



## The Mindfulness Academy for Addiction & Trauma Training

### Scholar's Initial Assessment

Scholars Name: \_\_\_\_\_ Date: \_\_\_\_\_

Consulting Supervisors Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Consulting Supervisor's Initial Impressions

1. Consultation (relational interactions):

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 familiar with all 8 Domains of Recovery.

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

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

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 is adept at utilizing the 8 Domains of Recovery in session with clients.

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

11. 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*

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

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

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_



3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_

Potential Consulting Supervisor countertransference issues with scholar:

\_\_\_\_\_  
Consulting Supervisor's Printed Name  
Signature

\_\_\_\_\_  
Consulting Supervisor's

\_\_\_\_\_  
Date

\_\_\_\_\_  
MBATT Certification Number