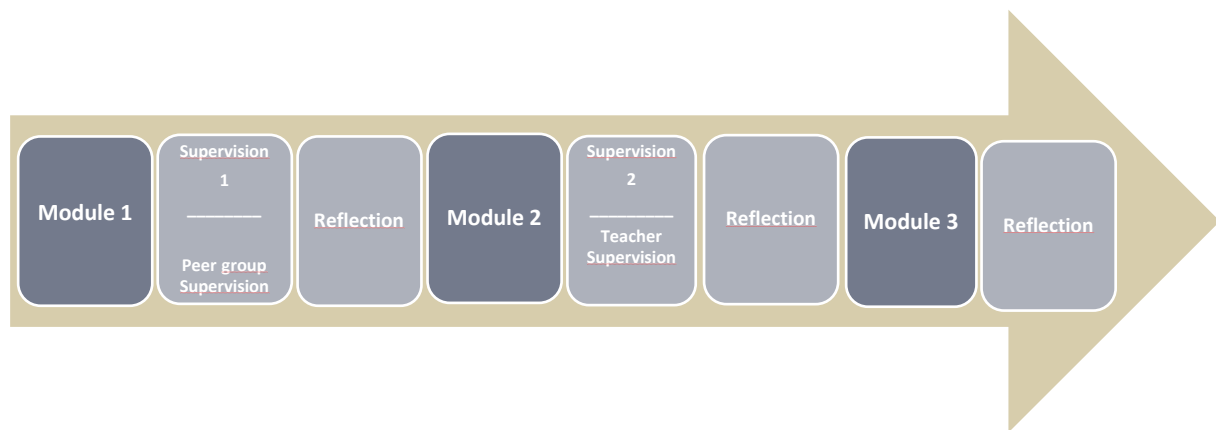


Overview, planning and guidelines



Module 1 (November 26-29, 2020)

- ❖ Supervising an MBSR / MBCT teacher for at least 4 sessions.
- ❖ Receiving supervision on this from your peer group.
- ❖ Receiving Feedbackform filled in by your supervisee
- ❖ Reflective writing:
 - on your supervising & on received feedback

→ Deadline Reflection paper: May 27, 2021

Module 2 (June 3-6, 2021)

- ❖ Supervising another teacher offering MBSR or MBCT, for at least 4 sessions.
- ❖ Receiving supervision on this from one of the teachers in the program. Meeting with your peer group.
- ❖ Receiving Feedbackform filled in by your supervisee
- ❖ Reflective writing on
 - on your supervising & on received feedback

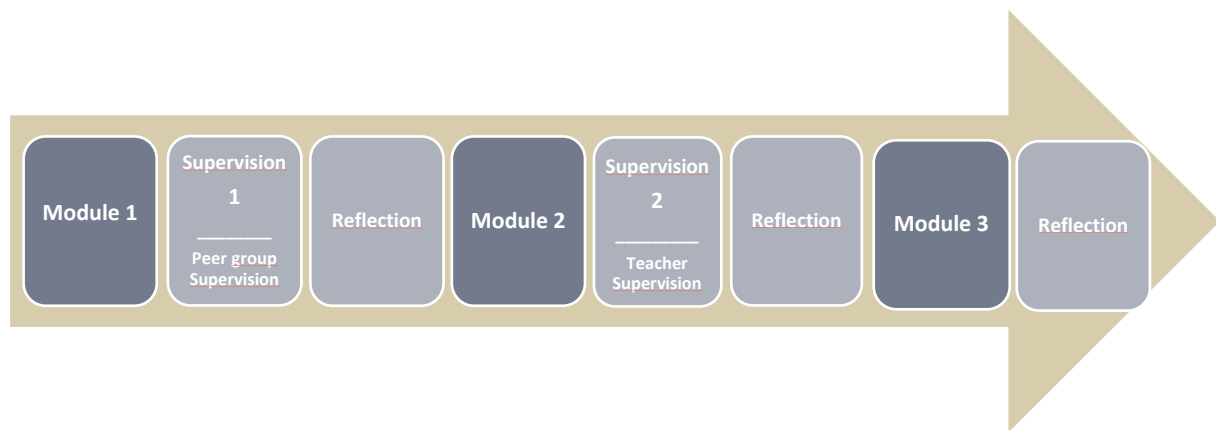
→ Deadline Reflection paper: November 11, 2021

Module 3 (November 18-21, 2021)

- ❖ Final reflection paper on the whole program

→ Deadline Reflection paper: January 15, 2022

Guidelines for your supervision work



After Module 1

1. Team up with a buddy and with your small group and meet each other as needed. For your small groups, please make sure that you plan at least one meeting per member, so that each member's video material can be seen and discussed. (You can find guidelines for this below.)
2. Find a MBSR or MBCT teacher whom you may supervise. It can be good to work with someone who is (relatively) new and neutral to you, so that you don't have a long history that might play a role in the supervisory process. As a supervisor you are not participating live in your supervisee's course; you are meeting in between their sessions.
3. You will be supervising this teacher 4 times during an actual 8-week MBSR or MBCT course that they are teaching. (Please make sure that when supervising an MBCT teacher, you are qualified for MBCT yourself.) You can ask a fee from your supervisee, supervise for free or on a dana (donation) basis.
4. The supervision sessions can either be live, or online. Preferably not by phone, as body language and facial expression are important parts of the process, and getting feedback on this can support learning very much.
5. Video your supervision sessions. When recording in a face-to-face session, directing the camera at your face only, so that the supervisee can only be heard, and remain anonymous. Make sure to explain (and if needed, agree in writing) that the video will only be used for educational purposes and not be broadcasted to a wider public.
6. At the end of every session, ask your supervisee for short feedback, and after the 4th session ask your supervisee to fill in the Feedback form on your supervision.
7. Write a reflection on each of your supervision sessions. (See next page for guidelines on writing.) Please include feedback and insights you got in your peer group as well as from your supervisee. Please hand in your paper by May 27, 2021 or earlier.
8. Enjoy!

After Module 2

Guidelines are the same as after Module 1. Meet up with buddy and peer group for mutual reflection and support. As soon as you have planned supervision with your second MBSR/MBCT teacher, you can plan 4 meta-supervision sessions with one of the teachers in the team. Write a reflection on each of your supervision sessions and feedback. Please hand in your paper by November 11, 2021.

After Module 3

Your final paper (2-3 pages min) is about your experiences and learning during the whole year's program. Please hand in your final paper by January 15, 2022 or earlier. You will receive written feedback. If all requirements for the program regarding presence and assignments have been met, you will receive a certificate.

Guidelines on reflective writing

In your papers, please reflect on the following questions, being a supervisor *and* a supervisee:

- Describing your session, what happened? How did it unfold?
- What intervision style(s) did you notice in your supervising?
- Where were you in contact with the supervisee? | Where with the supervisor?
- What gave you joy?
- What was challenging?
- What patterns arose for you?
- What did you learn?

Discussing videos of supervision sessions

Your own videos:

- What went well? Where was learning happening?
- What parts are you perhaps not sure about? Found difficult, lost contact, would like to have feedback on?

Feedback to peers:

- **Appreciation:** What you appreciated watching your colleague's supervising
- **Challenges:** Parts you may have found challenging.
Be clear and specific and name concrete examples (e.g. intervention styles, language used, attitude, bodylanguage, set-up and course of the session, etc.)
- **Suggestions** for more clarity and learning possibilities in the process.