

Governance arrangements for teaching Mindfulness Based Cognitive Therapy (MBCT) and Mindfulness Based Stress Reduction (MBSR) in Sussex Partnership NHS Foundation Trust

In order to offer MBCT or MBSR of an appropriate standard within the Trust, it is expected that, unless working as a trainee mindfulness teacher under appropriate supervision, clinicians facilitating MBCT or MBSR groups should meet the national Good Practice Guidelines for teaching MBCT and MBSR, produced by the British Association of Mindfulness- Based Approaches (BAMBA) (available at <https://bamba.org.uk/wp-content/uploads/2020/01/GPG-for-Teaching-Mindfulness-Based-Courses-BAMBA.pdf>). These include requirements for personal practice, CPD, supervision and training.

In addition to meeting these guidelines, MBCT and MBSR teachers should:

- 1) Have a professional mental health training that includes the use of evidenced based therapeutic approaches (unless teaching outside of a clinical setting, in which case other qualifications (e.g. teaching qualifications) or equivalent life experience (e.g. extensive mindfulness retreat experience over many years) may substitute for mental health training.
- 2) Have attended at least one 8 week MBCT or MBSR course as a participant.
- 3) Co-run at least two groups of the respective curriculum (i.e. MBCT or MBSR) with a more experienced teacher before running MBCT or MBSR groups with a peer of similar experience. A further two groups need to be co-run with either a more experienced teacher or a peer of similar experience (i.e. four groups in total) before solo or lead running MBCT or MBSR groups.
- 4) Have a named mindfulness supervisor who agrees that the clinician is ready to run their own MBCT or MBSR groups. If the supervisor does not think the clinician is ready, clear indications must be given by the supervisor regarding what experience and training are needed.
- 5) Access a minimum of 3 hours of individual or group supervision per MBCT or MBSR group with a named supervisor. Peer supervision may supplement supervision with a named supervisor but should not replace it.

Please note that these criteria are a minimum standard only and greater experience and training in mindfulness than that listed above may be necessary for people to lead MBCT or MBSR groups confidently.

An audit will be conducted every two years amongst SPFT MBCT and MBSR teachers. Information will be requested 3 times and if there is no response and it is not possible to draw up a plan with teacher concerned about how the criteria will be met over a specific timescale, then Trust approved MBCT or MBSR teaching status will be removed until such a plan is drawn up and met.

Teachers wishing to teach after an absence from teaching should have maintained the mindfulness CPD, personal practice and retreat requirements set out in the national Good Practice Guidelines, and if they have not taught for 3 years or more, should start by co-teaching with another teacher and access additional supervision.

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Mindfulness-Based Interventions Practice Network