

UK Mindfulness Centres Collaboration

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

2019-2020



TRAINING INFORMATION 2019-20

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.

Two MBCT training centres, one based in the South (covering the South West, South East and London) and one in the North (covering the Midlands and North England), will provide the training between March 2019 and March 2020. 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 (IAPT) 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 one year (for more details about the content of this training please refer to the *Training Curriculum*):

March 2019: Unit 1 (1 day):	An overview of the theory underpinning MBCT
April - June 2019: 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 2019: Unit 3 (1 day):	This final training day covers assessment, inclusion criteria, the orientation session and outcome monitoring
July 2019 - March 2020: Unit 4	Supervised MBCT practice through teaching two MBCT groups in trainees' IAPT services. During this period trainees additionally attend a five 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 who 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.mindfulnessteachersuk.org.uk/pdf/UK%20MB%20teacher%20GPG%202015%20final%202.pdf

Retreats

Trainees 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 their 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 with planning the retreat some links to some of the main mindfulness retreat centres are provided below:

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

Application process

Services should work with interested staff to identify their preferred applicants for the training. If an IAPT service has zero, one or two trained MBCT teachers, it should put forward two applicants; if it has three trained MBCT teachers, the service should put forward one applicant; if it has four or more trained MBCT teachers, we regret that the service is 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 5pm on Wednesday 21st November 2018. Shortlisted applicants will be interviewed (usually by Zoom or Skype) between 4th and 20th December 2018.

Training dates, venues and contact details

Training Centre	Covering geographical areas	Training Venue	2019 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, 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/)	Wed 6 th March Tues 26 th March Wed 27 th March Tues 30 th April Wed 1 st May Tues 28 th May Wed 29 th May Tues 4 th June Wed 5 th June Mon 17 th June	smc@sussexpartnership.nhs.uk	Pippa Menzies Pippa.menzies@sussexpartnership.nhs.uk
North	Essex, Hertfordshire, Bedfordshire, Cambridgeshire, Peterborough, Norfolk, Suffolk, Derbyshire, Nottinghamshire, Leicestershire, Rutland, Lincolnshire, Northamptonshire, Herefordshire, Worcestershire, Shropshire, Staffordshire, Warwickshire, West Midlands	Cloth Hall Court Quebec Street Leeds LS1 2HA	Wed 20 th March Wed 27 th March Thurs 28 th March Tues 16 th April Wed 17 th April Wed 1 st May Thurs 2 nd May Tues 21 st May Wed 22 nd May Wed 12 th Jun	tim.sweeney@nottshc.nhs.uk	Tim Sweeney tim.sweeney@nottshc.nhs.uk