**Practitioner Training Programme (PTP)**

**Application Form 2020**

**Thank you for your interest in the Mindfulness Practitioner Training Programme at Mind in Salford. Applying for the Practitioner Training Programme involves:**

1. A completed **Application Form** which includes:
   * 1. Your commitment to the training programme
     2. Reflective writing on your experience of your mindfulness practice to date including details of previous mindfulness courses, training or retreats attended
     3. A little about your mental and physical health
     4. Emergency and GP contact details
2. An **informal face to face (or skype)** **chat** to discuss the suitability of the course for you- to be arranged upon receipt of your application

**Contact details**

**Full Name­­­­­­:**

**Date of Birth:**

**Mobile:**

**Address:**

**Job Title:**

*(where relevant)*

**Email:**

**STEP 1: Your commitment to the Practitioner Training Programme**

Please read the prospectus and fill in the form below. If you need to discuss or clarify any of the content prior to completing this form please get in touch.

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 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:

1. We advise all applicants to be pro-active in finding MBSR courses to co-deliver with a qualified teacher, and we will offer support in finding these opportunities. If you already have a placement in mind (eg; workplace, educational setting etc) please detail it below:

**If you have answered ‘yes’ to questions 1 and 2, please proceed to STEP 2.**

If you have answered ‘no’ and still wish to consider the programme, please contact our Mindfulness Coordinator Claire Morris for a further discussion:

E: [claire@mindinsalford.org.uk](mailto:claire@mindinsalford.org.uk)

T: 0161 710 1065

**STEP 2: About You**

1. Do you have any physical difficulties that might 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. Is there anything else you think it would be helpful for the teachers to be aware of?

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

Tell us about your personal practice:

* What is your practice - including informal and formal practice; frequency/length and forms of practice eg body scan, sitting; movement

Other reflections on personal practice. Consider things like:

* What is particularly challenging?
* What intrigues you and keeps you motivated?
* How has your practice developed?
* How does practice serve you in times of difficulty?

Reflections on personal learning process:

* e.g. experiences of retreat, courses, training, teaching and supervision

Lastly, why you want to teach mindfulness and how you plan to use mindfulness in your chosen context, and how does your personal practice integrate with and support this.

**Emergency Contact Details**

Name­­­­

Address

Telephone

**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. The course leader is there to support your learning, and if during the course difficulties arise that seem overwhelming, they will arrange to discuss any concerns with you. If the course leader remains concerned for your immediate health and/or safety, they may need to contact your GP to share that concern.

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

**mindfulness@mindinsalford.org.uk**

**Any questions please contact the Mindfulness Coordinator: claire@mindinsalford.org.uk or phone 0161 710 1065**

*Thank you for your application.*