

# UK Mindfulness Centres Collaboration

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



### **Recruitment to MBCT groups in NHS Talking Therapies (IAPT) services**

It can be a challenge to recruit service users to MBCT groups. Below is a list of ideas that may be helpful for recruitment:

- Try to get buy-in, support and advice from seniors and case managers in the team
- Publicise in team meetings / other meetings
- Make flyers/QR codes and post in gyms, yoga classes, GP surgeries, 3<sup>rd</sup> sector, toilet doors etc.
- Provide taster sessions (and perhaps drop-ins, etc) for colleagues.
- User-friendly written info for colleagues and patients.
- Contact people on waiting lists (step 2 and step 3).
- Speak to relevant staff e.g. single point of access/triage/screening workers.
- Ask step 2 colleagues who are running wellbeing groups/for people with LTCs to inform their group members of the MBCT course (subject to screening/assessment).
- Make slides about MBCT for all other courses – about further options within the service after completing a course.
- Individually target colleagues you know and have a good relationship with.
- If the service has a system that can label participants at the beginning of their treatment at assessment stage that they have had 3 or more episodes of depression, you can then search for this category of client.
- Letting all assessors know that for clients where there is a 3<sup>rd</sup> depressive episode, if MBCT is not suitable as a first step in their treatment journey, encouraging the client to ask about the possibility of MBCT with their individual therapist once they have completed some individual work.
- MBCT can now be offered as a first line intervention for those with mild to moderate depressive symptoms so making sure step 2 are aware and that your service promotes this on their website.
- Approaching local authority staff.
- Reach out to GPs to inform them of your MBCT resource.
- Let Third sector/peer groups know
- If your service takes self-referrals: advertise your group in community centres and online.

