

## Oxford Mindfulness Centre Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training Pathway

### Step 1 - Starting out

#### Pre-requisites for training to teach MBCT

In order to apply for teacher training it is necessary to have the following in place:

- An experiential understanding of mindfulness through personal meditation practice. This should normally be for at least a year before entering the pathway.

Regular mindfulness practice is the foundation of good quality teaching and without it whatever is taught is not based in an in depth appreciation of mindfulness and compassion.

- An experiential understanding of the 8-week MBCT programme, including commitment to personal practice, through participation in a structured 8-week MBCT programme as a participant.

Taking such a course develops and deepens personal meditation practice and provides an experience of the course as it is usually delivered. The OMC offers 8 week or 5-day experiential MBCT courses. If you are unable to attend any of our MBCT courses, or their equivalent, you may find a suitable course by going to the Mindfulness Network Listing [mindfulness-network.org](http://mindfulness-network.org) which ensures that the teachers listed meet the Good Practice Guidelines for teaching. Where attending an MBCT class is not possible, attending an 8-week MBSR course is the next option. If this is not possible, for example if you live in a location where a face to face MBCT or MBSR course is not available, the next option is an online programme that can provide this training, along with access to weekly inquiry with a teacher (such as the Mindful Mood Balance Pro web-based training at [mindfulnoggin.com/mindful-mood-balance](http://mindfulnoggin.com/mindful-mood-balance)).

- Knowledge and experience of the population to which MBCT will be delivered, including experience of teaching, therapeutic, or other care provision.

This would normally include *qualifications* that enable you to teach MBCT with the population and within the context in which you plan to teach. For example, for MBCT for depression you would need a qualification in clinical practice and mental health training that includes the use of structured, evidence-based therapeutic approaches (e.g. CBT, interpersonal therapy, behavioural activation) and the knowledge/skills to work with clinical populations.

In some cases, for example teaching to the general public, MBCT teachers may not have a professional qualification. In this case additional training may be required, for example in CBT

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models and approaches and in mental health awareness. If you have little knowledge or experience of CBT, the Oxford Cognitive Therapy Centre (OCTC) has short courses e.g. introduction to CBT which can be done face to face or on line.

- Skills for working with individuals or groups.