

UK Mindfulness Centres Collaboration

Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training for
Improving Access to Psychological Therapies (IAPT) Services

2018-2019



Mindfulness-based Cognitive Therapy (MBCT) is an evidence-based group intervention recommended by the National Institute for Health and Clinical Excellence for recurrent depression (NICE: 2004, 2009). In 2017, Health Education England recognized the importance of this recommendation and commissioned MBCT training for High Intensity therapists working in Improving Access to Psychological Therapy Services (IAPT). This training is designed to increase access to MBCT in IAPT services across England.

Four MBCT training centres based in the South West, South East and London, Midlands and North England will provide the training between March 2018-March 2019. IAPT services are invited to apply to a course in their assigned locality.

Who is eligible to apply for this training?

This training is for High Intensity CBT therapists with at least one year's post-qualification experience, working in Improving Access to Psychological Therapy Services.

Teaching MBCT requires a personal interest and experience of mindfulness meditation practices. Applicants are therefore required to demonstrate a commitment to an ongoing, regular personal mindfulness practice and will ideally have participated in an MBCT group as a participant.

MBCT Training

The course consists of 10 days of training plus supervised practice and takes place over the course of 1 year (for more details about this training please refer to the *Training Curriculum*):

March 2018: Unit 1 (1 day): An overview of the theory underpinning MBCT

April - June 2018: Unit 2 (8 days): Exploring each of the 8 MBCT sessions in some depth, with a focus on experiential learning through participating in and guiding elements from each of the 8 sessions

July 2018: Unit 3 (1 day): This final training day covers assessment, inclusion criteria, the orientation session and outcome monitoring

July 2018-March 2019: Unit 4 Supervised MBCT practice through teaching two MBCT groups in trainees' IAPT services. During this period trainees additionally attend a 5 day Mindfulness Practice Retreat to be arranged and funded independently at recommended venues in their own time

A certificate of competence will be issued to trainees who have fulfilled the requirements of the course (including 90% attendance at the training days) and are assessed as 'competent' in teaching MBCT at the end of the course. The trainee submits recorded taught sessions which are assessed using established the Mindfulness-based Interventions Teaching Assessment Criteria (MBI:TAC). Trainees not achieving 'competence' after their second taught group will be given guidance for re-submitting a second and final assessment following a third taught group.

This training course enables graduates to meet the experience and training required by the national Good Practice Guidelines in teaching mindfulness-based approaches (UK Network for Mindfulness-based Teacher Training Organizations). www.mindfulnesssteachersuk.org.uk/pdf/UK%20MB%20teacher%20GPG%202015%20final%202.pdf

Retreats

You are required to attend a Mindfulness Practice Retreat during Unit 4 for a minimum of 5 days to be arranged independently at recommended venues in your own time. The cost of retreats ranges from £300 (plus a voluntary contribution for the teaching) to £725. A certificate or other proof of attendance from the retreat centre will be required to complete the training pathway. To assist you with planning your retreat here are some links to some of the main mindfulness retreat centres:

<https://gaiahouse.co.uk/retreats/group-retreat-programme/>
<http://www.mindfulness-secular-retreats.org.uk/Calendar/>
<http://oxfordmindfulness.org/course/silent-retreat-residential/>

Application process

Services should work with interested staff to identify their preferred applicants for the training. If your service has zero, one or two trained MBCT teachers, you should put forward 2 applicants; if you have 3 trained MBCT teachers, you should put forward one applicant; if you have 4 or more trained MBCT teachers, we regret that you are ineligible for this round of training.

- Step 1: Ensure you have read and understood the training requirements specified in the attached *Training Curriculum*
- Step 2: The Head of Service (or appropriate deputy) identifies suitable trainees from within their service
- Step 3: The Head of Service (or appropriate deputy) completes a *service application form*
- Step 4: Each IAPT staff member being put forward as a prospective trainee by their IAPT service completes a *trainee application form*
- Step 5: The *service application form* and *trainee application form(s)* with *Equality Monitoring form(s)* are all submitted together to the relevant training centre (see table below for information)

Application forms should be completed electronically and emailed to the relevant training centre by December 11th. Shortlisted applicants will be interviewed (usually by Zoom or Skype) between December 11th 2017 – 31st January 2018.

Training dates, venues and contact details

Training Centre	Training Venue	Training dates	Email address Please send your completed application forms marked 'MBCT IAPT Training' electronically to the relevant email address below	Additional Contact details For further information/questions about this training please contact:
South (Buckinghamshire, Hampshire, Oxfordshire, Berkshire, Somerset, Bristol, Gloucestershire, Swindon, Wiltshire, Dorset, Devon, Cornwall)	University of Exeter Washington Singer, Perry Road, Exeter, EX4 4QG	19/03/18 9/04/18 10/04/18 30/04/18 1/05/18 21/05/18 22/05/18 4/06/18 5/06/18 18/06/18	mindfulness@exeter.ac.uk	Kay Octigan M.Octigan@exeter.ac.uk

South East & London (Greater London, Kent, Isle of Wight, Surrey, East Sussex, West Sussex)	Greencoat Place conference centre, 24 Greencoat Place, London, SW1P 1RD (http://www.greencoatplace.org/)	20/03/18 3/04/18 4/04/18 1/05/18 2/05/18 4/06/18 5/06/18 25/06/18 26/06/18 18/07/18	smc@sussexpartnership.nhs.uk	Robert Marx Pippa Menzies robert.marx@sussexpartnership.nhs.uk
Midlands (Essex, Hertfordshire, Bedfordshire, Cambridgeshire, Peterborough, Norfolk, Suffolk, Derbyshire, Nottinghamshire, Leicestershire, Rutland, Lincolnshire, Northamptonshire, Herefordshire, Worcestershire, Shropshire, Staffordshire, Warwickshire, West Midlands)	National Centre for Sports and Exercise Medicine (NCSEM), Loughborough University Leicestershire, LE11 3TU	19/3/18 10/5/18 11/5/18 24/5/18 25/5/18 7/6/18 8/6/18 21/6/18 22/6/18 28/6/18	tim.sweeney@nottshc.nhs.uk	Tim Sweeney tim.sweeney@nottshc.nhs.uk
North England (Yorkshire, Northumberland, Tyne and Wear, County Durham, Cheshire, Greater Manchester, Lancashire, Merseyside, Cumbria, Isle of Man)	Cloth Hall Court Quebec Street Leeds LS1 2HA	19/3/18 16/4/18 17/4/18 30/4/18 1/5/18 4/6/18 5/6/18 25/6/18 26/6/18 9/7/18	teww.mindfulness@nhs.net	Paul Bernard paul.bernard@nhs.net