

EFT & MINDFULNESS CENTRE (inc. MINDFULNESS IN EDUCATION) Terms and Conditions inc. Code of Conduct for Trainers

These Terms and Conditions are for peace of mind. Please read the following carefully and print off a copy of this agreement for future reference.

By signing up to any of our Mindfulness courses confirms your agreement to be bound by these terms and conditions. Please refer to the course prospectus for other information.

Attendees of the Trainer courses will be awarded with a Certificate of Attendance. This entitles Trainers to teach the curriculum whilst working towards their accreditation and have up to 12months to comply after which time they are not allowed to teach our courses and will need to attend a refresher programme.

Intellectual property

1 At all times the EFT & Mindfulness Centre retains ownership of the intellectual property of its own courses, course titles and course materials which includes printed materials and digital or online documentation, advertising materials or own film footage. Trainers: Materials must not be radically modified, amended, translated or adapted without the specific permission of and in collaboration with the EFT & Mindfulness Centre. Nor must they be combined with, or become incorporated into, any other materials. Please seek permission from the EFT & Mindfulness Centre if you wish to translate or adapt the materials.

1.1 The EFT & Mindfulness Centre has the right to prosecute where any abuse is found.

This applies to the 6 Week MBCT course for adults and the following courses

Mindfulness Practitioners

A Certificate of Attendance is awarded upon completing pre-course work and attending all 6 sessions of the MBCT course. Following on from this, participants may apply for accreditation. This must be completed within 12months from the date of the Certificate of Attendance. The Practitioner Certificate is the pathway towards becoming a Trainer of MBCT or Trainer of Mindfulness in Education. There is no time limit for enrolling on the Trainer course.

Terms and Conditions of EFT & Mindfulness Centre V.6 (15 April 2019)

Trainer of 'MBCT to Adults'

2. Student Trainers (with a Certificate of Attendance) are authorised to teach the 6 week x 2hr EFT & Mindfulness Centre curriculum with pre and post course work (total 16hrs) to adults 18yrs of age and above whilst working towards accreditation which must be completed within 12 months.

2.1 An application form which includes screening criteria is to be sent out to all applicants

2.2 All training materials must be as distributed by the EFT & Mindfulness Centre

2. Student Trainers can award the Certificate of Attendance to students who attend all 6 lessons. Students who cannot attend a lesson should be offered another opportunity to complete the course or asked to email eftandmindfulness@gmail.com to request completion with another trainer.

Trainer of 'Mindfulness in Education'

3. Student Trainers of MiE (with a Certificate of Attendance) are authorised to teach school children (below the age of 18yrs of age) in or out of a classroom setting whilst working towards accreditation which must be completed within 12 months.

3.1 The age appropriate MiE curriculum must be delivered

3.2 All training materials must make reference to the Mindfulness in Education (MiE) programme

3.3 Student Trainers and Trainers can award Certificates to children

3.4 Trainers cannot train others to be Trainers

3.5 Trainers cannot award accreditation

Accreditation

5. Accreditation is the next step after a Certificate of Attendance has been awarded. Only the EFT & Mindfulness Centre can award Accreditation at Practitioner or Trainer level.

If a student has not achieved accreditation within 12 months from Certificate of Attendance, or if Accreditation has not been renewed, the EFT & Mindfulness logo, materials may not be used. Nor may any reference be made to being one of our Practitioners or Trainers.

A refresher course will be offered to students with our Certificate of Attendance who wish to become accredited after the 12 month period.

Accreditation is a process that assures the educational community and the general public that your training institution, school or programme has clearly defined and appropriate objectives and maintains conditions under which professional training would be expected. It also demonstrates *your* competence as well as your commitment to professional improvement which means taking your work seriously.

Renewal for Practitioners: Each year you will be sent the following questions.

- How have you been keeping up to date with your mindful practice?
- Have you been on any mindfulness development courses/workshops or retreats ?
(Please include places and dates)
- How many supervision meetings have you attended? (Dates and with whom)

Renewal for Trainers: Each year you will be sent the following questions:

- How have you been keeping up to date or developing yourself as a Trainer?
- Have you been on any mindfulness development courses/workshops or retreats ?
(Please include places and dates)
- How many supervision meetings have you attended? Please give approximate dates and who with.
- How many courses have you delivered?
- As a Trainer of MBCT to Adults or Mindfulness in Education Trainer, are you still complying with the Terms & Conditions, including Code of Conduct below? Please read these carefully before agreeing.

If you have not been able to comply with your accreditation for valid reasons, please get in touch so we can help you.

The Certificate of Accreditation is renewed each year upon maintaining the above and abiding by the following Code of Conduct.

EFT & Mindfulness Practitioners & Trainers Code of Conduct

1. Trainers accept they are NOT permitted to train others to become Trainers
2. Trainers accept they are NOT permitted to accredit students
3. Professional, ethical practice and teaching codes as contained within the training manual(s) must be observed and adhered to at all times
4. The EFT & Mindfulness Centre curriculum must be taught at all times
5. Acknowledge limitations of own skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
6. Create and maintain a safe, clean, and comfortable environment for the practice of meditation.
7. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
8. Respect the rights, dignity, and privacy of all students.
9. Stay up to date with current practices and developing evidence base for mindfulness-based interventions through supervision at least twice a year
10. Continues to be steeped in the practice and understanding of mindfulness which is informed by both its contemporary applications and its historical antecedents.

Communication

7. We would like to keep in touch and let you know about any new courses and events which may be of interest to you. If you would prefer not to receive such information please contact us at eftandmindfulness@gmail.com.

General

8. The EFT & Mindfulness Centre has the right to update or amend these Terms and Conditions from time to time.

Contact us

The EFT & Mindfulness Centre, 4 Abney Place, Cheadle, Cheshire SK8 1GY.
eftandmindfulness@gmail.com Tel: (+44) 7802 737030 or (+356 79562245)

When you sign up to courses with the EFT & Mindfulness Centre, you are agreeing to the above terms and conditions including Codes of Conduct.
