**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 MBCT[[1]](#footnote-1) courses (typically delivered in an 8-week format)
3. Details of your teaching context(s)
4. Evidence that you have 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 you are teaching and write a short reflection on what you have learned from receiving supervision
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/).

**Personal Information**

|  |  |  |  |
| --- | --- | --- | --- |
| First name |  | Family name |  |
| Email |  | Telephone number |  |

**1a. Details of Teacher Training – Cohort**

If you completed the 12-month Teacher Training with the OMC, please give details of your training and workshops below. If you completed the modular pathway please move to section 1b.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Names of Trainers | |  | | | |
| Name of Mentor | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

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

***Cohort Workshops***

*Please also confirm that you attended the below workshops within your cohort training:*

|  |  |  |
| --- | --- | --- |
| **Workshop** | **Please confirm date of attendance** | **Name of trainer(s)** |
| Inquiry |  |  |
| Orientation/Assessment/Ethics |  |  |
| Origins of Mindfulness |  |  |
| Inclusion and Communication |  |  |
| Implementation |  |  |
| Theory of MBCT |  |  |
| Safeguarding |  |  |
| Group Skills |  |  |
| Research & Evaluation |  |  |

The above workshops provide knowledge and understanding which we believe are fundamental to teaching MBCT. However, prior to autumn 2021 they were not all included in the cohort programme package. Therefore, if you trained before the workshops were included, please provide your level of understanding and knowledge on each area of workshops you have not attended. Where possible, we strongly encourage you to join any missing workshops as continuing development for your teaching, this may be possible via the OMC website under our workshops section, otherwise please talk with your supervisor on how to ensure you are sufficiently skilled in these areas to teach and detail below:

*If you attended cohort training and have completed the above, please proceed to Section 2.*

**1b. Details of Teacher Training – Modular**

Teacher Training Modules

*If you completed the modular training programme please provide the below information.*

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name(s) of Trainer(s) | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name(s) of Trainer(s) | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name(s) of Retreat Lead(s) | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

Please advise if you have completed Module 4: teaching a curriculum in groups[[2]](#footnote-2)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes |  | No |

If yes, please give details below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name(s) of Trainer(s) | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

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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***Modular Workshops***

*Please also confirm that you attended the below workshops as part of your training:[[3]](#footnote-3)*

|  |  |  |
| --- | --- | --- |
| **Workshop** | **Please confirm date of attendance** | **Name of trainer(s)** |
| Inquiry |  |  |
| Orientation/Assessment/Ethics |  |  |
| Origins of Mindfulness[[4]](#footnote-4) |  |  |
| Inclusion and Communication |  |  |
| Implementation |  |  |
| Theory of MBCT |  |  |
| Safeguarding |  |  |
| Group Skills |  |  |
| Research & Evaluation |  |  |

The above workshops provide knowledge and understanding which we believe are fundamental to teaching MBCT. However, prior to autumn 2021 they were not all available via the OMC. Therefore, if you trained before the workshops were available, please provide your level of understanding and knowledge on each area of workshops you have not attended. Where possible, we strongly encourage you to join any missing workshops as continuing development for your teaching, this may be possible via the OMC website under our workshops section, otherwise please talk with your supervisor on how to ensure you are sufficiently skilled in these areas to teach and detail below:

**2. Details of Courses Taught**

|  |  |
| --- | --- |
| Please confirm how many courses you have taught: |  |

Please provide details of **at least** two courses that you have taught:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Number of participants | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Number of participants | |  | | | |
| Location or online | |  | | | |
| Dates | From (dd/mm/yyyy) | |  | To (dd/mm/yyyy) |  |

**3. Context**

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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**4. Supervision**

*You will be asked to upload a supervisor supporting statement along with your application.*

*If you have had more than one supervisor, please upload a statement for each supervisor.*

*In addition, please provide the below information on your supervision sessions.*

Please advise if you have 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.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes |  | No |

Please give details of the supervision you have received:

|  |  |
| --- | --- |
| Number of supervision sessions |  |
| Average length of each supervision session |  |
| Date of your last supervision session (dd/mm/yyyy) |  |

Please provide your supervisor’s details below. Please ensure you have your supervisor’s permission to provide these details as we may contact them to discuss your application. If you have had more than one supervisor, please give details for each supervisor.

**Supervisor 1**:

|  |  |  |  |
| --- | --- | --- | --- |
| First name |  | Family name |  |
| Email |  | | |

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:

|  |
| --- |
|  |

**Supervisor 2** (if applicable):

|  |  |  |  |
| --- | --- | --- | --- |
| First name |  | Family name |  |
| Email |  | | |

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:

|  |
| --- |
|  |

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.

This should not exceed 500 words.

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**5. 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.

This should not exceed 2500 words.

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| --- |
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1. The term MBCT includes MBCT-D, MBCT-L or Finding Peace in a Frantic World [↑](#footnote-ref-1)
2. If you completed the Residential Intensive Teacher Training (often referred to as ‘Ammerdown’) before 2019 and have not completed Module 4, please provide evidence of equivalent experience. [↑](#footnote-ref-2)
3. If you completed the Residential Intensive Teacher Training (often referred to as ‘Ammerdown’) before 2019 you need to show evidence of completing a “C in MBCT” (Cognitive and Behavioural Foundations) workshop [↑](#footnote-ref-3)
4. Origins of Mindfulness is the equivalent to Introduction to Buddhist Psychology [↑](#footnote-ref-4)