

*Announcing the Sussex Mindfulness Centre (SMC) Foundation
training in*

Foundation training programme in Mindfulness-Based Approaches (MBCT/MBSR)

What is the aim of the course?

To enable between people who have already developed an interest in mindfulness-based approaches to build on their experience and to further develop their competence in teaching MBCT/MBSR. By the end of the course, graduates will be eligible to meet the national good practice guidelines for teaching 8 week mindfulness courses.

What will the training involve?

- 11 and a half days of training
- Monthly 2 hour seminar groups to focus on mindfulness teacher development.
- Participating in one MBCT group as an observer and assisting teaching a second group with an experienced SMC teacher, receiving weekly supervision throughout the course of the group. Groups will either be community groups or Trust groups for patients or staff.
- Personal mindfulness practice of 30-45 minutes per day; a day retreat; and a 5 day residential retreat.
- A collaborative assessment process throughout the course, involving brief reflective accounts and an end of course tutorial.

Applications

If you would like to apply, please download the application form from
<http://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/>

Please return the completed application form to smc@sussexpartnership.nhs.uk. Please address queries to this email or to 0300 304 2057. Interviews are planned for 30 Nov, 1 or 4 December 2017 in Brighton.

