

Oasis Institute – Center for Mindfulness

SUPERVISOR ASSESSMENT WITH RECOMMENDATIONS

Supervisor completes at the end of supervision after receiving the Supervisee's post-supervision learning assessment.

Supervisee Name: Gerri Wilimek

Date: 2/12/17

Supervised by: Pamela Erdmann, M.Ed

Supervision dates: From: 9/30/15 To: 4/20/16 (10 sessions)

1. *What did the supervisee learn, in this cycle of supervision? What were the salient learning points (refinements, adaptations, meeting challenging moments, new awarenesses?)*

- Embodiment, Person of the Teacher, Ethos of MBSR
- Gerri used our supervision session to "refuel" She consistently demonstrated the ability to self reflect on and integrate any learning or insights from the supervision into her classes. She was consistently able to be both transparent and vulnerable as to her own material. Example: "thinking I have a plan and then realizing I don't know...not having to have a plan"
- Knowledge: wisdom tradition principles, experiential learning, stress physiology, psychology and neuroscience
- solid and substantial particularly in regard to wisdom traditions

Attitudes and Qualities of an MBSR teacher: **excellent...able to move into what's needed.**

- Skills: Domains of teaching competency*
 - Coverage, pacing and organization of session curriculum
 - Relational skills: **excellent.** Able to identify areas needing a bit of work "too much ego in my teaching. humor for show or for moving?"
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 - Guiding mindfulness practices **solid**
 - Conveying course themes through interactive inquiry and didactic teaching: **excellent**

- Holding the group learning environment: comfortable with both horizontal and vertical inquiry stop "rescuing behavior...anything arising in anyone else?"
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* as put forth in the Mindfulness-Based Interventions Teaching Assessments Criteria, 2012, Crane, R. et al

*2. What do you recommend as next steps for this teacher's development? How and when will she/he accomplish these? (These might include particular study, retreats, more supervision, further training in particular areas, work around specific competencies, preparing portfolio for submission for Teacher Certification): Recommend her wholeheartedly for certification
Gerri already is a solid, well seasoned and qualified MBSR instructor. I support her candidacy 100% She is a dedicated, talented addition to the field who should have been certified several years ago.*

March 2016