



**Opportunity to train as an MBCT supervisor in**

**MBCT in NHS Talking Therapies Training Programme (formerly IAPT)**

NHS England has agreed to commission the training of experienced MBCT teachers as MBCT supervisors.

In order to be eligible for this training, you need to:

* Be BAMBA registered
* Have taught 9 MBCT courses over 3 years
* Be employed or contracted by NHS Talking Therapies Services
* Following the training, would be able to fulfil the Good Practice Guidelines for Supervisors [Good Practice Guidelines | BAMBA](https://bamba.org.uk/good-practice-guidelines/)

The supervision training is for 3 days online and will be held in mid to late 2024.  It would be free to you.

**To register your interest in this training, please complete the attached application form and return to Sussex Mindfulness Centre** **smc@spft.nhs.uk** **by 3rd November 2023**. Please ensure both your line manager and service lead support your application before submitting it to SMC.

The following information will be required:

* Your clinical qualification (and if this isn’t CBT therapist, then your experience of CBT).
* Your MBCT teacher training and when you completed it.
* The number of MBCT groups you have run over what time period and in what context, plus any other 8-week groups you have run.
* Whether you have completed NHS Talking Therapies (IAPT) generic supervisors training and if so, when.
* Name and email address of the manager and service lead who have approved your application to do this training.

We will assess responses for this training and be in touch with everyone eligible to do it by the end of the year (2023).