

Intensive Foundational Training in Teaching MBCT

7 day Residential

The intention of this 7-day training is to provide participants who have met all the prerequisites for training to be a teacher with an opportunity to directly experience the 8-session programme of Mindfulness-Based Cognitive Therapy (MBCT) and learn about the theoretical underpinnings of MBCT. You will practise teaching elements of MBCT to one another in pairs, with supervision and feedback from the instructors and peers. The training is an introduction to teaching MBCT.

This training provides participants with direct experience of the 8-session programme of Mindfulness-Based Cognitive Therapy (MBCT), and offers opportunities to practise teaching elements of MBCT to one another, with supervision from the trainers and each other. Participants are expected to have some prior knowledge and experience of mindfulness and of cognitive therapy, and to have a serious interest in bringing MBCT into their lives and work.

Participants should already have attended an 8-week course on mindfulness-based approaches, and should have a regular, established mindfulness meditation personal practice.

The programme reflects the integration of personal practice and professional application that is central to the approach. It includes a blend of didactic, experiential and small group work. Specific themes and areas of focus will include:

- The seamless cultivation of mindfulness throughout the workshop, through formal and informal practices, both in silence and in conversation and dialogue.
- An overview of the development of MBCT and the theory underpinning it, and a review of research supporting its clinical value.
- Mindful approaches to the experience and expression of pain, depression, stress and anxiety within ourselves and those with whom we work.
- Discussion about the importance of experiencing enough mindfulness meditation practice and self-inquiry to starting to work with mindfulness as a clinician.
- Opportunities to practice teaching key meditation practices, with feedback from fellow participants and from the instructors.

The training is an introduction to teaching MBCT, and a platform for developing further teaching skills through an apprenticeship. Attendance will not necessarily mean that you can now teach MBCT, but is an integral part of a pathway to developing competency and ethical practice as described by the Good Practice Guidelines for teachers.

Beginning to Teach MBCT and Apprenticeship

If you choose this training route you may need to undertake further structured training in teaching MBCT, in order to develop competency as described by the MBI-TAC criteria, depending upon your skills and prior experience/training. Some of this might be gained through attending workshops in core MBCT skills eg: Enquiry, C in MBCT. In keeping with the good practice guidelines and the International Training Pathway it is recommended that you attend a residential mindfulness retreat of at least 4 days as part of your teaching journey. You may also need to undertake a longer period of supervision with an MBCT trainer/highly experienced teacher.

International Training

If you are not resident in the UK and wish to access the Oxford Mindfulness Centre's training pathway, there are two options:

- Attending the Intensive Foundational Training in Teaching MBCT – 7 day Residential in the UK as described above and organising your own extended apprenticeship with our guidance
- The OMC may be able to offer organisations an Intensive Foundational Training in Teaching MBCT – 7 day Residential in your country. Please contact us for further details