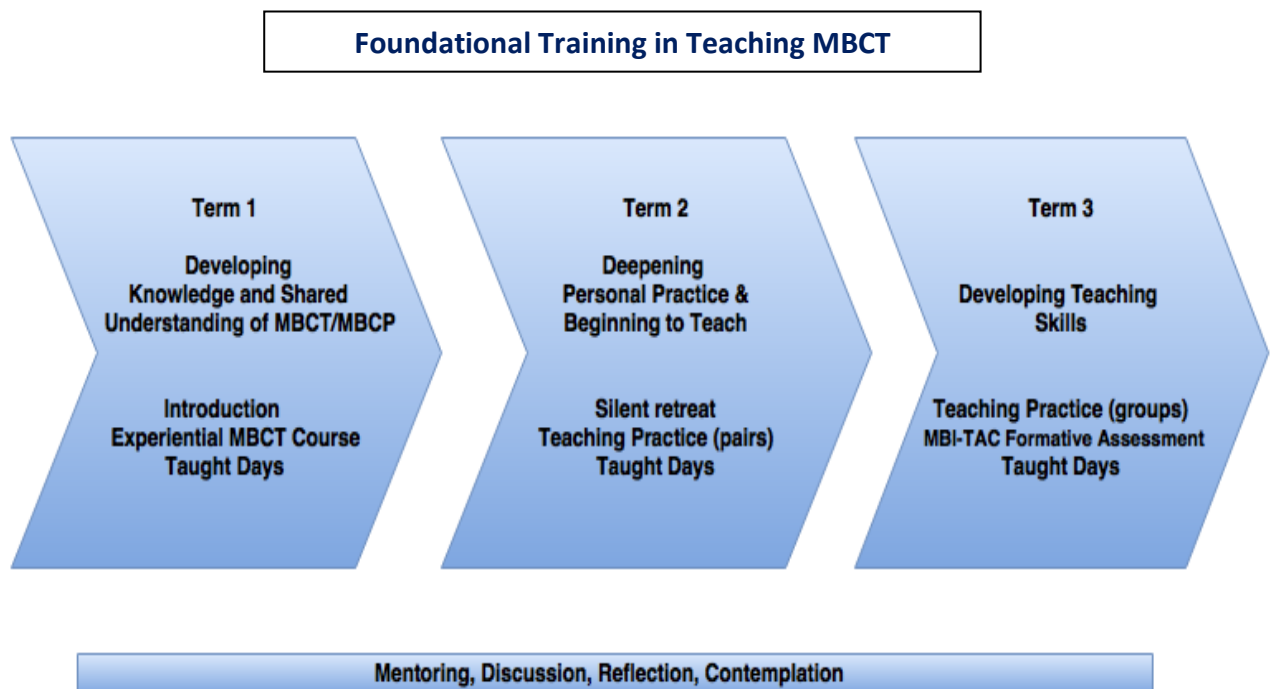


Foundational Training in Teaching MBCT

What will I learn?

The Foundational Training in Teaching MBCT course synergises our research and knowledge of the evidence base, with our ability to innovate clinically and our training expertise, to provide a unique and high-quality training in how to begin to teach MBCT or MBCP.

Our research in University of Oxford was instrumental in MBCT becoming a treatment of choice for prevention of recurrent depression in the UK National Health Service. More recent work has led to major breakthroughs in understanding how mindfulness can reduce suicidality in depression, emotional turbulence in bipolar disorder, serious health anxiety and latterly in building resilience in young people. The Oxford Mindfulness Centre also has specialist experience in Mindfulness-Based Childbirth and Parenting (MBCP) and is the first place in Europe to develop training and research into this approach.



Course details

The course consists of 28 days held across three terms from September until July. The following elements are included:

- A five-day experiential MBCT course with the intention of developing a shared understanding of mindfulness meditation as taught in MBCT/MBCP and in order to strengthen/deepen personal practice
- Seven expert-led teaching days focusing upon core areas such as facilitating enquiry, guiding practices, Buddhist Psychology, the underpinnings of MBCT / MBCP etc.
- Termly one-to-one mentoring sessions
- Discussion, reflection and contemplation practice
- A four-day silent retreat
- 8 days of teaching practice – first in pairs, then in groups
- Experiential exploration of working with group dynamics using a forum-theatre approach
- A formative assessment of competency using the [Mindfulness-Based Interventions Teaching Assessment Criteria \(MBI-TAC\)](#) to provide individual feedback on teaching strengths and areas for skill development

To complete the Foundational Training in Teaching MBCT/MBCP you will need to commit to:

- attending **all** of the **28 teaching days** across the 11 months (a minimum of 80% attendance is also given as a guide for missing teaching due to unexpected circumstances)
- continuing a daily formal and informal mindfulness meditation practice
- completing a daily reflective journal of your experiences of personal mindfulness practice