



**Certified Mindfulness-Informed Professional Certification Standards (CMIP)**  
Application Standards for Practising Professionals in Australia and New Zealand

**1.0 Professional Standards**

1.1 Nationally registered, credentialed, or member of the association noted:

- Registered Psychologist
  - Hold a general designation and/or with endorsement that aligns with the standards set by the Psychology Board of Australia
  - Hold a registration with New Zealand Psychologists Board AND hold a practising certification
- Registered Counsellor
  - Be a Level 2, 3 or 4 member of the Australian Counselling Association (ACA)
  - Be a full member of the New Zealand Association of Counsellors
  - Be a Clinical member of the Psychotherapy and Counselling Federation of Australia (PACFA)
- Social Worker
  - Be a member of the Australian Association of Social Workers
  - Hold a Practising Certificate with the Social Workers Registration Board
- Psychiatrist
  - Be accredited by the Royal Australian & New Zealand College of Psychiatrists
- Credentialed mental health nurse
- Registered nurse practitioner
- Advanced practice nurse
- Doctor of Medicine
  - Hold a General or Specialist registration with the Medical Board of Australia
  - Hold a practising certificate and be registered with the Medical Council of New Zealand
- Occupational Therapist
  - Hold a registration with the Occupational Therapy Board of Australia
  - Hold a registration with the Occupational Therapy Board of New Zealand
- Certified Practising Speech Pathologist
  - Hold full registration with Speech Pathology Australia
- Speech Language Therapist
  - Registered member of the New Zealand Speech-Language Therapists' Association (NZSTA)
- Registered Teacher
  - Hold a full registration with your local teacher regulatory authority AND meet the Australian Professional Standards for Teachers (APST) at the Proficient Level (or higher)
  - Hold a registration with the Education Council of Aotearoa New Zealand

1.2 By applying for certification, the applicant agrees to adhere to [Evergreen Certifications' Professional Code of Ethics](#)

**2.0 Educational Standards**

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

Core Mindfulness-Informed Educational Competency Areas:

**Neuroscience** – basic understanding of the research behind mindfulness practise and how mindfulness can improve mental health and overall wellness

**Awareness** – understand how to actively practise mindfulness and meditation within scope of practise

**Identification** – recognize when mindfulness techniques may be helpful for clients

**Strategies** – support clients in developing and maintaining a personal mindfulness practise, including formal and informal mindfulness practises

**Experiential Practise** – how to use guided mindfulness and meditation exercises with clients within scope of practise

2.2 Suitable education sources are approved CPD 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 Certification Application Process**

1. Submit the following documents:
  - a. A copy of the applicant's professional registration, credential, or membership
  - b. Copies of completion of training as outlined in the Educational Standards
2. Payment of certification application fee

Evergreen Certifications will certify candidates for an initial period of 1 year 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 Renewal of Certification**

To maintain certification, a renewal is required. The steps to apply for a 1 year renewal are as follows:

1. Submit the following documents:
  - a. A copy of the applicant's professional registration, credential, or membership
  - b. Completion certificate for six (6) CPD hours of mindfulness or meditation-focused training
2. Payment of renewal fee

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

Renewal training hours need to have been taken in the time since you were certified or last renewed. Renewals are calculated from the date that your certification was issued.

*If you allow your certification to lapse for more than 2 years, you are no longer eligible to renew your certification and instead can reapply for certification.*