BAMBA | British Association of Mindfulness-based Approaches

Registered charity 1211302

Becoming a BAMBA Recognised Supervisor

At the British Association for Mindfulness-Based Approaches (BAMBA), we promote safe, ethical and inclusive practices in the field of evidence-based secular mindfulness teaching, training and supervision across the UK.

We are delighted to provide our registered members and the public more broadly, access to trained mindfulness-based supervisors via a BAMBA-approved register.

This document offers clear guidelines for becoming a BAMBA recognised mindfulness-based supervisor and the steps to take for those wisging to apply to join the BAMBA supervisors register.

Criteria

All applicants to the BAMBA Supervisors Register must:

a) Be listed on the BAMBA register which demonstrates that they meet professional standards for teachers.
b) Remain in good standing with the BAMBA Register. If a supervisor's teacher registration lapses, they will automatically be removed from the Supervisors Register. Once their teacher registration has been reinstated, they are welcome to submit a new application to the Supervisors Register, subject to the applicable fee and due diligence requirements.
c) Have completed a minimum of a two-day supervisor course with a BAMBA recognised affiliate organisation and is able to provide evidence of completion.

   Or

d) Are able to evidence equivalent training in supervision that is equal to or above BAMBAs recognised requirements.

Responsibilities of the Supervisor

Supervisors are required to sign annual supervisors statement for BAMBA membership renewal or as part of an initial application of a teacher / their supervisee. It is therefore the responsibility of the supervisor to:

Understand how their supervisees are meeting BAMBA Professional Standards, which includes (see Good Practice Guidelines for Teachers):

- Completion of the annual engagement on extended periods of mindfulness practice through retreat attendance or that which is equal to or above this standard.
- Committing to ongoing learning and personal development (CPD)
- Maintaining a daily personal mindfulness practice
- Meeting minimum standards of supervision whilst **actively** teaching. There are various forms of supervision approaches deemed acceptable for BAMBA registered teachers. Please familiarise yourself with BAMBAs Professional Standards and Good Practice Guidelines of Mindfulness-Based Supervision for Teachers.

Supervisors CPD

BAMBA registered teachers are required to complete 30 hours of CPD annually as part of their ongoing adherence to professional standards.

In addition to this, we ask that supervisors evidence at their BAMBA membership renewal they have attended / taken part in CPD focused on supervison skills and capability in support of building their expereince and knowledge. This CPD element should be at least 10% of the overall CPD requirement annually (minimum 3 hours). The total hours CPD requirement for those listed on the BAMBA supervisors register remains at 30 hours annually.

Best Practice of Supervision

- Consider the appropriate use of the MBI:TAC framework or other teaching assessment criteria, particularly where supervisees are delivering 8-week programmes / curricula.

- Stay abreast of Professional Standards news, development and change; of BAMBA events and CPD opportunities, of developments within the mindfulness field, and consider your own professional development and

networking or connecting opportunities with peers as part of your supervisory activity.

- Understand the approach to supervision requirements for mindfulness teachers

- Hold 'continued' membership with BAMBA. Membership should not lapse and must be renewed on time each year.

- Supervisees are responsible for directly contacting and contracting with their supervisor for meeting times, costs, and length of sessions.

How to apply to be listed on the BAMBA Supervisors Register

To register your qualification on your BAMBA profile, you will need to log into your account, go to **manage your account** in the top right-hand corner, and click on **add a qualification** from the drop-down list.

You will then be asked to upload your supervision training certificate and make a payment of £25. Please allow up to 30 days for us to process your application.

Supervisors Register Applications-Equal to or Above Professional Standards

At BAMBA, we encourage all registered mindfulness teachers to engage in mindfulness-based supervision with experienced and trained professionals throughout their membership year. While we recommend that members prioritise the use of formally trained supervisors, we also recognise that there are diverse and equally valid pathways to developing supervisory expertise.

BAMBA embraces the concept of "equal to or above" when considering supervisory experience. We welcome supervisor register applications from mindfulness supervisors whose training and development have been grounded in long-term, experiential practice, wisdom tradition routes or through more linear, traditional paths.

In such cases, extensive lived experience, depth of insight, and sustained commitment to mindfulness practice may be considered equivalent to more conventional training routes. Applicants to the BAMBA Supervisor Register will

be assessed on their ability to meet BAMBA's Professional Standards via the Good Practice Guidelines, along with robust references, a clear account of any mindfulness teaching and supervisory training, skills development and experience, length of time in the field, and evidence of ongoing personal and professional development.

BAMBA values diverse approaches to mindfulness, supervision, and teaching. We trust that supervisors from all backgrounds will bring the same level of ethical integrity, reflective practice, and commitment to the well-being and growth of those they supervise and serve, regardless of their training route.

If you would like to register as a Supervisor with BAMBA under these terms of professional standards, please complete the application form found on the BAMBA website.

Your application will be reviewed and eligibility to be on the BAMBA recognised supervisor list will be communicated to you within 28 days. Once successful, your details will be included on the list and added to the BAMBA website.

These terms serves to demonstrate equity in our addressing and speaking to our diverse range of teachers, trainers and supervisors, whilst aligning to our organisational values and objectives as a UK registered charity.