

MBCT supervision governance criteria in SPFT

In order to offer MBCT supervision of an appropriate standard within the Trust, it is expected that clinicians offering supervision in MBCT would:

- 1) Meet the Trust governance criteria for running MBCT groups.
- 2) Meet the Trust governance criteria for supervising. (This can be demonstrated through successful completion of the Trust Fundamentals of Supervision course or through equivalent experience and training verified by the clinician's supervisor and clinical lead and then submitted to the Psychology and Psychological Therapies Training and Supervision group.)
- 3) Have taught at least 9 eight week MBCT courses over a minimum of 3 years under supervision. (This should include a minimum of 6 groups where the clinician was the lead or equal lead facilitator. In the remaining 3 groups, the clinician could have been an observer or have played a subsidiary facilitating role.)
- 4) Have the agreement of their supervisor that the clinician is ready to supervise MBCT work. If the supervisor does not think the clinician is ready, clear indications must be given by the supervisor for what experience and training are needed.
- 5) Have undertaken further training in mindfulness approaches, such as Teacher Training Retreat 2 and the 2 day MBCT supervision workshop, both offered by the University of Bangor, or have competencies equivalent to those acquired through such trainings, as advised by the MBI Practice Network.

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