



Foundation Training in Mindfulness-Based Cognitive Therapy, Spring 2018

Mindfulness-Based Cognitive Therapy (MBCT) has a promising evidence base for a wide range of populations and is recommended as a treatment for depression by NICE Guidelines (2009).

The Nottingham Centre for Mindfulness (NCM) is offering a one-year, part-time course as a foundation for teaching Mindfulness-Based Cognitive Therapy (MBCT) and is now taking applications for the last remaining places.

The Foundation Course aims to develop skills in teaching MBCT and has been designed in accordance with the UK 'Good Practice Guidelines for Teaching Mindfulness-Based Courses'.



Nottingham Centre for Mindfulness has run 6 foundation courses since 2010, and graduates of these are now running MBCT groups across the United Kingdom, in a variety of areas including healthcare, schools, businesses and to the public.

Training to teach with the Nottingham Centre for Mindfulness

Teaching MBCT requires an in-depth understanding of the experience of engaging in mindfulness meditation. It is therefore essential that teachers develop a regular and committed mindfulness practice and training begins by undertaking the 8 week MBCT course as a participant, including engagement in all homework tasks within this.

This experiential approach to training is continued throughout the foundation course, which consists of 3 phases, as outlined below:

Phase 1:

Introduction to theory and key research underpinning the use of MBCT. Participation in 8 week MBCT course

Phase 2:

Deepening personal mindfulness practice. Origins and Buddhist context of mindfulness approaches

Phase 3:

Developing teaching skills. Teaching MBCT workshops focusing on leading mindfulness and cognitive therapy exercises



Individual sessions with a trainer are additionally provided focusing on the development of mindfulness practice and MBCT teaching skills.



Dates and Venue

The Foundation Course consists of 19 days, running from March 2018 – February 2019 and is based at the National Centre for Sports & Exercise Medicine, Loughborough University

The Cost

The cost of the course is £2650

The Nottingham Centre for Mindfulness (NCM)

NCM is a centre for MBCT teachers and trainers that has been running foundation training in MBCT since 2010 for people primarily working in health services. The NCM is based within Nottinghamshire Healthcare Trust but has teachers and trainers from all over the East Midlands.

NCM is a member of the UK Network of Mindfulness-Based Teachers & Trainers and all MBCT practitioners within the centre are made aware of the importance of adhering to the 'Good Practice Guidelines for Teaching Mindfulness-Based Courses'

**For further information or to
apply for the training please
contact:**

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Further details can be found at:

<http://www.nottinghamshirehealthcare.nhs.uk/ncm>