**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.

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) |  |

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:

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|  |

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

 The term MBCT includes MBCT-D, MBCT-L and Finding Peace in a Frantic World

Any further comments?

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| Name of Supervisor |  |
| Signature (Please insert your signature in a picture format or print your name in the text box below) |
|  |
| Date (dd/mm/yyyy) |  |

1. [↑](#footnote-ref-1)