



## 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 By applying for Certification, the applicant agrees to adhere to Evergreen Certifications' Professional Code of Ethics, available at [www.evergreencertifications.com/codeofethics](http://www.evergreencertifications.com/codeofethics)

## **2.0 Educational Standards**

2.1 The candidate must meet the following education criteria (total minimum of 12 clock hours of continuing education or professional development training 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 Suitable education sources are approved continuing education or professional development training as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for Certification.

## **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 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 mindfulness or mediation-focused continuing education or professional development 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.*