

UK Mindfulness Centres Collaboration

Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training for NHS Talking Therapies (formerly IAPT) Services

2024-2025



Introduction and context

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 NHS England/Health Education England commissioned MBCT training for High-Intensity therapists working in NHS Talking Therapies Services (formerly IAPT) since 2018. This training is designed to increase access to MBCT in those services across England.

The training currently on offer is for the 6th cohort and will be delivered partly online and partly face to face in 3 sites across England. Those three sites - in the North, Central England/Midlands and the South - will offer MBCT training between March 2024 and March 2025. NHS Talking Therapies services are invited to apply to the training programme in their assigned locality.

Who is eligible to apply for this training?

This training is for High Intensity, CBT therapists who have worked in an NHS Talking Therapies Service as CBT therapists for at least one year, or High Intensity, fully BABCP accredited CBT therapists. Applicants must be working in NHS Talking Therapies 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. If applicants have not done MBCT as participants themselves, the training programme provides groups for trainees to attend online from Jan to March 2024.

MBCT Training

The training programme consists of 12 days of required training (plus 2 optional, recommended days), a 5 day residential retreat, daily personal mindfulness practice and reflection, and supervised teaching of 2 MBCT groups in trainees' own services. This takes place over one year, although sometimes due to personal events or service issues, this can take a few months longer. (For more details about the training, please refer to the *Training Curriculum*):

Twelve teaching days

Eleven days are held from March-July 2024 plus 1 day in Jan/Feb 2025.

Days 1 and 10 (online, 20th March and 3rd July) cover the theories underpinning MBCT, issues of equality and diversity in mindfulness practice, the research evidence, outcome monitoring, assessment and recruitment to MBCT groups, professional ethics, the service user perspective, teaching online versus face to face and assessment of competence issues.

Days 2-9 (face to face in local sites) cover each of the 8 sessions of MBCT using a tripartite format: trainers demonstrate key features of each group session and then explain the theoretical underpinnings and rationales for each element; this is then followed by trainees practicing those same elements in small groups and receiving intensive feedback from peers and trainers.

In addition, there is a further day online, specifically focused in developing the skill of Inquiry in MBCT. This is often the area of teaching trainees find hardest so an additional day has been provided. This will be held on Tuesday 7th May 2024.

Exceptionally for this cohort there is a 2 hour session on 10th July 2024 from 5-7pm laid on specifically for the trainees with 2 of the 3 founders of MBCT: Mark Williams and Zindel Siegel. This is a rare opportunity to hear about how the programme originated and how it has developed.

Then in Jan/Feb 2025 (dates TBC), there is a 1 day pre-submission group workshop. This allows trainees to consolidate what they have learnt having taught one MBCT group and to support the delivery of their 2nd MBCT group which will be submitted for assessment.

Additional optional support is provided through the following days: Foundations of Mindfulness with John Peacock (4th Oct 2024 online) and the Sussex Mindfulness Centre annual conference (10th May 2024). SiTT groups (<https://www.sitt.community/>) are also available to support the ongoing practice and reflection of trainee and qualified MBCT teachers.

5 day residential retreat

Trainees must attend a 5 day, mostly silent, mindfulness practice retreat. This is generously funded by NHS England. There is no commitment on the service to provide the time for trainees to do this although they may choose to do so. The training collaboration puts on a bespoke retreat for the trainee group at Ammerdown retreat centre (<https://www.ammerdown.org/>) near Bath which is 2024 is scheduled for in from 22-27th September 2024. Other retreat options will be considered for those who have

good reason to be unable to make these dates, or who have health or carer responsibilities that make this impossible to do. All retreats will be funded by the training programme although trainees will be responsible for the payment of any cancellation fees.

Teaching 2 MBCT groups

Trainees teach 2 MBCT groups in trainees' services face to face or online under Supervision provided by the training programme. They teach the groups either with a fellow trainee from their service or with a more experienced BAMBA-registered, MBCT teacher if one is working in that service, or if not, then bought in by the service.

Training programme completion

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

- 90% attendance at the required training days, and submission of any required reflective accounts.
- 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).
- Submission of group outcome data and training programme evaluations
- Acceptance onto the register of MBCT teachers held by the British Association of Mindfulness-Based Approaches (BAMBA).

Trainees need to achieve 'competence' on 5 out of the 6 domains of the MBI-TAC and not lower than the 'Advanced Beginner' category in the 6th domain. 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 NHS Talking Therapies Services.

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 (GPGs) in teaching mindfulness-based approaches: <https://bamba.org.uk/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).

New applicants to BAMBA will be required to attend at least one retreat within the past 3 years (rather than yearly) while undertaking their training. The other conditions outlined in the BAMBA FAQ still apply: <https://bamba.org.uk/faqs/>. Newly registered NHS Talking Therapies teachers will be required to meet the GPGs, including annual retreat requirements year on year, following their initial registration on graduation of this training.

Joining the BAMBA register is a requirement set by NHS England for all MBCT teachers in NHS Talking Therapies (see p.80-81 of the IAPT manual: <https://www.england.nhs.uk/wp-content/uploads/2018/06/the-nhs-talking-therapies-manual-v6.pdf>). Please note that these ongoing requirements for the BAMBA register must be met each year to maintain registration.

Application process

Services may have already agreed with NHS England on a provisional number of trainee places. NHS England has given approval for that number to be slightly increased if you have one or two additional people you want to put forward for the training. All applicants are subject to a competitive selection process involving an application form and online interview by the training programme staff. The service lead also need to complete a single application form to cover all the applicants from their service. The training programme and NHS England 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 this training information document.
- Step 2: The Head of Service (or appropriate deputy) identifies suitable trainees from within their service equal to, or slightly greater than, the number agreed with NHS England.
- Step 3: The Head of Service (or appropriate deputy) completes a *service application form*.
- Step 4: Each NHS Talking Therapies staff member being put forward as a prospective trainee by their Head of 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 site (see table below for information).

Application forms should be completed electronically and emailed to the relevant training lead **by 3rd November 2023**. Shortlisted applicants will be interviewed online between mid-November and mid-December 2023.

Training Centre	Training Venue	Training dates for 2024	Email address for completed application forms to be marked 'MBCT NHS Talking Therapies Training.'	Contact details for further information/questions about this training
South (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 (http://www.greencoatplace.org/)	At Greencoate, unless stated as online: Day 1: 20th March (all sites, online) Days 2&3: 18-19 th April Days 4&5: 2-3 May Inquiry workshop: 7th May (all sites, online) Days 6&7: 6-7 th June Days 8&9: 20-21 st June Day 10: 3 rd July (all sites, online)	smc@spft.nhs.uk	Robert Marx robert.marx@spft.nhs.uk
Central England (Essex, Norfolk, Suffolk, Hertfordshire, Bedfordshire, Cambridgeshire, Peterborough, Norfolk, Suffolk, Derbyshire, Nottinghamshire, Leicestershire, Rutland, Lincolnshire, Northamptonshire, Herefordshire, Worcestershire, Shropshire, Staffordshire, Warwickshire, West Midlands)	The Jubilee Hotel and Conference Centre, Trimuph Rd, Nottingham NG8 1DH (https://nottinghamvenues.com)	At Jubilee, unless stated as online: Day 1: 20th March (all sites, online) Days 2&3: 17-18 th April Days 4&5: 1-2 May Inquiry workshop: 7th May (all sites, online) Days 6&7: 22-23 May Days 8&9: 12-13 June Day 10: 3 rd July (all sites, online)	Kate Feenan: Kathryn.Feenan@nottshc.nhs.uk (back up: Tim Sweeney tim.sweeney@nottshc.nhs.uk)	Kate Feenan: Kathryn.Feenan@nottshc.nhs.uk or Tim Sweeney tim.sweeney@nottshc.nhs.uk
North England (Yorkshire, Northumberland, Tyne and Wear, County Durham, Cheshire, Greater Manchester, Lancashire, Merseyside, Cumbria, Isle of Man)	The Studio (Matter Room, 7th Floor), Riverside West, Whitehall Road, Leeds, LS1 4AW https://thestudio.co.uk/venue/leeds/directions/	At the Studio, unless stated as online: Day 1: Weds March 20th (All sites, online) Day 2: Tues April 9th Day 3: Tues April 16th Day 4: Tues April 23rd Day 5: Tues April 30th Inquiry workshop May 7th (all sites, online) Day 6: Tues May 14th Day 7: Tues May 21st Day 8: Tues June 4th Day 9: Tues June 25th Day 10: Weds July 3rd (All sites, online)	teww.mindfulness@nhs.net	Paul Bernard paul.bernard@nhs.net