



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.
- c. The supervision counts only if it is for facilitating the mind-body skills groups' model outlined below.

2. Crediting mind-body skills groups facilitation

You can credit up to 8 sessions spent facilitating small groups towards the Certification requirement, as long as:

- a. You are receiving supervision for those group sessions from a CMBM approved supervisor
- 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). This should be the same group members (ie, no drop-in groups).
 - Group length: 8-12 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.

Questions? Contact kroyal@cmbm.org, call 202-966-7338 or visit www.cmbm.org/certification

