



The Center for
**Mind-Body
Medicine**

Using Group Supervision Hours towards Certification

Complete the attached “Report on Group Supervision and Small Group Hours” to obtain the number of group/supervision hours we will credit, and your resulting discount.

Guidelines:

1. Crediting group supervision hours

You can credit up to 9 individual hours or up to 18 hours of group supervision towards the Certification requirement as outlined below:

- a. Since group supervision is not as intensive as individual supervision, each 1 hour of group supervision counts as 30 minutes of individual supervision. (For example, if you had 6 hours of group supervision, it will be counted as 3 hours for Certification purposes). Therefore, take the group supervision hours you have completed and divide by 2. \$120 will be deducted from your Certification fee for each supervision hour credited.
- b. In addition, group supervision can be used only for up to half of the Certification supervision hours required (up to 9 of the 18). The remaining hours must be individual supervision.

2. Crediting mind-body skills groups facilitation

You can credit up to 12 hours spent facilitating small groups towards the Certification requirement, as long as:

- a. You are receiving supervision for those group sessions
- b. You keep and submit process notes on each group session
- c. You are sticking as closely as possible to the CMBM model. This means:
 - Group size: 7-9 members (too small becomes individual counseling in a group setting, too large becomes a workshop)
 - Group length: 10-12 weeks, with one session per week. Each session should be 2 hours.
 - Group format: follow the 12-week group format provided before Advanced Training. For individual exercises, refer to the Next Steps packet and materials provided at the Initial & Advanced trainings.
 - Participants are expected to learn the model before trying to change it. Please keep the CMBM model for the group you are running during supervision; do not just add these skills to an existing group you are already running. Any changes outside of this model (number of groups, spacing, length of each group, etc) **MUST** be discussed and approved in supervision before applying them to your group.
 - Co-facilitation is fine as long as your colleague has completed the Advanced Mind-Body Medicine training as well.

