

According to the UK Network for Mindfulness-Based Teachers Good practice guidelines for teaching mindfulness-based courses (http://mindfulnesssteachersuk.org.uk/pdf/UK_MB_teacher_GPG_2015_final_2.pdf) mindfulness teachers should receive regular supervision with an experienced mindfulness-based teacher. To this end, within the Mindfulness Association, we have a group of supervisors who can provide supervision for Mindfulness teachers, particularly for people who are engaged in, or have completed the MA teacher-training pathway.

All of the supervisors recommended by the MA adhere to the UK Network's Good Practice Guidelines for Teaching Mindfulness-based Courses. In addition they also meet our own guidelines which you can read here (http://mindfulnessassociation.net/Library/Supervisor_Good_Practice_Guidelines).

Most supervisors offer both one-to-one and group supervision, either in person, by phone or using Skype. Anyone interested in receiving supervision should contact the Mindfulness Association at info@mindfulnessassociation.net for further information. Please include where you are based, whether you have a first choice of who you'd like to work with and what your profession is.

Fay Adams

Fay Adams is a lead tutor and Core Management Team member within the Mindfulness Association. She teaches on the University of Aberdeen's Studies in Mindfulness MSc and is a teacher trainer. She has been supervising with the MA for 4 years and lives in Mow Cop, 20 minutes north of Stoke-on-Trent.

She spent 6 years living on the Holy Isle retreat Island off the west coast of Scotland and first became a mindfulness practitioner through her journey with chronic pain.

Graeme Armstrong

Graeme is a Lead Tutor and Supervisor for the Mindfulness Association, and lives in the Newcastle upon Tyne area. He is also a psychological therapist working with individuals, couples and families and has worked for over 10 years as a mental health counsellor in Primary Care settings. He trained as a therapeutic supervisor for Relate Northumberland and Tyneside and was a member of the Senior Team of supervisors there for nearly 10 years. While based in the Northeast of England, he regularly leads MA courses throughout the UK.

Angie Ball

Angie has worked as a lead tutor for the Mindfulness Association for the past 6 years and holds a PG Dip in Mindfulness Studies with Aberdeen University, and a City and Guilds Certificate in teaching. In her personal practice, she has been a student of Buddhist mediation since the late 1970's.

Angie completed a mindfulness supervision training with Bangor University and has taught on the MA programme of Teaching Skills. She also has had 25 year's experience previously in studying and teaching groups in Tara Rokpa Therapy, and holds certificates in counselling through Transpersonal Psychology and NLP. She also worked for 20 years in Adult Education and was a guest lecturer for BA students at Lancaster University.

Jo Ann Crossley

Jo Ann worked as a Counsellor in the NHS for over 20 years, and has been teaching Mindfulness in the Primary Care Mental Health team for six years, as well as being a Tutor for the Mindfulness Association. She received training as a person-centred counselling supervisor in 2001, and more recently as a Mindfulness supervisor with Bangor and with the MA. She works in Glasgow two days a week but has recently and happily relocated to Rhu, near Helensburgh.

Gillian Duncan

Gillian is a Mindfulness Association trained teacher based in Edinburgh. She has practised mindfulness for over 15 years and has been teaching mindfulness since 2011. In 2015, Gillian set up her own mindfulness training company after a long career as a marketing professional in the corporate sector. She currently teaches mindfulness full-time.

Gillian regularly teaches both the MA's Mindfulness Based Living Course and the Compassion Based Living Course to the general public. She also delivers mindfulness training in organisations and schools. Gillian is a Mindfulness in Schools Project (MiSP) accredited teacher, for both the .b and Paws b courses, and runs regular mindfulness retreats and workshops.

Chloe Homewood

Chloe has been Teaching MBSR and MBLC eight week courses for the last six years (approximately 10-15 per year), for public, MA, NHS, Scottish government and various councils and universities. She has extensive experience running workshops for the general public and in the corporate sector, and also teaches mindfulness in schools. She is part of the Mindfulness Association teaching skills team, and also a lead tutor on both the one year Mindfulness Practitioner and Compassion courses. Chloe's work is based in Glasgow, and Central Scotland.

Rosina Morrison

Rosina lives in Conglenton, Cheshire, and teaches the MBLC course here as well as well as around the Midlands and North West of England. She has also taught with the Mindfulness Association on one year Mindfulness and Compassion courses. She has completed the Diploma of Studies in Mindfulness with the University of Aberdeen in 2013, and has attended a course in Mindfulness Supervision training with Bangor University. She has worked as a humanistic counsellor, and offered training and supervision in related fields, for over 25 years.

Kristine Mackenzie-Janson

Having practised mindfulness meditation since 2000, Kristine is an Honorary Teaching Fellow at the MSc in Mindfulness Studies at the University of Aberdeen. Since 2010, she has been teaching for the Mindfulness Association on their mindfulness, compassion and teacher trainings. She also teaches under her own steam both locally and further afield, delivering the 8-week MBLC, introduction courses and in-company training. Kristine has completed supervision training with Bangor University in 2013 and since then has enjoyed exploring the intricacies of the teaching process with the people she supervises. Kristine is based in Edinburgh.

Annick Nevejan

Annick is independent professional trainer, coach, and counsellor (contemplative psychology) and has her own company, Bureau Nevejan, in Amsterdam. She has been a lead tutor and supervisor for the Mindfulness Association (MA) since 2010 and delivers the MA's trainings and teaching skills trajectory both in the UK and in Europe. Currently Annick is also a trainer and supervisor at the Institute for Integral Coaching in the Netherlands, and is involved in an ongoing training in group dynamics with the Systems-Centered Training and Research Institute (USA). Her work as mindfulness and compassion trainer is deeply influenced by her practice and study of Tibetan Buddhism (Mahamudra) for the last 25 years.

Gareth Williams

Having begun the practice mindfulness in the 1990s and teaching since 2013, Gareth has primarily taught groups of people experiencing anxiety, low mood, and/or chronic illness. With 20 years of experience in the field of mental health and wellbeing, he has a keen interest in the contributions mindfulness and compassion can make to the process of psychotherapy and healing.

Since Masters studies focused on shamanism, music and altered states of consciousness in 1995, Gareth has explored a variety of therapies and transpersonal psychologies. He is deeply interested in spirituality, both in sacred and secular forms. Over the past few years he has been facilitating ecotherapy and mindfulness in nature events. He loves his work and has a deep commitment to living creatively and with gratitude. Gareth's work is based in North Staffordshire/South Cheshire.