

# UK Mindfulness Centres Collaboration

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

2023-2024



Mindfulness-based Cognitive Therapy (MBCT) is an evidence-based group intervention recommended by the National Institute for Health and Clinical Excellence for relapse prevention for recurrent depression (NICE: 2004, 2009, 2022) and as a treatment for mild to moderate depression (NICE: 2022). The NICE guidelines for wellbeing at work (NICE: 2022) also recommend that "all employees" should be given access to mindfulness courses to support wellbeing. We have been delivering Health Education England commissioned MBCT training for High-Intensity therapists working in Improving Access to Psychological Therapy Services (IAPT) since 2018. This training is designed to increase access to MBCT in IAPT services across England.

The training currently on offer is for the 5<sup>th</sup> cohort and will be delivered partly online and partly face to face in 3 sites across England. Three sites - in the North, Central England/Midlands and the South - will offer MBCT training between March 2023 and March 2024. 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 in 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 required training (plus three optional, recommended days), supervised practice and takes place over one year. (For more details about this training, please refer to the *Training Curriculum*):

**March 2023: Unit 1** (1 day): An overview of the theory underpinning MBCT.

**April - June 2023: Unit 2** (8 days): Exploring each of the 8 MBCT sessions in depth, focusing on experiential learning through participating in and guiding elements from each of the eight sessions.

**June 2023: Unit 3** (1 day): This training day covers assessment, inclusion criteria, the orientation session and outcome monitoring.

**July 23-Mar 24: Unit 4:** Teaching 2 MBCT groups in trainees' IAPT services face to face or online under supervision. During this period, trainees additionally attend a 5 day face to face or online mindfulness practice retreat.

Optional additional support is provided through the following days:

**8<sup>th</sup> Sept 2023:** Foundations of Mindfulness

**20<sup>th</sup> July 2023:** Inquiry workshop (online)

**Jan/Feb 2024 (dates TBC):** Pre-submission group workshop: (1 day): This allows trainees to consolidate what they have learnt having taught one MBCT group and to support the delivery of their 2<sup>nd</sup> MBCT group which will be submitted for assessment.

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

- 90% attendance at the required training days.
- An assessment of competence in teaching MBCT based on a video recorded submission to assess all sessions of an MBCT group using the Mindfulness-based Interventions Teaching Assessment Criteria (MBI: TAC).
- 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 guided for re-submitting a second and final assessment following a subsequently taught group. Trainees not achieving 'competence' on re-assessment will be deemed to have not passed the training and will not be in a position 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 can join the register of mindfulness teachers held by the British Association of Mindfulness-Based Approaches (BAMBA). Joining this register is a requirement set by NHS England for all MBCT teachers in IAPT (see p.80-81 of the IAPT manual: <https://www.england.nhs.uk/wp->

<content/uploads/2018/06/the-iapt-manual-v5.pdf>). Please note that these ongoing requirements for the BAMBA register must be met each year to maintain registration.

## Retreat

Trainees must attend a mindfulness practice retreat during Unit 4 for a minimum of 5 days and mostly in silence. There is no commitment on the service to fund this or provide the time for it although they may choose to do so. Trainees should be prepared to fund this themselves and do it in their own time. The training collaboration usually puts on a bespoke retreat for the trainee group. This is held at Ammerdown retreat centre (<https://www.ammerdown.org/>) near Bath in from 17<sup>th</sup>-22<sup>nd</sup> September 2023 with an approximate cost of £700. Bursaries may be available and other retreat options may also be available.

## Application process

Services may have already agreed on a provisional number of trainee places. These are subject to interview by the training programme staff. IAPT service leads should work with interested staff to identify their preferred applicants for the training. We want to allocate places equitably across the country and also support services to build sustainable MBCT capacity. Our experience is that services that sustain MBCT provision tend to have at least 2 MBCT teachers. The training itself requires either 2 trainees to run their training MBCT groups together or run their training groups with a more experienced MBCT teacher in the service.

- Step 1: Applicants and service leads read 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 11<sup>th</sup> November 2022**. Shortlisted applicants will be interviewed online between mid-November and mid-December 2022.

We hope that days 2-9 of the training will be delivered safely in person in 2023-24, but days 1 and 10 will be online.

Training Centre	Training Venue	Training dates for 2023	Email address for completed application forms to be marked 'MBCT IAPT Training.'	Contact details for further information/ questions about this training
<b>South</b> (Greater London, Kent, Isle of Wight, Surrey, East Sussex, West Sussex, Buckinghamshire, Hampshire, Oxfordshire, Berkshire, Somerset, Bristol, Gloucestershire, Swindon, Wiltshire, Dorset, Devon, Cornwall)	Greencoat Place conference centre, 24 Greencoat Place, London, SW1P 1RD <a href="http://www.greencoatplace.org/">http://www.greencoatplace.org/</a>	At Greencoate, unless stated as online:  Day 1: 22 <sup>nd</sup> March (all sites, online) Days 2&3: 30-31 March Days 4&5: 4-5 May Days 6&7: 25-26 May Days 8&9: 15-16 June Day 10: 28 <sup>th</sup> June (all sites)	<a href="mailto:smc@spft.nhs.uk">smc@spft.nhs.uk</a>	Robert Marx <a href="mailto:robert.marx@spft.nhs.uk">robert.marx@spft.nhs.uk</a>
<b>Central England</b> (Essex, Norfolk, Suffolk, 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 Jubilee Campus Triumph Road Nottingham NG7 2TU <a href="https://www.institutemh.org.uk/contact">https://www.institutemh.org.uk/contact</a>	At the University of Nottingham, unless stated as online:  Day 1: 22 <sup>nd</sup> March (all sites, online) Days 2&3: 19-20 April Days 4&5: 3-4 May Days 6&7: 17-18 May Days 8&9: 7-8 June Day 10: 28 <sup>th</sup> June (all sites)	<a href="mailto:Mindfulness@nottshc.nhs.uk">Mindfulness@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)	Venue TBC in Leeds or York	Day 1: 22 <sup>nd</sup> March (all sites, online) Days 2&3: 18-19 April Days 4&5: 2-3 May Days 6&7: 23-24 May Days 8&9: 13-14 June Day 10: 28 <sup>th</sup> June (all sites)	<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>