**Professional Development Courses & Certificate Programs**

**Application Form**

**Name**:

**Email**:

**Telephone**:

**Full Mailing Address**:

Which professional development certificate program(s) are you interested in pursuing?

* Applied Mindfulness-Based Cognitive Therapy (MBCT) Facilitation Certificate Program
* Applied Mindfulness-Based Stress Reduction (MBSR) Facilitation Certificate Program
* smartEducation Certificate Program
* None – I am seeking approval to participate in a specific course or retreat

*Please indicate which course(s)*

* + 5-Day MBCT Intensive Training & Retreat
  + 6-Day MBSR Intensive Training & Retreat
  + 10-Week or 5-Day MBCT Practicum
  + 2-Day Inquiry Essentials
  + 5-Day MBCT & MBSR Advanced Training

**Professional Credentials**

**1.** Do you have a degree? *If so, in what field/discipline?*

**2.** Do you have an advanced degree? *If so, in what discipline?*

**Prerequisites**

**3.** Have you completed an MBCT / MBSR / smartEducation program as a participant?

*Please list the length, location, dates, and facilitator name(s).*

**4.** Have you completed any formal professional mindfulness training?

*Please describe the course(s) including stated objectives and list the length, location, dates, and facilitator name(s). For applicants seeking to enrol in a specific course or retreat, make sure to list the required prerequisite(s) and/or their equivalent(s).*

**5.** Have you facilitated (assisted, facilitated alone, or co-facilitated) an MBCT / MBSR / smartEducation program?

*Please list the length, location, dates, number of participants, and co-facilitator name(s).*

**Mindfulness Practice**

**4.** Do you have a regular meditation practice?

*In 50 words or less, please state the tradition, describe the number of times a week you practice, the typical length of each session, and the number of years you have been practicing.*

**5.** Do you have a mindful movement practice (e.g. yoga, qigong, tai chi)?

*In 50 words or less, please state the tradition, describe the number of times a week you practice, the typical length of each session, and the number of years you have been practicing.*

**6.** Have you participated in any facilitator-led silent retreats?

*Please list the length, location, dates, and facilitator name(s).*

**Statement of Intent**

**8.** Why do you want to enrol in this professional development certificate program or specific course/retreat?

*Please explain in 200 words or less.*

Please email your completed application and a copy of your CV to

[info@MindfulnessStudies.com](mailto:info@MindfulnessStudies.com?subject=Professional%20Development%20Application) with the Subject Line

“**Professional Development Application**.”