Trained Teacher Certificate Supervisor/Mentor Statement

To be completed by the supervisor and uploaded by the applicant when applying for a Trained Teacher Certificate.

Please note that the terms ‘supervisor’ and ‘supervision’ refer to supervision or mentoring of the applicant’s teaching.

To meet the requirements for a Trained Teacher Certificate from the Oxford Mindfulness Centre, the applicant must have:

1. Completed the requirements of the OMC training pathway (OMC will check this)
2. Taught or co-taught **at least** two MBCT[[1]](#footnote-1) courses (typically delivered in an 8-week format)
3. Received at least 20 sessions of supervision of the teaching (individual or group) of at least 30 minutes each from a Mindfulness supervisor with experience of the MBCT curriculum that they are teaching.

**1) Please provide the following information:**

|  |  |
| --- | --- |
| Name of applicant |  |
| Number of courses the applicant taught under your supervision |  |
| Number of supervision sessions |  |
| Average length of each supervision session |  |
| Date of the last supervision session (dd/mm/yyyy) |  |

**2) Please advise if you have seen, either live or by video, evidence of the applicant guiding practices, inquiry and didactic teaching.**

Yes / No *(delete answer which is n/a)*

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

 **3) Do you support the applicant’s application?**
Yes / No *(delete answer which is n/a)*

|  |
| --- |
| Any further comments? |

|  |  |
| --- | --- |
| **Name of Supervisor** |  |
| **Signature**(Please insert your signature in a picture format or print your name) |  |
| **Date (dd/mm/yyyy)** |  |

1. The term MBCT includes MBCT-D, MBCT-L and Finding Peace in a Frantic World [↑](#footnote-ref-1)