**Trained Teacher Certificate Portfolio**

**Please note that throughout this portfolio, the terms “supervisor” and “supervision” refer to supervision or mentoring of your teaching by a trained supervisor or mentor.**

Please supply details of your training, teaching and supervision in the portfolio below. This must include:

1. Evidence that you have completed the required training
2. Evidence that you have taught or co-taught at least two MBCTcourses (This includes MBCT-D, MBCT-L or Finding Peace in the Frantic World, typically delivered in an 8-week format)
3. Details of your teaching context(s)
4. A personal supervision learning statement including evidence that you have received at least 20 sessions of supervision (individual or group), of at least 30 mins each, from a supervisor with training and experience in MBCT
5. A reflective commentary on your learning and personal practice during the period of supervised teaching

You will be asked to upload the completed portfolio along with a supervisor supporting statement in the application form, which can be found [here](https://www.oxfordmindfulness.org/training/step-3-teacher-certification/).

1. **Personal Information**

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| --- | --- | --- | --- | --- |
| First name | Click or tap here to enter text. | Family name | Click or tap here to enter text. | |
| Email | Click or tap here to enter text. | Telephone number | | Click or tap here to enter text. |

1. **Details of Previous Training**

*If you are unsure of the exact dates of your previous training, please give approximate dates.*

If you completed the 11-month Foundational Teacher Training (in weekly, fortnightly or monthly format) with the OMC, please give details below:

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| --- | --- | --- | --- | --- |
| Names of Trainers | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

*If you attended this format of training, you do not have to fill in details for each individual module in the section below. Please proceed to Section 2b (Workshops) of the application form.*

a) Teacher Training Modules

*If you have not completed the 11-month training programme please provide the below information.*

Please provide details of your Module 1: MBCT as a participant.

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| Name(s) of Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

Please provide details of your Module 2: teaching individual practices and exercises in pairs and small group

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| Name(s) of Trainers(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

Please provide details of your Module 3: a personal practice retreat of at least 4 nights which deepens your experiential understanding of mindfulness.

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| Name(s) of Retreat Lead(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

Please advise if you have completed Module 4: teaching a curriculum in groups. Yes No

If so, please give details below:

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| --- | --- | --- | --- | --- |
| Name(s) of Trainers(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you completed the Residential Intensive Teacher Training (often referred to as ‘Ammerdown’) prior to 2019 and have not participated in a Module 4, please provide evidence of equivalent experience below:

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b) Workshops

Please advise if you have completed The C in MBCT (Cognitive and Behavioural Foundations of MBCT) Workshop. Yes No

If so, please give details below:

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| --- | --- | --- | --- | --- |
| Name(s) of Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you completed Modules 1&2 in April 2020 or afterwards, The C in MBCT (Cognitive and Behavioural Foundations of MBCT) Workshop was included in Modules 1&2. Otherwise, if you have not completed this workshop, please provide evidence of equivalent training or experience below:

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| *Completed in Modules 1&2 on (date after April 2020) or provide evidence of equivalent training or experience* |

Please advise if you have completed the Introduction to Buddhist Psychology Workshop. Yes No

If so, please give details below:

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| Name(s) of Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you have not completed the Introduction to Buddhist Psychology Workshop, please provide evidence of equivalent training or experience below:

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Please advise if you have completed the Inquiry in MBCT Workshop.   
 Yes No

If so, please give details below:

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| Name(s) of the Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you have not completed the Inquiry in MBCT Workshop, please provide evidence of equivalent training or experience below:

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Please advise if you have completed the Working with Groups in Mindfulness-Based Interventions Workshop. Yes No

If so, please give details below:

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| --- | --- | --- | --- | --- |
| Name(s) of the Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you have not completed the Working with Groups in Mindfulness-Based Interventions Workshop, please provide evidence of equivalent training or experience below:

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Please advise if you have completed the Orientation and Assessment, and Ethics Workshop. Yes No

If so, please give details below:

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| --- | --- | --- | --- | --- |
| Name(s) of the Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you have not completed the Orientation and Assessment, and Ethics Workshop, please provide evidence of equivalent training or experience below:

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Please advise if you have completed the Research and Evaluation Workshop. Yes No

If so, please give details below:

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| --- | --- | --- | --- | --- |
| Name(s) of the Trainer(s) | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

If you have not completed the Research and Evaluation Workshop, please provide evidence of equivalent training or experience below:

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1. **Teaching Experience**

Please advise if you have taught or co-taught at least two MBCT courses (typically delivered over an 8-week format) Yes No

Please give details of two courses that you have taught or co-taught:

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| --- | --- | --- | --- | --- |
| Course Type (e.g. MBCT-D, MBCT-L of Finding Peace in a Frantic World) | | | Click or tap here to enter text. | |
| Number of participants | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Course Type (e.g. MBCT-D, MBCT-L of Finding Peace in a Frantic World) | | | Click or tap here to enter text. | |
| Number of participants | | | Click or tap here to enter text. | |
| Location or online | | | Click or tap here to enter text. | |
| Dates | From (dd/mm/yyyy) | Click or tap to enter a date. | To (dd/mm/yyyy) | Click or tap to enter a date. |

Please give details of the context in which you were teaching (healthcare, educational, workplace/corporate, criminal justice, private, etc.); a description of your participant group and any associated vulnerabilities or challenges; and any adaptations you have made to the MBCT curriculum with an explanation of the rationale behind your changes. This should not exceed 500 words.

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| *Sections (max 500 words in total):*  *Description of your participant group*  *Associated vulnerabilities or challenges*  *Any adaptations you have made to the MBCT curriculum with an explanation of the rationale behind your changes* |

1. **Supervision**

*You will be asked to upload a supervisor supporting statement along with your application. In addition, please provide the below information on your supervision sessions.*

Please advise if you have received at least 20 sessions of supervision (individual or group) from a supervisor with training and experience in MBCT. Yes No

Please give details of the supervision you have received:

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| --- | --- |
| Number of supervision sessions | Click or tap here to enter text. |
| Average length of each supervision session | Click or tap here to enter text. |
| Date of your last supervision session (dd/mm/yyyy) | Click or tap to enter a date. |

Please provide your supervisor’s details below. Please ensure you have your supervisor’s permission to give us these details as we may contact them to discuss your application.

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| --- | --- | --- | --- |
| First name | Click or tap here to enter text. | Family name | Click or tap here to enter text. |
| Email | Click or tap here to enter text. | | |

If you have had more than one supervisor during this period, please give details below:

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Please advise if your supervisor has seen, either live or by video, evidence of your guiding practices, inquiry and didactic teaching. Yes No

If the answer to the above question is no, please give reasons why this was not possible:

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Please write a personal supervision learning statement below. This is an opportunity to reflect on the role that supervision has played in the development of your teaching skills, your personal practice and your understanding of the theoretical underpinnings of MBCT during this time. It should not exceed 500 words.

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| *Role of supervision in:*  *The development of your teaching skills*  *Your personal practice*  *Your understanding of the theoretical underpinnings of MBCT*  *(Max. 500 words in total)* |

1. **Reflective Commentary**

This piece of writing is your opportunity to reflect on your teaching and tell us what you have learned, and how your teaching skills and your personal practice have developed. Please include the following:

• What have you learned from teaching these courses? Have any key issues or questions emerged for you?

• Have there been any particular obstacles or difficulties?

• What do you consider to be your main teaching strengths? (please base your reflection on the domains of the [MBI:TAC](http://mbitac.bangor.ac.uk/mbitac-tool.php.en))

• What do you consider to be your main learning needs? (please base your reflection on the domains of the [MBI:TAC](http://mbitac.bangor.ac.uk/mbitac-tool.php.en))

• Has your understanding of the theoretical underpinnings of MBCT developed as a result of your teaching and supervision and if so, how?

• The relationship between your teaching and your personal practice – has your practice developed over this period and if so how? How does your practice affect your teaching and vice versa?

• How will you take this learning forward?

• Anything else you would like us to be aware of?

Please note that you must maintain your participants’ confidentiality at all times.

To support our assessment, please present your commentary in a clear and concise form and address all the above points. You can include lists or bullet points. Please do not exceed 2500 words.

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