

## Certification Assessment Compliance Form

- I have completed all of the prerequisites and requirements for the certification process.
- Completed Parts 1 and 2 of the MBCP online training, delivered by the Mindful Birthing Foundation. (Other training to teach MBCP will be considered on an individual basis).
- Received a Certificate of Training to teach MBCP.
- Completed a minimum of 10 mentor sessions.
- Taught a minimum of 3 full MBCP courses over a minimum of 1 year, but not more than 5 years since training.
- Completed a pre-certification interview with a faculty mentor and both agreed the trainee is ready.

Please include any extra notes or explanations here:

### Submission includes:

- I have obtained appropriate permissions from my group members and retained the signed video release forms.
- A 3 hour selection from a video of myself teaching a complete 9 week MBCP course. Selection includes:
  - An example of a meditation practice from MBCP with inquiry (minimum 45 minutes).
  - An example of teaching "The White Board" (approximately 30 mins).
  - An extract of one of the ice practices (approx. 15 mins).
  - Mindful movement (30 mins).
  - 1 hour selected and compiled by the applicant, including an example of the starting and ending of a class.
- Reflective writing on the experience of teaching the class (2000 - 2,500 – words maximum).

Signed:

Date:

Signature of Mentor:

Date:

