**Practitioner Training Programme**

**Application Pack**

**Thank you for your interest in the Mindfulness Practitioner Training Programme starting in September 2019 at Mind in Salford.**

**Applying for Mindfulness in Mind Practitioner Training Programme involves:**

1. An **Application Form**
2. Details of previous mindfulness **courses, training or retreats** attended
3. **Reflective writing** on your experience of your development to date
4. An informal face to face (or skype) **chat** to discuss the suitability of the course for you

**STEP 1: course commitment form**

Please read the programme information provided in the prospectus and fill in the form below. If you need to discuss any of the content on this form or need to clarify something prior to completing this form please get in touch. We will process your application based on the information on this form.

**Contact details**

**Full Name­­­­­­:**

**Date of Birth:**

**Phone:**

**Address:**

**Job Title:**

*where relevant*

**Email:**

**Your commitment to the Practitioner Training Programme**

1. This programme requires a significant commitment from participants over a 12 month period. Are you able to commit to attending all nine contact days, and make time for your personal practice (from 30 to 60mins daily), reflective diaries and programme assignments?

Yes [ ]  No [ ]

Any other comments:

2. Each contact day builds on the practices and teachings of the previous and it is important try to make a commitment to attend all 9 days. It is recognized however, that sometimes adverse life events can occur so please discuss with your course tutor if difficulties occur during the programme. It is not advisable to start the programme if you have recently experienced emotionally difficult life events, such as a relationship breakdown or bereavement. With this in mind, do you think this will be a good time to be committing to a programme such as this?

Yes [ ]  No [ ]

Any other comments:

**What happens next?**

If you have answered ‘yes’ to questions 1 & 2 above, please proceed to STEP 2: filling in the attached application form.

If you have answered ‘no’ to either question 1 or 2 above and still wish to consider the programme, please contact our Mindfulness Lead (Markus Greenwood) or Training Coordinator (Jess Stephen) for a further discussion:

E: mindfulness@mindinsalford.org.uk

T: 0161 212 4880

**STEP 2: Application Form**

To help the programme tutors, please complete the following form in as much detail as you can. The information you provide is strictly confidential and will be seen only by Mind in Salford programme staff. After the programme, this information will be destroyed.

Please make sure you have read the information about this programme and you are aware of the level of commitment involved in taking part. It is important to consider carefully if now the best time to participate in such a programme is. If you have any difficulties during the programme, it is important that you tell your main programme tutor so they can guide you more effectively. Please be aware that you need to take responsibility for yourself, and seek your own appropriate support if necessary.

If you are unsure about any aspect of the form, please do not let that put you off applying; just complete as much as you can, ensuring you put your contact details, and the programme co-ordinator / tutor will contact you to discuss your application. Participants will not be able to join the programme without completing this form and being available for an informal chat with the tutor prior to the start of the programme.

**About you:**

1. Do you have any physical difficulties that may make sitting, standing, walking or doing any simple exercises difficult for you?

Yes [ ]  No [ ]  If ‘yes’, please tell us about it here:

2. In the last few years have you experienced any mental health issues or concerns such as anxiety, depression or significant stress related difficulties?

Yes [ ]  No [ ]  If ‘yes’, please tell us about it here:

3. Are you currently taking any medication?

Yes [ ]  No [ ]  If ‘yes’, please tell us what it is for:

4. Will you have your own placement to run or co-facilitate a course or will you be seeking a co-facilitator placement at Mind in Salford (MiS) for your first course?

Own placement [ ]  Shadowing at MiS [ ]

5. Have you had any disturbing life events in the last year, which may make the course difficult for you?

6. Please indicate briefly what has drawn you to the course?

7. Is there anything else you think it would be helpful for the teachers to be aware of?

**Reflective writing** (500-750 words) **on your experience of your development to date considering questions such as:**

• What draws me about mindfulness practice? How am I aware of this?

 Tell us about your personal practice:

What is your practice? (including both informal and formal practice; frequency and length of formal practice; forms of practice eg Body scan, sitting; movement)

• Other reflections on personal practice e.g. What is particularly challenging?

What intrigues me and keeps me motivated? What do I want to avoid? How has my practice developed? How does practice serve me in times of difficulty?

• Reflections on personal learning process - e.g. experiences of retreat,

 courses, training, teaching and supervision

• Why do I want to teach? And reflections on professional practice e.g. a very brief outline of how you plan to use mindfulness in your chosen context. How does/will your personal practice integrate with and support this?

**Who should we contact in an emergency:**

**Your GP details\***

Name­­­­

Address

Telephone

I give consent to contact my GP in an emergency.

Signed

(type in your name)

Date

***\*Why do we ask for your GP details?***

Doing this type of course offers an opportunity to become more familiar with the full range of day-to-day experiences, including difficulties. This can, at times, be challenging. The course leader is there to support your learning, and if during the course difficulties arise that seem overwhelming, he/she will arrange to discuss any concerns with you. If this does not adequately help to resolve the problem and the course leader remains concerned for your immediate health and/or safety, they may need to contact your GP to share that concern.

**If you are unsure about anything, and want to ask some related questions, please feel free to email us before returning the form.**

**Please complete and return your application form to:**

mindfulness@mindinsalford.org.uk

Your programme tutor will use this information to contact you to meet where relevant.

*Thank you for your application.*