

CERTIFICATE IN MINDFULNESS TEACHING

*This Teacher / Practitioner Training Certificate is awarded to:*

Alison Bale



who has completed all of the required training including attendance, ongoing assessment and assignment. This student has been assessed and found to meet fully the exacting standards of the assessment criteria.

**UK College of Mindfulness Meditation - Mindfulness Now - Certification**

*Nicola Cooke* Date *31st July 2018*

Signature – Nicola Cooke, D Psy FADHP MNRPC  
Principal - UK College of Mindfulness Meditation





CEC Hypnotherapy Training Diploma Course – Header for submission of case study

Please note that a copy of this header sheet must be attached to the front of each case study submitted. The assessor’s feedback will be provided on the reverse of this form. One of these forms must be completed per case study. You cannot attach several case studies to one form.

Name of student: Alison Bale

Date of submission: 20 July 2018

Title of Assignment	Tick to indicate which case study is attached
1 Solution Focussed Hypnotherapy	
2 Ericksonian Hypnosis	
3 Cognitive Behavioural Hypnotherapy	
4 Additional Hypnotherapy Case Study (for HPD)	
5 NLP Coaching (not to be included in HPD)	
6 Mindfulness Meditation Teacher Training (not to be included in HPD)	✓
Is an audio recording on CD enclosed? – required for one of your hypnotherapy case studies and also for you NLP Coaching and Mindfulness Meditation case studies	✓

Please note:

- A. Case studies 1, 2, 3 and 4 must be assessed before they can be included in the HPD portfolio. This cover sheet with the assessor’s feedback on the reverse must also be included with each case study in your portfolio. Pages must be numbered and your name must appear on each page
- B. For case studies 1, 2, 3, 4 and 6, the minimum word count is 800 and must contain client details (make sure you preserve client confidentiality), background, issue/s, information gathered, interventions used, feedback from client, and your own reflections - what worked well – what not so well – what you have learned from this experience.
- C. The NLP Coaching case study is a minimum of 1,500 words and in addition to the above needs to include a client contract (this is in addition to the 1,500 words).
- D. One audio recording of a session, including the initial client interview, is required to accompany one of your hypnotherapy case studies and an additional one is needed to accompany your NLP Coaching and Mindfulness Meditation case studies.

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### Student Assessment Feedback

Student name:	ALISON BALE
Date submitted:	20/7/18
Work assessed:	Mindfulness Teaching Assignment
<p>Evaluation marks out of ten 1 = poor      10 = excellent</p> <p>Assignment criteria met:</p> <p>Clearly presented:      10    10</p> <p>Correct level of detail:      10</p> <p>Appropriately referenced:</p> <p>Quality of recording:      10</p>	
Comments:	<p>Thanks Alison for your case study, audio recording &amp; fully answered question paper, which combined, evidence:</p> <ul style="list-style-type: none"> <li>o Information gathering / intake</li> <li>o Comprehensive teaching and use of resources inc: <ul style="list-style-type: none"> <li>- Formal/informal mindfulness</li> <li>- Attitudes explained</li> <li>- mindfulness programmes</li> </ul> </li> <li>o Appropriate meditation</li> <li>o Positive feedback &amp; self-reflection</li> </ul> <p>Alison your case study demonstrates passion for the subject as well as skill, knowledge, patience &amp; warm rapport. Many thanks, Neil Ash</p>