

MBCT/MBSR Mentorship Agreement

This is an agreement between:

Name of Mentor: _____

and

Name of Mentee: _____

Effective Date: _____

Type of Mentorship (*please check one*):

MBCT Mentorship

MBSR Mentorship

Advanced MBCT Mentorship

Advanced MBSR Mentorship

Expected Dates for MBCT/MBSR group(s) & Role of Mentee in leading the group(s):

Mentorship Meeting Plan (*timing & duration*):

Expected Total Hours of Mentoring – *Minimum*: _____ *Maximum*: _____

This MBCT/MBSR Mentorship Agreement is entered into voluntarily by the above parties for the purpose of providing mentorship in facilitating the Mindfulness-Based Cognitive Therapy (MBCT) program or the Mindfulness-Based Stress Reduction (MBSR) program.

These mentorship sessions are for the purposes of fulfilling the requirements for the Mindfulness-Based Cognitive Therapy (MBCT) Facilitation Certificate, the Mindfulness-Based Stress Reduction (MBSR) Facilitation Certificate, or the Advanced Facilitation Certification offered by The Centre for Mindfulness Studies.

Mentorship can be done in-person or at-a-distance and will be supplemented by direct observation of a mentee's facilitating and/or review of audio or video recordings.

1. Purpose, Goals & Objectives of Mentorship

- a) To fulfill MBCT/MBSR training requirements leading to MBCT/MBSR facilitator qualification
- b) To promote the development of mentee's competence and good practice skills in the facilitation of the MBCT/MBSR program, including developing the skills set out in the *Mindfulness-Based Intervention – Teaching Assessment Criteria (MBI-TAC)*

2. Content & Context of Mentorship

- a) The content of mentorship will focus on the acquisition of mindfulness-based knowledge, theoretical and experiential teaching competencies, and best practice skills
- b) The context will ensure the understanding of good practice guidelines and appropriate professional boundaries, codes, and ethics, as stated in the *Good Practice Guidelines for MBCT/MBSR Facilitators*

3. A **Mentorship Tracking Form** will be used to document key features of each mentorship session. Feedback will be provided at the close of each session. Mentorship notes may be shared with mentee.

4. Rights & Responsibilities of both parties

4.1 Mentor's Rights

- a) To inquire into mentee's MBCT/MBSR facilitating
- b) To provide mentee with honest, constructive feedback on her/his MBCT/MBSR facilitating
- c) To listen to and observe mentee's MBCT/MBSR facilitating at-a-distance or in-person, which may include the use of audio/visual tools, and to give constructive feedback
- d) To write a letter of recommendation (as required and when deemed the relevant time)

4.2 Mentor's Responsibilities

- a) To uphold the *Good Practice Guidelines for MBCT/MBSR Trainers & Mentors* and an ethical framework appropriate to mentor's professional background and working context
- b) To keep a record of the meeting date, time, and relevant session notes

- c) To provide evaluation and feedback to mentee
- d) To monitor mentee's teaching performance related to adherence to protocol, practice skills, guidance, inquiry, group process and embodiment of mindfulness using the **MBI-TAC**
- e) To support mentee in developing MBCT/MBSR teaching competencies and best practice skills

4.3 Mentee's Rights

- a) To uninterrupted time during scheduled sessions
- b) To the mentor's undivided attention and guidance during scheduled sessions
- c) To receive feedback
- d) To set part of the agenda
- e) To ask questions
- f) To have, within the context of this MBCT/MBSR mentorship, reasonable development/training needs addressed
- g) To challenge ideas and guidance in a constructive way

4.4 Mentee's Responsibilities

- a) To uphold the *Good Practice Guidelines for MBCT/MBSR Facilitators* and an ethical framework appropriate to mentee's professional background and working context
- b) To be adequately prepared
- c) To be open to discuss MBCT/MBSR teaching issues and dilemmas
- d) To be open to constructive feedback, change, and the use of alternate methods of teaching
- e) To maintain an on-going commitment to continuing education in mindfulness-based theories and techniques

5. Finances

Both parties agree to an hourly rate for mentorship of \$ _____

to be paid directly from the Mentee to the Mentor by _____ (cheque, PayPal, etc.).

This will be paid as follows (*please check one*):

- For each session, prior to each session
- For every 2 sessions, prior to those sessions
- 50% prior to the first session, 50% prior to the _____ session
- Other (*please specify*): _____

The Mentee agrees to **register for mentorship** with The Centre for Mindfulness Studies, including payment of the administration fee, prior to the first session.

The Mentee and Mentor agree to **provide a copy of this agreement** to The Centre for Mindfulness Studies within three business days of signing this agreement.

Both parties agree that the mentor's role includes what is described above and that the mentor DOES NOT hold any responsibility for any clinical delivery of services by the mentee nor to those people the mentee may instruct, teach individually, or in a group, regardless of the setting. This agreement is not a supervisory relationship, but instead describes a mentoring relationship.

I _____ *(please print mentor name)*

agree, to the best of my ability, to uphold the guidelines specified in this mentorship agreement and to manage the mentorship relationship and process in an ethical and professional manner.

Mentor Signature: _____

Date: _____

I _____ *(please print mentee name)*

agree, to the best of my ability, to uphold the guidelines specified in this mentorship agreement and to manage the mentorship relationship and process in an ethical and professional manner.

Mentee Signature: _____

Date: _____