

Assessment whilst co-teaching

The requirements for co-teaching are given in Domain 2 (Relational Skills) of the [Mindfulness-based Interventions Teaching Assessment Criteria](#) (MBI-TAC) manual.

If you are recording yourself co-teaching with another teacher, you must have explained the requirements to your co-teacher in advance and have their written consent.

You must record the whole of each session and the camera must be trained on you throughout, even when your co-teacher is teaching.

You must record yourself teaching each of the following, from any of the relevant sessions

- Raisin exercise
- At least 1 body scan
- At least 1 mindful movement practice
- At least 2 main sitting practices in different sessions
- At least 2 didactic sessions/exercises (e.g. 'walking down the street'; teaching on depression or stress; 'office scenarios')
- At least 2 different Breathing Spaces

You must teach at least two whole sessions on your own – one from the first half of the course, but not Session 1, and one from the second half of the course, but not Session 8 – so that your assessor can see how you manage the time, hold the group, etc. Your co-teacher can be present. For the remaining sessions, you must be teaching the group for a minimum of 50% of the time.

Please note that your relationship with your co-teacher will have a strong influence on the quality of the teaching process for participants. Domain 2 will assess your co-teaching relationship as well as your teacher-participant relationship.