

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**6 Apprenticeship teaching with supervision**

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| **Apprenticeship:*** Please give details of any MBCT courses that you have taught as an apprentice, including: dates, the population you were teaching, where the course took place and the name of a co-teacher if relevant.
* Do you have any other mindfulness teaching experience? If so, please give details.
* Have you been using the MBI-TAC as a reflective tool during your teaching? If so, please describe how this may have supported your development as a teacher.
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**6 Apprenticeship teaching with supervision**

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| **Supervision** Please give details of your supervision arrangements, including the name of your supervisor, the number of supervisions per MBCT course you teach, and whether your supervision has included use of the MBI-TAC as a formative tool. |

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**7. Other**

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| * Is there anything else you would like us to know?
* If you are teaching within the UK, do you meet the [UK Network Good Practice Guidelines for teaching mindfulness based courses](http://mindfulnessteachersuk.org.uk/pdf/UK%20MB%20teacher%20GPG%202015%20final%202.pdf)?
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**8. ‘Check list’**

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| You are required to submit the following with your application form. Please confirm that these are included **YES/NO*** Recordings of you teaching a recent 8-week MBCT course. *It is your responsibility to send us recordings in which you are visible and both you and your participants are audible. Recordings which do not meet these criteria cannot be assessed.*
* One page explaining your teaching context
* Evidence of consent/consent forms from your participants
* Your consent form
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**9. Fees / payment**

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| The fee for OMC competency assessment is £400, payable by invoice which will be sent on acceptance of your application.  |

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**Appendix – Pre-Requisites**

* **Pre-requisite One:** An experiential understanding of mindfulness through personal mindfulness practice. This would normally be for at least a year before entering the training pathway. Please give evidence of your ongoing personal mindfulness practice. Please include both informal and formal practice, including frequency, length and forms of formal practice (eg body scan, sitting; movement)

**Pre-Requisite Two:** Participation in a structured 8-week MBCT program as a participant. This is to understand the program experientially, including having used the core mindfulness practices that are taught in MBCT.[[1]](#footnote-1)Please give details of any MBCT course you have attended as a participant, including dates, length of course, the name of the teacher(s) and where the course took place

* **Pre-Requisite Three:** The knowledge and key competencies to deliver a structured therapeutic approach. This would normally include a (professional) qualification(s) that enables you to teach MBCT with the target population and in the context in which you plan to teach safely and effectively. For example, for MBCT for depression a professional degree in one of the mental health disciplines that qualifies you for clinical practice. This would include the use of structured, evidence-based therapeutic approaches to mental health (e.g., cognitive-behavioral therapy), the knowledge / skills to work with clinical populations and the knowledge/skills to identify and manage risk. If you are interested in teaching MBCT to other populations and/or in non-clinical contexts an evaluation of the fit of your educational and vocational background with the intended population/context will be required. This may require additional training alongside the training pathway, for example in ethics and safeguarding/risk assessment and management.
* **Pre-Requisite Four:** Knowledge and experience of the population to which MBCT will be delivered, including experience of teaching, therapeutic, or other care provision.
* **Pre-Requisite Five:** Skills to work with individuals and groups.
1. Where attending an MBCT class is not possible, attending an MBSR course is the next best option. If this is not possible, the next best option is an online programme that can provide this foundational training along with access to weekly inquiry with a teacher (such as the Mindful Mood Balance Pro web-based training at <http://www.mindfulnoggin.com/mindful-mood-balance>). [↑](#footnote-ref-1)