

# UK Mindfulness Centres Collaboration

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

2021-2022



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 the first cohort of 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.

The training currently on offer is for the third cohort and will be delivered at least partly online. Whether or not the remainder of the training is delivered face to face or the training is delivered entirely online will depend on the corona virus situation nearer the start of the training.

There are four training leads covering the North, Central England/the Midlands, the South/South-West and the South East/London. They will lead the provision of training between March 2021 and March 2022. 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, or High Intensity, fully BABCP accredited CBT therapists. Applicants must be working in 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 11 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 2021: Unit 1** (1 day): An overview of the theory underpinning MBCT.
- April - June 2021: 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 2021: Unit 3** (1 day): This training day covers assessment, inclusion criteria, the orientation session and outcome monitoring.
- July 21-Mar 22: Unit 4:** Supervised MBCT practice through face to face or online 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/online in their own time.
- Jan 2022: Day 11:** (1 day): This allows trainees to consolidate what they have learnt having taught one MBCT group and prior to teaching their 2<sup>nd</sup> MBCT group.

Trainees complete the training when they fulfil the requirements of the course including:

- 90% attendance at the training days.
- An assessment of competence in teaching MBCT based on a video recorded submission for assessment of all sessions of an MBCT group using the Mindfulness-based Interventions Teaching Assessment Criteria (MBITAC).
- Acceptance onto the register of MBCT teachers held by the British Association of Mindfulness Based Approaches (BAMBA).

Trainees not achieving 'competence' on their assessment will be given guidance for re-submitting a second and final assessment following a subsequent taught group. Trainees not achieving 'competence' on re-assessment will be deemed to have not passed the training and be unable to teach MBCT in IAPT.

Having had lead responsibility for teaching 2 MBCT groups, this training course enables graduates to meet the training criteria required by the national Good Practice Guidelines in teaching mindfulness-based approaches: <https://bamba.org.uk/teachers/good-practice-guidelines/>. In addition, with evidence of ongoing personal mindfulness practice, annual retreat, CPD and mindfulness supervision, successful graduates of this training are able to join the register of mindfulness teachers held by the British Association of Mindfulness-Based Approaches (BAMBA). Joining this register is now a requirement set by NHS England for all MBCT teachers in IAPT. Please note that these ongoing requirements for the BAMBA register must be met each year to maintain registration.

## 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 of that length start at around £300 and can be significantly more. 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/>

## 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, we suggest you put forward 2 applicants; if you have 3 trained MBCT teachers, we suggest you put forward one applicant.

If you have 4 or more trained MBCT teachers, you can nominate one applicant if you provide a service level justification for the need for more teachers. Priority will be given to services with less MBCT capacity.

- Step 1: Ensure you have read and understood the training information and 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 lead by 20<sup>th</sup> November 2020. Shortlisted applicants will be interviewed online in December 2020.

At the time of writing, social distancing restrictions were in place to prevent the transmission of COVID-19. If these remain in place at the time of the training, the retreat, or the supervision or teaching of the 2 MBCT groups, then any of these elements of the training would be delivered partially or entirely online.

**Training leads, dates and venues (subject to confirmation following an update of the COVID-19 situation nearer the start of training)**

Training Centre	Training Venue	Training dates for 2021	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:
<b>South</b> (Buckinghamshire, Hampshire, Oxfordshire, Berkshire, Somerset, Bristol, Gloucestershire, Swindon, Wiltshire, Dorset, Devon, Cornwall)	University of Exeter Washington Singer, Perry Road, Exeter, EX4 4QG	17 March (online) 12, 13, April 3, 4 May 1, 2 June 14, 15 June 24 June (online)	<a href="mailto:mindfulness@exeter.ac.uk">mindfulness@exeter.ac.uk</a>	Nicole Jamani <a href="mailto:N.Jamani@exeter.ac.uk">(N.Jamani@exeter.ac.uk)</a>
<b>South East &amp; London</b> (Greater London, Kent, Isle of Wight, Surrey, East Sussex, West Sussex)	Greencoat Place conference centre, 24 Greencoat Place, London, SW1P 1RD <a href="http://www.greencoatplace.org/">http://www.greencoatplace.org/</a>	17 March (online) 7, 8, April 28, 29 April 19, 20 May 9, 10 June 24 June (online)	<a href="mailto:smc@sussexpartnership.nhs.uk">smc@sussexpartnership.nhs.uk</a>	Robert Marx <a href="mailto:robert.marx@sussexpartnership.nhs.uk">robert.marx@sussexpartnership.nhs.uk</a>
<b>Midlands</b> (Essex, Hertfordshire, Bedfordshire, Cambridgeshire, Peterborough, Norfolk, Suffolk, Derbyshire, Nottinghamshire, Leicestershire, Rutland, Lincolnshire, Northamptonshire, Herefordshire, Worcestershire, Shropshire, Staffordshire, Warwickshire, West Midlands)	Institute of Mental Health, University of Nottingham, Triumph Rd. Jubilee Campus, Nottingham, NG7 2TU	17 March (online) 20, 21 April 5, 6 May 18, 19 May 8, 9 June 24 June (online)	<a href="mailto:tim.sweeney@nottshc.nhs.uk">tim.sweeney@nottshc.nhs.uk</a>	Tim Sweeney <a href="mailto:tim.sweeney@nottshc.nhs.uk">tim.sweeney@nottshc.nhs.uk</a>
<b>North England</b> (Yorkshire, Northumberland, Tyne and Wear, County Durham, Cheshire, Greater Manchester, Lancashire, Merseyside, Cumbria, Isle of Man)	Cloth Hall Court Quebec Street Leeds LS1 2HA	17 March (online) 21, 28 April 5, 12, 19, 26 May 9, 16 June 24 June (online)	<a href="mailto:tewv.mindfulness@nhs.net">tewv.mindfulness@nhs.net</a>	Paul Bernard <a href="mailto:paul.bernard@nhs.net">paul.bernard@nhs.net</a>