



## Certified Mindfulness-Informed Clinician – Level 1 Certification Standards (CMC-1)

### 1.0 Professional Standards

1.1 State or Nationally licensed as listed below AND completed at least a master's degree in the field they are licensed in (or equivalent if practicing outside of the United States):

- Psychologist (LP or LCP)
- Counselor
  - LCMHC
  - LCP
  - LCPC
  - LMHC
  - LPC
  - LPCC
  - LPCMH
- Social Worker
  - LCSW
  - LCSW-C
  - LGSW
  - LICSW
  - LISW
  - LISW-CP
  - LMSW
  - LMSW-ACP
  - LSCSW
  - LSW (must evidence MSW completion)
- Marriage and Family Therapist
  - LCMFT
  - LIMFT
  - LMFT
- Addictions Counselor (LCAS)
- Alcohol and Drug Counselor
  - LADAC
  - LADC
  - LCADC
- Chemical Dependency/Substance Abuse
  - LCDC
  - LCDP
  - LCSTP
- Advanced Practice Nurse (APN)
- Nurse Practitioner (NP)
- Physician's Assistant (PA)
- Physician (MD)
- Psychoanalyst (LP)
- Board Certified Behavioral Analyst

To be eligible for Certification, the applicant must have earned a minimum of a master's degree in their profession AND hold a professional license as noted above. Associate and temporary/provisional licenses do not meet the standards for Certification.

Canadian Applicants: Licensed professionals who have met the licensure requirements for Provincial and Territorial Regulatory Bodies are welcome to apply. If you are unsure if your professional background meets the standards for Certification, please email a copy of your educational background and CV to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)

International Applicants: Please check for a link to standards specific to your country of practice. If no link is available, please email us a copy of your educational background and CV to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)

1.2 The applicant in must:

- Be in good standing with the State or National Board or Organization that licenses him/her, including not being on probationary status for any reason.
- Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state or national associations to which he/she is qualified within the past 5 years.

- Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic or other clinical setting) based upon professional malpractice within the last 5 years.

## 2.0 Educational Standards

### 2.1 Post-Graduate level training in mindfulness and meditation

The candidate must meet the following education criteria (total minimum of 12 clock hours of training):

- The neuroscience behind mindfulness practice, including current research into best practices and limitations
- Application of mindfulness and meditation in clinical practice, including:
  - An understanding of the clinical definitions of mindfulness
  - Assessment for appropriateness of mindfulness for a client
  - Common pitfalls and obstacles in practicing mindfulness
  - Guiding meditation exercises with a client, with mindful inquiry/processing of exercise
  - Familiarity with and application of formal and informal mindfulness practices
  - Strategies to nurture and motivate clients to develop and continue a personal mindfulness practice
- Special considerations for clinical populations such as clients experiencing/have experienced trauma, anxiety, depression, anger or stress
- Ethical considerations in mindfulness practice, including scope of practice
- Self-care for the professional

### 2.2 Examples of educational sources include but are not limited to:

- Approved Continuing Education as documented by certificates of completion from training organization
- Post-Graduate level coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course. Graduate-level courses (i.e. courses taken as part of a master's degree program) do not qualify. Doctoral-level courses (i.e. courses taken as part of a doctoral degree program) qualify, and are awarded CEU hours based on the number of university-granted credits.

## 3.0 Required Documentation for Certification Eligibility

1. A copy of the candidate's professional license, membership or designation
2. Copies of completion of training as outline in the Educational Standards
3. Payment of certification application fee

Evergreen Certifications, LLC will certify candidates who meet the above requirements.

*Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice related to your licensure, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

## 4.0 Required Documentation for Renewal of Certification

To maintain Certification, a reapplication is required. The steps to apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your professional license, membership or designation as well as a completion certificate for six (6) clock hours of post-graduate level, mindfulness or mediation-focused training to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
2. Payment of re-certification application fee

You can also apply for reapplication for 2 or 3 years. Follow the process above, submitting twelve (12) clock hours of training for a 2-year reapplication, and eighteen (18) clock hours of training for a 3-year application.

Re-certification training hours need to have been taken in the time since you were last certified or recertified. Renewals are calculated from the date that your Certification was issued. If you allow your Certification to lapse for more than 3 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.