UK Mindfulness Centres Collaboration

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

2026-27



**SERVICE APPLICATION FORM**

Please refer to the training information document here: <https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness-and-mindful-self-compassion/mbct-in-nhs-talking-therapies-services/>

NHS Talking Therapies services wishing to submit either one or multiple staff members for this training course should complete a single service application form to cover all staff applying from their service.

Staff members being proposed for the training course should each complete a trainee application form. The service application form and the trainee application form(s) should be submitted together. Trainee application form(s) should be submitted together with the completed service application form to the email for the relevant training site for your service (see training information document for a geographical breakdown). Each service should apply to only one training site.

Application forms should be completed electronically and submitted by **9am on Wednesday 1st October 2025**. Shortlisted applicants will be interviewed online in October or November 2025. The final decision about taking selection rests with the training programme in consultation with NHS England.

This form should be signed by the Head of Service and discussed with the Line Manager and Clinical Lead of the nominated applicant(s). We may contact you to discuss the application.

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| *Please complete this form electronically* |
| Name and address of your NHS Talking therapies service: |
| Please provide **name, email and phone number(s)** of following:   1. Head of Service |
| 1. Clinical Lead(s) for the applicants you are proposing |
| 1. Manager(s) for the applicants you are proposing |
| Geographical area covered by the service: |
| Name of organisation/Trust of which the service is a part: |
| Type of organisation (eg NHS Trust / third sector / private sector): |
| In which training site area is your service located (please tick):   * **North** (North East and North West, including Cheshire, Yorkshire and Humberside and further north). * **Central** (Midlands and East of England, including Staffordshire, Derbyshire, Notts and Lincolnshire, and as far south as, and including, Worcestershire, Warwickshire, Northants, Hertfordshire, East Anglia and Essex). * **South** (Greater London, Kent, Surrey, Sussex, Thames Valley, including Bucks, Berks, Oxfordshire, Hampshire, Isle of Wight and as far south-west as Cornwall). |
| Where did you hear about this training ? |
| Approximately how many 8-week programmes of MBCT have been run within your NHS TT service over the last year?  *Please add any comments:* |
| How many members of your NHS TT service have received BAMBA-eligible MBCT training, and have run 8-week MBCT programmes within the service in the last 3 years ?  Number of trained MBCT teachers …..  Number of MBCT groups run in your service in the last 3 years…. |
| How many currently trained MBCT teachers in your service would be in a position to co-facilitate 8-week programmes of MBCT in the autumn of 2026 and the spring of 2027 with any MBCT teachers-in-training that we accept on the training programme ?  Number …..  What are their names ? and what MBCT qualifications do they have ?  1)  2)  3)  NHS England requires all MBCT teachers in NHS TT to be BAMBA registered (<https://bamba.org.uk/>) |
| In what format could these MBCT groups (usually of 10-15 patients) be delivered:    Online by zoom or Teams…..yes/no  Face to face ….yes/no |
| How many members of your NHS TT service are currently undergoing formal training to teach MBCT ?  Number of MBCT teachers in training…..  What are their names ?  1)  2)  3)  *Please add any comments.* |
| How many members of your NHS Talking Therapies service have received specialist mindfulness supervision training and have experience in providing mindfulness supervision?  Number of MBCT supervisors…..  Would you be interested in putting forward any experienced MBCT teachers (who have run at least 9 MBCT courses) for MBCT supervisor training to enable you to deliver MBCT supervision in house ?  If yes, then please tell us their names with emails if you are happy for us to get in touch with them to invite them to apply for the training:  1)  2)  3) | |
| Would you be willing to allow trainees from your service to attend 12 training days (11 of them between April and July 2026; one in Jan/Feb 2027) in a mixture of online and face to face training days:  yes/no | |
| Why do you want to submit applicants from your service to be trained to teach MBCT?  *Please explain* | |
| If your staff members complete training with us, to which patient group(s) do you envisage them delivering courses of MBCT? | |
| How many of your High Intensity Therapists do you wish to nominate for this training?  *All applicants should be trained in CBT or counselling for depression and should have been practising for at least one year*  Number of applicants that you wish to nominate…. | |
| Name of 1st applicant for training: | |
| Reasons for nominating 1st applicant: | |
| Name of 2nd applicant for training: | |
| Reasons for nominating 2nd applicant: | |
| Name of 3rd applicant for training: | |
| Reasons for nominating 3rd applicant: | |
| Name of 4th applicant for training: | |
| Reasons for nominating 4th applicant: | |
| Is there anything else you would like us to know? | |
| I confirm that the information provided in this form is true and accurate.  I support the nomination of the applicant(s) for the training.  I confirm that the nominated applicant(s) would be released to attend the 12 training days (detailed in the accompanying documentation) online and face to face.  I support the nominated applicant(s) to co-facilitate two supervised MBCT 8-week programmes between July 2026 and the end of March 2027 (or later in the event of unforeseen circumstances delaying this). This support will include sufficient time for preparation to run the MBCT groups and to debrief.  I agree to either provide another trainee or an experienced MBCT teacher to co-run the 2 training MBCT groups in my service with the applicant(s). If neither are available in my service, then I agree to buy in an experienced MBCT teacher to co-run the 2 groups of the training with the trainee(s) on this training. The training programme can advise on this if it's needed.  I support the NHS England requirement that all MBCT teachers in NHS TT register with the British Association for Mindfulness-Based Approaches (BAMBA).  I confirm that successful graduates of the training would be supported to deliver MBCT 8-week programmes in accordance with NICE guidelines and suitable arrangements would be made for MBCT supervision by appropriately qualified supervisors, in accordance with national good practice guidelines. | |
| Name of Head of service: | |
| Email: | |
| Tel number: | |
| Signature of Head of Service: | |
| Date: | |

Please complete this form electronically and email it to the relevant training site for your relevant geographical area (details for which site covers which area at the start of this form and at end of the training information document). Please attach the application forms of all applicants to this training from your NHS Talking Therapies service area - **by 9am on 1st October 2025:**

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| **Training site** | **Email address**  for completed application forms to be  marked 'MBCT NHS Talking Therapies Training.' | **Contact details**  for further information/  questions about this training |
| **South England**  (Greater London, Kent, Isle of Wight, Surrey, East Sussex, West Sussex, Buckinghamshire, Hampshire, Oxfordshire, Berkshire, Somerset, Bristol,  Gloucestershire, Swindon, Wiltshire, Dorset, Devon, Cornwall) | spft.[smc@nhs.](mailto:smc@nhs.)net | Robert Marx  [robert.marx@spft.nhs.uk](mailto:robert.marx@spft.nhs.uk)  and Ruth Sequeira  [ruth.sequeira@nhs.net](mailto:ruth.sequeira@nhs.net) |
| **Central England**  (Essex, Norfolk, Suffolk, Hertfordshire, Bedfordshire, Cambridgeshire,  Peterborough, Norfolk, Suffolk, Derbyshire, Nottinghamshire, Leicestershire, Rutland, Lincolnshire, Northamptonshire, Herefordshire, Worcestershire, Shropshire, Staffordshire, Warwickshire, West Midlands) | Tim Sweeney  [tim.sweeney@nottshc.nhs.uk](mailto:tim.sweeney@nottshc.nhs.uk)  and Kate Feenan:  [Kathryn.Feenan@nottshc.nhs.uk](mailto:Kathryn.Feenan@nottshc.nhs.uk) | Tim Sweeney  [tim.sweeney@nottshc.nhs.uk](mailto:tim.sweeney@nottshc.nhs.uk)  and Kate Feenan:  [Kathryn.Feenan@nottshc.nhs.uk](mailto:Kathryn.Feenan@nottshc.nhs.uk) |
| **North England**  (Yorkshire, Northumberland, Tyne and Wear, County Durham, Cheshire, Greater Manchester, Lancashire,  Merseyside, Cumbria, Isle of Man) | [tewv.mindfulness@nhs.net](mailto:tewv.mindfulness@nhs.net) | Paul Bernard  [paul.bernard@nhs.net](mailto:paul.bernard@nhs.net)  and Jo Cromarty  jo.cromarty@nhs.net |