



The Mindfulness Academy for Addiction & Trauma Training

Scholar's Initial Assessment

Scholars Name: _____ Date: _____

Consulting Supervisors Name: _____ Date: _____

Is the MBATT scholar a certified CPTT, CSAT or CPTT or CSAT candidate? If so:
**A minimum of 10 hours of supervision must be completed for a CSAT or CPTT Therapist.
For Non-CSAT/CPTT therapists a minimum of 20 hours of supervision must be completed**

(Please check the appropriate box)

<input type="checkbox"/>	CPTT - Minimum of 10 hours of supervision required
<input type="checkbox"/>	CSAT - Minimum of 10 hours of supervision required
<input type="checkbox"/>	Neither - Minimum of 20 hours of supervision required

Consulting Supervisor's Initial Impressions

1. Consulting Supervisor's impression of MBATT scholar's progress:

2. The scholar is familiar with the concept of mind state.

1 2 3 4 5
Strongly Disagree Somewhat Disagree Neither Agree nor Disagree Somewhat Agree Strongly Agree

3. The scholar is familiar with the concept of mind story.

1 2 3 4 5
Strongly Disagree Somewhat Disagree Neither Agree nor Disagree Somewhat Agree Strongly Agree



4. The scholar is familiar with the concept of constructively compassionate interventions.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

5. The scholar is becoming familiar with the 8 Domains of Recovery based on where they currently are in their Level II training.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

6. Please note scholars current progress in Level II as of this initial assessment, and what Domain videos they have currently viewed at this time:

7. The scholar is adept at utilizing mind state awareness in session with clients.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

8. The scholar is adept at utilizing mind story awareness in session with clients.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

9. The scholar is adept at utilizing the concept of constructively compassionate interventions in session with clients.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*



10. The scholar has the ability to incorporate a multicultural approach within the MBATT module related to gender, race, sexual orientation, age, radical identity, etc.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

11. If *strongly disagree* was marked in any of the above questions, comment in this box:

12. The MBATT scholar understands crisis assessment, intervention and support.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

13. The MBATT scholar was on time for this first assessment meeting, engaged professionally with CS, and was open to feedback. The scholar's skills and understanding of the material is congruent with completing Level I training, and aligns with where they currently are in Level II.

1 2 3 4 5
Strongly Disagree *Somewhat Disagree* *Neither Agree nor Disagree* *Somewhat Agree* *Strongly Agree*

Suggested Professional or Personal Goals with the application of mindfulness in the 8 Domains of Recovery

1. _____

2. _____



- 3. _____

- 4. _____

- 5. _____

- 6. _____

- 7. _____

- 8. _____

Consulting Supervisor's Printed Name
Signature

Consulting Supervisor's

Date

MBATT Certification Number