



Sussex
Mindfulness
Centre

NHS
Sussex Partnership
NHS Foundation Trust

Top Up Training to Teach MBCT / MBSR

for Graduates of the Adapted MBI Training Programme

For intake in 2026

Version 1

Sussex Mindfulness Centre (SMC) Top Up Training

Our training programme to teach Adapted Mindfulness-Based interventions provides graduates with the skills needed to teach such interventions safely. However, it does not enable participants to teach MBSR or MBCT, and some graduates have expressed an interest in a 'top up' course to enable them to do so. That is the purpose of this top up training programme.

The Good Practice Guidelines (GPG) for teaching mindfulness-based courses (including MBCT and MBSR), published by the British Association for Mindfulness-based Approaches, provides a set of standards that are considered nationally to be the minimum required for delivering quality teaching of these courses (for details see: <https://bamba.org.uk/teachers/good-practice-guidelines/>). This SMC top up training programme enables graduates to meet the experience and training required by the national GPG and, after running two groups, one within training and one of the same curriculum following completion of the training, to apply to join the register held by the British Association for Mindfulness-based Approaches of teachers who meet the GPG.

Eligibility to apply to train

The training is open to people who:

- Have completed Sussex Mindfulness Centre's training programme in Adapted Mindfulness-Based Interventions (now called *Mindfulness Teacher Training: Brief & Adapted Interventions*).
- Continue to have a regular mindfulness practice (including practices taught on the MBCT/MBSR courses).
- Can envisage and describe ways in which they could run MBCT or MBSR groups after completion of the training.

In addition, for Sussex Partnership applicants applying for Trust funding:

- To have a professional mental health training.
- To have the support of their manager and clinical lead to take the necessary time to do the training.
- To work in a role which allows for the delivery of the 8-week MBCT course.
- To work in a service where there is some evidence that the populations using that service can benefit from MBCT; or where there are proposals from the Trust Research dept to work on innovative approaches with that population.
- To work in an area and service where there is currently minimal provision of MBCT and where the Trust aims to extend mindfulness provision.

Application process

Once applications are open, details re how to apply will be found on:
<https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/top-up/>

Content

Trainees on this top up course will join SMC's *Mindfulness Teacher Training: MBCT & MBSR* programme. Therefore, please see the handbook for that programme for details regarding the course content and dates, and other relevant information. This can be found here: <https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/mbct/>

Since parts of the *Mindfulness Teacher Training: MBCT & MBSR* programme and the *Adapted MBI* training overlap, trainees who graduated from the *Adapted MBI* training course in 2020 or later can opt out of Module 1, Module 2, and any masterclasses that they have already attended. However, they may choose to attend some or all of these as a refresher. Also, attending the whole programme can lead to a greater sense of connection with the rest of the training cohort. At the beginning of the training programme, top up trainees will be invited to think with one of the trainers about what would be best in this regard.

Trainees who completed their *Adapted MBI* training prior to 2020 will need to attend all elements of the *Mindfulness Teacher Training: MBCT & MBSR* programme, as the two courses did not overlap prior to 2020.

Fees

There should be some Trust funded or part fund places available for Sussex Partnership Foundation NHS Trust (SPFT) employees this year. Anyone who gets Trust funding will nevertheless need to personally pay the cost of the retreat that is part of the programme (£700). For fully Trust funded places, this will be the only cost. For part Trust funded places, SPFT employees will need to also pay a proportion of the training cost (e.g. £450 payable by the trainee and £2000 covered by the Trust).

For non-Sussex Partnership employees, the cost of the training, excluding the 5-day residential retreat, is £2450. These course fees can be paid in instalments over a 9 month period. We hope to be able to offer some reduced cost places, at 75% of the full cost (i.e. £1837), to applicants who have limited financial means and/or who come from backgrounds that are currently under-represented in the mindfulness practitioner and teacher community. We won't know how many reduced cost places will be available until December 2025. However, you will be able to express an interest in being considered for one of these on the application form and won't need to make a decision on accepting an offer of a place until you know the cost.

The cost of the retreat is £700, which will be payable by all trainees directly to [Mindful Health](#).

Further information

For further information about the training, please contact spft.smc@nhs.net or call Niki Larsen-Johnson, SMC administrator on 0300 304 0689. Regular information sessions will be held about SMC's trainings throughout the year. You'd be welcome to attend one of these. Please email spft.smc@nhs.net to book a place.