Appendix 1

UK Mindfulness Centres Collaboration



**Consent to Recording Form**

Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training for Improving Access to Psychological Therapies (IAPT) Services 2021-2022

**Why am I being asked for permission to record?**

It is important to ensure that staff providing Mindfulness Based Cognitive Therapy (MBCT) receive supervision and that their skills are assessed and monitored to ensure quality of service to clients.

The training programme that your therapist is currently undertaking aims to provide a post-qualification training in evidence-based MBCT for adults who have experienced recurrent depression. The training aims to equip therapists to become skilled and effective MBCT practitioners, in accordance with The British Association for Mindfulness-based Approaches Good Practice Guidelines:

<https://bamba.org.uk/wp-content/uploads/2020/01/GPG-for-Teaching-Mindfulness-Based-Courses-BAMBA.pdf>

The Centre for Mindfulness at Brown University, USA, the Oxford Mindfulness Centre and the Centre for Mindfulness Research and Practice (CMRP) are building a bank of teaching practice recordings of teachers and students which can be used within training collaborations including this MBCT in IAPT Training. The recordings will be used in carefully selected ways in training i) assessors to reliably use the Mindfulness-Based Interventions: Teaching Assessment Criteria (MBI:TAC) and ii), mindfulness-based teachers who train with CMRP, Brown and Oxford (who are partners in the MBCT in IAPT collaboration). All participants in trainings where recordings are used will agree to utmost confidentiality regarding the identity of teachers they see. The viewing of such recordings is conducted respectfully with an emphasis on the teaching process rather than the teacher. It is understood that the recordings are of one moment in time, and do not reflect more broadly on the teacher. So for example, in any recordings shared, trainees will be aware that this may be one of the first times that person has taught. As far as possible recordings will be selected to ensure that participants in trainings do not know the teacher they see. All recordings will be stored securely.

**How will my data be protected?**

There will be no identifying written material and therapists will take all reasonable steps to make sure that the external camera is focused solely upon themselves during the sessions. Where recoding takes place on an online platform, your consent will be sought explicitly for this. Anyone viewing a recording is required to maintain confidentiality concerning its content. The recording will be stored under secure conditions.

To help ensure high standards of practice, your therapist is receiving regular supervision from trained and experienced MBCT teachers and is required to regularly video record their teaching for the purpose of assessment and supervision. The recordings are used to study exactly how the MBCT teaching was provided to you and are observed by the therapist’s supervisor/assessor so that they can monitor skills, give feedback and provide useful supervision in order to fine tune the teaching sessions and enhance the therapist’s skills.

Recordings of teaching sessions are also used by the UK Mindfulness Centres Collaboration as part of formal assessment on the training programme in conjunction with the Oxford Mindfulness Centre, and with your permission, for training future mindfulness teachers.

**What am I consenting to?**

You can consent to recordings of your MBCT sessions being used for clinical supervision, assessment and training. Consent can be withdrawn at any point without a reason being given. If you agree to participate, please tick the box next to the purpose(s) for which you consent to the recording being used and sign and date the consent form.

Feel free to ask your therapist to explain anything above or below that you have difficulty understanding.

I (insert client name)

understand that (insert therapist name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

is currently undertaking specialist post-qualification training in Mindfulness Based Cognitive Therapy (MBCT) and as part of this training, his/her supervisor/assessor will observe recordings of their therapy practice.

*I consent to my face and chosen on-screen name being visible in online recordings where this is unavoidable. The facilitator has discussed this with me, and I am aware of selecting what identifying information is displayed in the recording. All recordings will be stored in accordance with the Data Protection Act (DPA), 2018. I give my consent on the understanding that the recording will be kept confidential and will be stored securely. I am aware that the recording will be erased once the specified purpose(s) have been fulfilled. Most recordings will only be used for supervision and assessment during the course of this training programme, but if used for future training cohorts, sections of the recording may be kept for ongoing use. I may withdraw my consent at any time and have any contributions I may have made edited out. I understand that it will not form part of my health record or be subject to any requests I may make to access my health record.*

***Purpose: Supervision***

❑ I consent to the use of recordings for the purpose of supervision by my therapist’s   
 supervisor/s.

***Purpose: Assessment***

❑ I consent to the use of recordings and accompanying written material for the purpose of assessment on the programme which my therapist is undertaking.

***Purpose: Training***

❑ I consent to the use of selected sections of recordings being used for the purpose of training future mindfulness teachers, supervisors, and assessors.

Expected date of deletion\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_

Signed Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_

This agreement has been discussed with me by ....................................

on**:** / /

*Copy to client Date:**/ / Copy for client file Date****:*** */ /*

*(Adapted from University of Reading Consent Form, 2012)*

Appendix 2

UK Mindfulness Centres Collaboration



**Confirmation of consent to recording form**

Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training for Improving Access to Psychological Therapies (IAPT) Services

2020-2021

*Therapist Statement*

I certify that I have conducted this clinical work in line with the appropriate professional practice guidelines, Codes of Ethics [e.g. BABCP Standards of Conduct, Performance and Ethics] and workplace policies, which have been strictly adhered to in terms of making the recording and seeking permission for use.

I confirm that I have gained the consent of all participants in the MBCT group that I have recorded for use in:

❑ Supervision

❑ Assessment of my competency

❑ Training Purposes (as specified in Appendix 1)

Signed:…………………………………………………………………….(Therapist)

Name:…………………………................................................................................

Date:……………………………………………………………………………………