

Prerequisites	Level “In-training”	Group Leader Certification Pathway		
8-week Mindfulness Group (MBCT, MBSR, MTPC/MTLW, MSC)	MTPC Group Leader Intensive Training	Register for Pathway	Level I Basic Certification	Level II Advanced Certification “Evidence-Based Group Leader”
Daily Personal Practice for 6 months	Daily Personal Practice		Facilitating 2 MTPC/MTLW groups	Facilitating 4 MTPC/MTLW groups
	At least 2 Half-Days or 1 Full Day of Silent Retreat per year		Receiving MTPC/MTLW Mentorship for 2 groups	Submission and approval of 8 recordings by CMC + Completion of approved pre/post QI survey to 40+ participants with demonstrated benefit
			Submission and approval of 8 recordings by CMC	Advanced Workshop: <i>Inquiry</i> Inquiry Option 1 Inquiry Option 2 Inquiry Option 3
			2 Half-Days or 1 Full Day of Silent Retreat per year	Advanced Workshop: <i>Trauma-informed mindfulness</i> Please contact mtpcpathway@challiance.org
				Advanced Workshop (1 of 3 optional trainings): <i>Clinical Implementation</i> <i>Self-Compassion Skills</i> <i>Science of Behavior Change</i> <i>Science of Mindfulness?</i> <i>Cultural/Diversity</i>
For information on Rates and Time Commitment for the Pathway please click here.				
Once you have completed Level II Certification, please contact mtpcpathway@challiance.org if you are interested in becoming an MTPC/MTLW Mentor.				