



Mindfulness Based Cognitive Therapy (MBCT) Groups and Teachers

MBCT teachers within Nottingham Centre for Mindfulness offer groups within a wide range of healthcare settings. A selection of these is provided below to illustrate the range and scope of MBCT offered within NCM and the East Midlands region.

Adult Community Mental Health Services Community Assessment Team

Liz Gardner



Liz is a Community Psychiatric Nurse working in the Community Assessment and Treatment Service (CATS) in Nottingham City. CATS offer assessments and short term support to adults requiring secondary mental health services in the City area of Nottingham. Liz qualified as a Mental Health Nurse in 1998 and has worked in the community for 14 years. She completed the MBCT training at NCM in 2012 and is currently co facilitating the 4th MBCT group in her service.

Spiritual and Pastoral Care Service Katja Milner



Katja Milner has been teaching MBCT for over two years, focusing predominantly on clients from Crisis and CAT Teams, and is a Spirituality Lead for Nottinghamshire Healthcare. This role involves promoting the importance of people's spirituality, religion and belief in health care and includes the development of spirituality and recovery oriented interventions, creating and teaching educational courses and training staff.

Katja has completed a degree in psychology and a postgraduate certificate in psychological therapies at Nottingham University and is currently completing an MSc in Health and Social Care, focusing her research on the topic of spirituality and recovery in mental health. She has worked in various mental health contexts including as a multi-systemic therapy worker in youth offending services, with CBT and IAPT oriented interventions in primary mental health care and in psychiatric research at the Institute of Psychiatry in London.

Katja has published a number of journal articles and a book chapter on spirituality and staff wellbeing. Katja also has a longstanding passion in a broad range of spiritual approaches, has completed training in shamanic and spiritual healing and has recently apprenticed onto a Native American based shamanic path.

Recovery Team: Gedling and Rushcliffe Jayne Steed



Jayne Steed BSc Hons Occupational Therapy came to work in Adult Mental Health Services within Nottinghamshire Healthcare in 2002 and has worked in a variety of services over the last 12 years. Currently she is a senior member of the Rushcliffe Community Mental Health Team and became interested in Mindfulness when facilitating a Behavioural Activation "Coping with Depression" course some 5 years ago.

After attending a Mindfulness-Based Cognitive Therapy taster day offered within the Trust she signed up to the 2nd cohort of health professionals to be trained as teachers under the current practice guidelines.

Since completing the course she has facilitated initially a staff group, along with colleagues from Gedling Community Mental Health team and has just commenced the 6th service-user course for adults accessing community mental health services. The courses have proven to be hugely beneficial to those that have attended and mindfulness continues to play a valued role in her life both professionally and personally.



Lindsey Barrett

Lindsey is a mental health nurse, qualifying in 1995. Prior to becoming a community mental health nurse, Lindsey worked in an inpatient setting for 10 years and has particular experience and expertise in working with people with a diagnosis of emotionally unstable personality disorder.

She has trained in Dialectical Behaviour Therapy and MBCT and runs groups with her colleagues in the community mental health team.



Andrea Muir

Andrea is an Occupational Therapist and has been working in Notts Healthcare Trust for the past 18 years. During this time she has worked in a mental health day unit and is now working in a community mental health team. She completed the NCM Foundation Training in 2012 and since then has delivered 6 MBCT courses to people primarily experiencing chronic depression. She describes finding this work highly rewarding.



Sonia Moratto

Nottinghamshire Healthcare, Psychological Therapy Services Sonia is an Occupational Therapist with extensive mental health experience. She currently works within Nottinghamshire NHS Trust as a 'Mindfulness-based Advanced Practitioner'. She gained a Master's degree in 'Teaching Mindfulness-based Approaches' at Bangor University. Sonia has taught MBCT in secondary mental healthcare, since 2007. She is a trainer within the Trust's MBCT Supervised Pathway. She provides ongoing supervision for trainees as they move towards bringing mindfulness into their own personal and professional lives, with all that this entails.

Sonia maintains regular contact with the Centre for Mindfulness Research and Practice, Bangor University.



Tim Sweeney

Tim is a mental health nurse, accredited CBT therapist and an experienced MBCT teacher and trainer. He is employed in Nottinghamshire Healthcare Trust as the clinical lead for MBCT. This post involves coordinating and delivering training and supervision of MBCT to IAPT and Secondary Care staff, who work with people experiencing a diverse range of health problems.

Tim also continues to teach MBCT to people accessing specialist mental health services, and delivers MBCT groups for chronic and treatment resistant depression.

Sue Bower Nottinghamshire Healthcare, Severe & enduring mental health problems: Sue has worked in Notts Healthcare Trust as an Occupational Therapist for 12 years. She is currently working at Bracken House in Mansfield, a locked mental health rehabilitation unit for adults. Having completed training in MBCT with NCM she is now running a small pilot group for men with enduring mental illness. Initial evaluation of this has been very encouraging.

Whilst training to be an MBCT teacher, Sue became interested in mindful movement and yoga. She has since completed a foundation course in yoga and is currently carrying out yoga teacher training which will be completed in March 2015.

Laura Glackin



Laura is a trained mental health nurse and has worked in rehabilitation services for people with severe and enduring mental health problems for over 10 years. She has studied eastern philosophy for many years and continues to regularly practice yoga and mindfulness. This has led to an interest in bringing mindfulness into her work in the form of MBCT.

Since completing the MBCT Foundation Course with the Nottingham Centre for Mindfulness in 2012 Laura has been working on developing the MBCT course for an inpatient setting. She has recently taught an adapted 11 week course on a rehabilitation unit which has been well received by patients. She plans to continue with this and develop the programme to further help people in hospital have choice and access to holistic and evidence based care.

Learning Disability Services

Louisa Carlan



Louisa has been qualified as a registered learning disability nurse (RNLD) since 2004. She has been working with people with a learning disability for 15 years in Nottinghamshire Healthcare Trust in various settings including: low secure, locked rehabilitation, respite and inpatient settings. For the past seven years Louisa has been working in the community as a Community Learning Disability Nurse in North Nottinghamshire.

Christopher Morgan



Chris qualified as a Registered Learning Disability Nurse (RNLD) in 2009 and has over 7 years experience of working with people with a learning disability in Nottinghamshire Healthcare. For the past 4 years Chris has been working as a community nurse in the Bassetlaw area. Since completing training in MBCT 3 years ago Louisa & Chris have been running MBCT groups for people with a mild/moderate learning disability experiencing anxiety/anger control problems. The programme has required some adaptation to ensure that it is accessible and relevant for people with a learning disability.

Improving Access to Psychological Therapies Services (IAPT)

Ruth Crichlow



Ruth is a BABCP accredited Cognitive Behavioural Psychotherapist working in Notts Healthcare IAPT service. She has a background in mental health nursing and completed her Postgraduate Diploma in Cognitive Therapy at Oxford Cognitive Therapy Centre in 2009. Her interest in mindfulness was first sparked whilst working at the Nottinghamshire Personality Disorder and Development Network.

Following training in teaching MBCT with Oxford Mindfulness Centre, Ruth has led MBCT classes for individuals with recurrent depression. She has recently taught MBCT classes for clinical staff working in the Department of Nutrition and Dietetics in Nottinghamshire, and is currently delivering training in MBCT to colleagues within the East Midlands region.

Improving Access to Psychological Therapies Services (IAPT)

David Valencia



David Valencia is a qualified nurse (RMN) and psychotherapy practitioner (Gestalt Psychotherapy, Interpersonal Psychotherapy, Cognitive Therapy). David was a student at Nottingham School of Nursing in 1982 when he first began meditation practice, since this time he has received instruction in both Zen and Insight Meditation having attended numerous Retreats in both traditions.

David has more recently been able to bring his long experience of both meditation practice and teaching to more recent trainings in Mindfulness-Based Cognitive Therapy and is currently engaged in delivering MBCT courses for patients referred to IAPT in Nottinghamshire. A new project commenced in the spring of 2013 with MBCT for Cancer courses beginning at Maggie's Cancer Caring Centre at Nottingham City Hospital. David has now successfully completed 4 MBCT-Ca courses, the feedback for which has been extremely positive.

Improving Access to Psychological Therapies Services (IAPT)

Patricia Jones Tricia



Patricia completed an integrative counselling diploma and a post graduate certificate in Psychosynthesis Counselling. During her MA in Psychosynthesis Psychotherapy, she became interested in working with people living with serious physical illness and has subsequently worked in a number of hospices. She joined Nottinghamshire's IAPT service in 2008, and completed MBCT training with the Nottingham Centre for Mindfulness in 2011.

This was followed with training in Mindfulness-Based Cognitive Therapy for people with cancer in 2012 with Trish Bartley from the Centre for Mindfulness Research and Practice at Bangor. Since then she has co-facilitated mindfulness groups for people having received a cancer diagnosis, at the Maggie's Centre in Nottingham. She will shortly be offering these at the Aurora Wellbeing Centre in Worksop.

Improving Access to Psychological Therapies Services (IAPT)

Sara Line

Sara works as an MBCT teacher and Interpersonal Therapist with IAPT for Let's Talk Wellbeing. She has been teaching MBCT for 3 years, having completed the MBCT training at NCM in 2010. She co-teaches several MBCT courses each year with patients experiencing mild to moderate psychological difficulties. She has worked in mental health in various settings for 27 years, starting as a mental health nurse. She describes finding MBCT both personally and professionally rewarding.

Hazel Watson

Hazel is an Accredited Counsellor, with an MA in Counselling Studies and 8 years counselling experience in NHS, private practice and third sector organisations. She completed the MBCT training with Nottingham Centre for Mindfulness 3 years ago and continues to teach MBCT within her IAPT service.

Rachel Phillips



Cert CCRelate, PG Dip Couns, PG Dip Relationship Therapy (Psychosexual Therapy), MSc CBT. MBACP Accred, MBABCP Accred. Rachel is an experienced therapist having started counselling in 1990. She has been providing psychotherapy within the NHS for 17 years and trained as an MBCT teacher in 2011. Rachel has been teaching MBCT classes in Primary Care and has a well-established personal meditation practice that helps to inform her teaching. She has an insatiable curiosity and loves to learn from those she is teaching as they discover aspects of mindfulness for themselves.

Improving Access to Psychological Therapies Services (IAPT)

Pete Else and Carolyn Walters



Pete and Carolyn are Cognitive Behavioural Psychotherapists, and MBCT teachers, working in IAPT for Let's Talk Wellbeing in Bassetlaw. The service currently provides MBCT as a group programme in order to help people who have completed a programme of individual psychotherapy to maintain their recovery and reduce the risk of relapse. Let's Talk-Wellbeing is currently providing three groups per year, for up to twelve participants per group, consisting of an initial eight week course, plus the opportunity to attend four follow up sessions at three monthly intervals.



Considering the future development of Mindfulness based therapies the service has secured funding for 2015 to train Pete and Carolyn in Mindfulness-Based Stress Reduction (MBSR), a programme designed to teach participants how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. This is with a view to offering the MBSR programme to clients with co-existing, long term and chronic physical health conditions.

Tonya Bathe

Tonya is a BACP Accredited Counsellor & BABCP Accredited CBT Therapist, with an MA in Counselling Psychology and has been practicing for 15 years, 6 of these in the USA as an integrative licensed professional counsellor.

Tonya completed the Nottinghamshire Healthcare MBCT teacher training in 2012 and since then has co facilitated several groups for depression in Notts Healthcare IAPT service.

Staff Counselling Services

Susan Dudley

Sue has worked in the NHS since 1977 as a general nurse and midwife. In 1999 she moved into counselling and subsequently completed a Masters degree in humanistic counselling studies with the University of Nottingham in 2004 and became accredited with BACP following this. Sue has worked as a counsellor since this time in a wide range of clinical settings and has been employed by Notts Healthcare Trust as a staff counsellor for the past 5 years.

Staff counselling provides short term counselling interventions to staff who self refer for an average 6- 8 sessions and Sue enjoys the diversity and challenge that this role provides. She has had a personal interest in meditation since 1999 when introduced to meditation through yoga classes and subsequently has undertaken training in MBCT run within Nottinghamshire Healthcare. Since then she has delivered MBCT courses at the staff counselling service.

Improving Access to Psychological Therapies Services (IAPT)

Paula Robinson



MSc (Psychotherapy), PGCD (Counselling), PGD (Cognitive Behavioural Psychotherapy), DipHE (Mental Health Nursing). Accredited with UKCP, BABCP, NCM.

Paula is an Integrative and Humanistic Psychotherapist, Certified Transactional Analyst and Cognitive Behavioural Psychotherapist working in IAPT services in Leicestershire County. She has a long standing interest in the therapeutic use of mindfulness and has been facilitating MBCT groups for two years following training with NCM. For several years Paula has worked with clients who have experienced emotional and relational disturbances related to early childhood trauma. She currently runs MBCT groups for people with reoccurring depression.

Improving Access to Psychological Therapies Services (IAPT)

Graham Twist



Graham has worked in the NHS for 33 years as a mental health nurse. He has worked in acute psychiatry and as a CPN. He has most recently been working in primary care and IAPT services. Graham has also trained in CBT and Cognitive Analytic Therapy and is registered with the BABCP and UKCP. Since completing training in MBCT at the Nottingham Centre for Mindfulness in 2010 Graham has taught many MBCT groups for recurrent depression and recently facilitated groups for 'Chronic Pain and Long Term Conditions'.

Lincolnshire Specialist Mental Health Services

Beena Rajkumar



Beena works as a Consultant Psychiatrist and Consultant Medical Psychotherapist with Lincolnshire Partnership NHS Foundation Trusts. She works currently in an Acute Inpatient Setting (Psychiatry) and with adults who have experienced Childhood Trauma (Psychotherapy). She has been a Mindfulness teacher and practitioner for the last 6 years. She has a special interest in Mindfulness, Acceptance and Compassion based therapies and she is passionate about integrating these different approaches into main stream Psychiatry.

Improving Access to Psychological Therapies Services (IAPT)

Julia Aldridge



Derbyshire IAPT Service Julia is an accredited Cognitive Behavioural Psychotherapist and Team Coordinator working within an IAPT Service in Derbyshire (steps2change). Julia originally qualified in Transactional Analysis Psychotherapy, is an accredited BACP Counsellor and has many years' experience working therapeutically with patients in primary care.

Julia has been running MBCT groups within IAPT for 3 years and continues to deliver MBCT on a weekly basis; she was one of the first to bring the approach to North Derbyshire as part of the Nottingham Centre Mindfulness MBCT training initiative. Julia lectures in MBCT as part of the postgraduate CBT diploma run by Central and North West London NHS Trust; she is also an independent assessor for Royal Holloway University. Julia has been responsible for the selection of MBCT trainees within her Service and offers MBCT and CBT supervision.

Cognitive Behavioural Therapy Group

Derbyshire Specialist Mental Health Services Programme

The CBT Group Programme is a tier 4 service provided by Derbyshire healthcare NHS Foundation Trust. The Group Therapy Programme provides a service to clients with a primary diagnosis of chronic depression. Groups that we currently facilitate include Compassion Focused Cognitive Behavioural Therapy, Behavioural Activation and Mindfulness Based Cognitive Therapy.

The service has been providing Mindfulness-Based Cognitive Therapy since 2012. During this time we have focused the programme to ensure this is as accessible as possible for people with often complex and longstanding difficulties that are frequently accompanied by a number of co-morbid problems.

Samantha Watson

Samantha has been a registered Mental Health Nurse since 1997. She has completed the intensive Dialectical Behaviour Therapy training with the British Isles DBT Team and also has a post graduate diploma in Cognitive Behavioural Psychotherapy and is trained in EMDR and Compassion Focused Therapy. She is one of the authors of 'Working with Compassion', and has worked in a number of environments including acute mental health, forensic mental health and currently Psychological Services. She trained as a Mindfulness-Based Cognitive Therapy Practitioner in 2012 with Nottingham Centre for Mindfulness and has been running groups since.

Brendan Butler

Brendon is a registered mental health nurse who has worked in both acute hospitals and community settings before joining Derbyshire Healthcare NHS Foundation Trust. He has a post graduate diploma in Cognitive Behavioural Psychotherapy and a degree in psychology and has completed training in Compassion Focused Therapy and Behavioural Family Therapy, and is one of the authors of 'Working with Compassion'. He trained as a Mindfulness-Based Cognitive Therapy Practitioner in 2012 with Nottingham Centre for Mindfulness and is running these groups regularly as part of the Cognitive Behavioural Group Psychotherapy Programme within Derbyshire Healthcare NHS Foundation Trust.

Andrew Jones

Andrew is a registered mental health nurse who has worked in adult acute care, elderly care and Psychiatric ICU. He has completed training in Compassion Focused Therapy and Behavioural Activation. He trained as an MBCT practitioner in 2012 with Nottingham Centre for Mindfulness and continues to run MBCT groups within his service.