



Centre for Mindfulness Research and Practice
School of Human and Behavioural Sciences, Bangor University
2023-24 Academic year

CERTIFICATE OF COMPETENCE IN TEACHING MBSR

This certificate confirms that

Christoph Spiessens

has completed a postgraduate qualification with the Centre for Mindfulness Research and Practice,
Bangor University

Their Mindfulness-Based Stress Reduction (MBSR) teaching
practice has been graded as Advanced as assessed
by the Mindfulness-Based Interventions: Teacher Assessment Criteria

Gemma Griffith, PhD
Director of Mindfulness Postgraduate Programmes