**NHS Education for Scotland Training Pathway for Mindfulness Therapists, Trainers and Supervisors**

**Definitions**

Mindfulness Therapist - someone who teaches 8-week Mindfulness courses.

Mindfulness Trainer - someone who teaches people to be Mindfulness Therapists.

Mindfulness Supervisor - someone who supervises Mindfulness therapists and practitioners.

Mindfulness Trainer of Trainers - someone who trains others to become a Mindfulness Trainer.

**Prospective Mindfulness Therapist**  will have:

* a professional qualification relevant to the client group(s) they will be teaching.
* completed an 8-week Mindfulness-Based Cognitive Therapy or Mindfulness-Based Stress Reduction course
* at least one year of ongoing daily personal practice
  + personal practice means, ideally, a formal practice of ½ hour, 6 days per week (or more), or a minimum of 20 minutes at least 4 days per week.
* regular support/supervision

It is recommended that prospective Mindfulness Therapists (Teachers) attend a residential training to deepen practice both before attending a Teacher Development Training and regularly thereafter.

**Mindfulness Therapist**  will have:

* all the requirements of a Prospective Mindfulness Therapist
* attended a Therapist Development Training
* an ongoing daily personal practice
* continuing professional development, including keeping up to date with the research and other literature.

**Mindfulness Trainers** will :

* have all the requirements of a Mindfulness Therapist
* attend at least one residential training to deepen practice annually
* have taught at least 9 Mindfulness courses - at least 5 of those being with patients or the client group with whom they work.
* participated inteaching a 4-day Therapist Development Training alongside a Trainer of Trainers.

**Mindfulness Supervisors** will have:

* all the requirements of a Mindfulness Therapist
* have taught at least 9 Mindfulness courses – at least 5 of those being with patients
* fulfilled the supervision requirements of their own profession
* preferably attended the Mindfulness Specialist Supervision 2-day course.

A Mindfulness Supervisor may also be a Mindfulness Trainer and, if so, will have the completed the requirements to be so.

**Mindfulness Trainer of Trainers** will have:

* fulfilled the requirements of Mindfulness Therapist , Supervisors and Trainers
* taught at least 3 Teacher Development 4-Day Courses.