

Additional optional support days in 2023 for MBCT in IAPT trainees

The following are additional days that are not required but which are highly recommended and, in some cases, have been laid on bespoke for MBCT in IAPT trainees. Unless otherwise stated, more details can be found via smc@spft.nhs.uk.

Inquiry master class: Thursday 20th July led by Dr Paul Bernard and Dr Tim Sweeney online.

This will help you develop your inquiry skills in a safe environment and is specifically tailored for MBCT in IAPT trainees. Paul and Tim are very experienced clinicians and mindfulness teachers and are site leads on the MBCT in IAPT training.

Buddhist foundations of mindfulness: Friday 8th Sept led by Christina Feldman online.

£15 to IAPT trainees. Knowing the Buddhist foundations of mindfulness is very helpful for deepening an understanding and appreciation of the potential of mindfulness practice. Christina has an international reputation in this field.

SMC conferences: Fri 10th March (delayed from last year) and Fri 15th Sept in Brighton.

£25 to IAPT trainees. Leading speakers and workshops on a variety of mindfulness topics. Opportunities to connect in with a wider community of mindfulness teachers and practice. The March conference theme is 'What is a Mindful Culture?'

Day retreats:

Nottingham Centre for Mindfulness on:

Weds 1st March Online

Fri 16th June 16th at Hexgreave Hall, Nottinghamshire

Fri 15th Sept Online

Thurs 14th Dec at Hexgreave Hall, Nottinghamshire

(£20 for IAPT trainees). More info at mindfulness@nottshc.nhs.uk.

Sussex Mindfulness Centre on:

Sat 24th June in Brighton

11th Nov in Brighton.

Free to IAPT trainees.