

# CERTIFICATE

Proudly awarded to:

**Joanne Peck**

Has successfully completed the programme  
Foundation Training in Mindfulness-Based Cognitive Therapy (MBCT)

10 August 2023

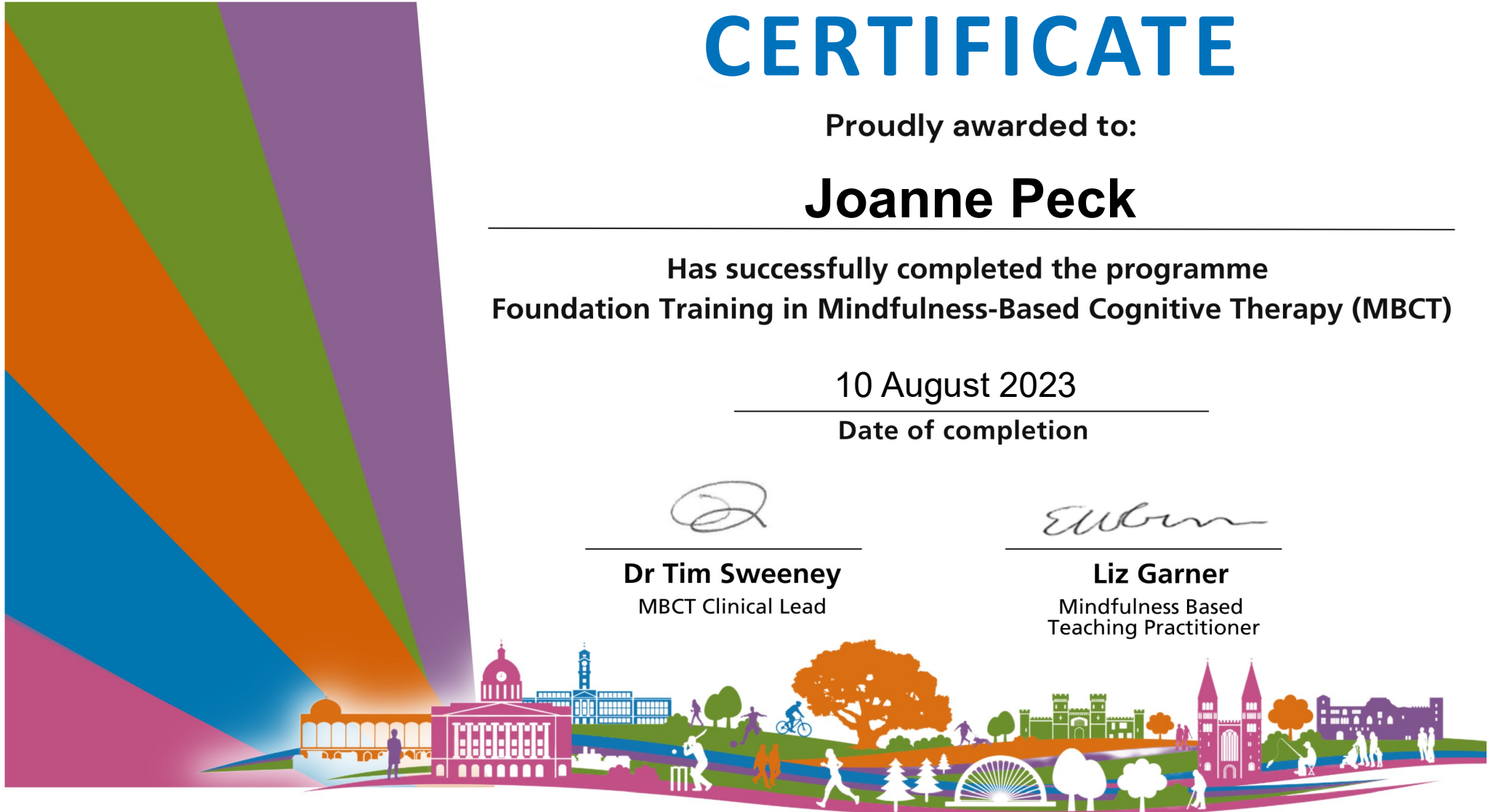
Date of completion



**Dr Tim Sweeney**  
MBCT Clinical Lead



**Liz Garner**  
Mindfulness Based  
Teaching Practitioner



Number of days of retreat attended: Five out of Five

Number of MBCT supervisions attended: Eight

Number of courses taught: Two

