UK Mindfulness Centres Collaboration

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

2026-2027



**TRAINEE APPLICATION FORM**

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

especially the training information and the training curriculum.

Each NHS Talking Therapies staff member that is being put forward as a prospective trainee by their service should complete a trainee application form.

Trainee application form(s) should be submitted together with the service application form completed by the head of service.

Application forms should be completed electronically and emailed to the training centre to which your service is applying (North, Central or South) by **9am on Wednesday 1st October 2025**.

Interviews are scheduled for shortlisted applicants in October and November 2025.

The final decision about taking selection rests with the training programme in consultation with NHS England.

We may contact members of your service (for example your line manager, clinical lead or Head of Service) to discuss your application.

Please ensure this form has been discussed with, and approved by, your Manager and Clinical Lead.

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| *Please complete this form electronically* |
| *Admin use only:* |
| Which Training Centre are you applying to? (tick one)   * **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) |
| From where did you hear about this training ? |
| Title: |
| First / given name(s): |
| Surname: |
| Job title/role: |
| Employer/Trust name: |
| Name of service and work address: |
| Date started in this post: |
| How many days a week do you work in this role for this service:  *(eg Full time or Part time and if part time, how many days per week):* |
| Tel number(s):  *It would be helpful to include a number that can reach you when you are not at work.* |
| Home address:  *If you are willing to provide this.* |
| Email address(es):  *It would be helpful to include your work email and an email address that you access from home.* |
| Professional qualifications:  *Please give those that are relevant - subject, level, institution and year.* | |
| Name, email and telephone number of Line Manager who has approved this application: | |
| Name, email and telephone number of Clinical Lead (if different) who has approved this application: | |
| Current employment:  *Please include a brief description of duties and responsibilities.* | |
| I am a High Intensity/Step 3 NHS Talking Therapies Therapist - y/n  Number of years / months in this role: | |
| Previous employment:  *Please include name of employer, date of commencement, brief description of duties and responsibilities* | |
| Confirmation of pre-requisites:  *You must satisfy at least one of these criteria:*  I am trained in CBT and have either been practising for at least one year or am fully BABCP accredited CBT therapist – y/n  I am a counsellor working at step 3 and have completed the Counselling for Depression TT training - y/n | |
| Please describe your training, qualifications and experience in CBT/counselling: | |
| If you are a CBT therapist, what training and experience do you have in other psychological therapies? If a counsellor, what modalities have you had training in ? | |
| What training and experience do you have in working with groups? | |
| Confirmation of mindfulness pre-requisites:  I have a basic knowledge of MBCT - y/n  I have an interest in mindfulness from a theoretical perspective - y/n  I am interested in developing and deepening a regular personal mindfulness practice - y/n | |
| Knowledge and experience of MBCT:  *When and how did you come across MBCT? How much do you know about it? What interests you from a theoretical perspective? What have you read about MBCT?* | |
| Personal mindfulness practice:  *Do you have a regular personal practice? If so… what does it consist of? How long have you been practising? How often do you practise? What are the benefits? What are the challenges? Why do you practise?* | |
| If you do not have a regular personal mindfulness practice, would you be interested in developing one?  *Please explain the reasons for your answer.* | |
| Have you taken part in a mindfulness 8-week programme as a participant?  *Where and when did it happen? What kind of programme was it (MBSR / MBCT / other)? Who was the teacher? What was your experience of the course?* | |
| Everyone doing this training must have done the MBCT course (not any other 8 week course) as a participant. If you have not taken part in a MBCT programme, the training programme provides this opportunity free of charge online between Jan and March 2026. If you haven't already done MBCT as a participant, would you be willing (and in a position to) do this online in Jan-March 2026?  *Yes/No ?*  Or alternatively, another MBCT group of your choosing to finish by the end of March 2026 ?  *If not our group, where and when is the one you have identified and who is teaching it ?* | |
| Have you taken part in other mindfulness (or related) training / activities?  *Please give details of any workshops, courses, retreats, etc.* | |
| What experience (if any) do you have of teaching mindfulness or using mindfulness in clinical work? *Please describe.* | |
| Why are you applying to do this training?  *When did you first consider training as an MBCT teacher? What interests and motivates you to apply?* | |
| How do you intend to apply the training?  *Do you intend to teach MBCT programmes in your current* context? *How will your personal practice integrate with and support this? Please explain.* | |
| Having read the training information and curriculum, do you anticipate any difficulties attending any of the 12 training days?  *Please explain your answer.* | |
| Do you anticipate any difficulties attending a five-day, silent, residential, mindfulness practice retreat (in your own time if the time is not provided by the service) during the period of the training? *We recognise that this may be difficult for some people and we would seek to facilitate adaptations for those who are not in a position to do this in the proposed format - see training information for this.* | |
| This is a demanding and challenging training that will require considerable commitment of personal time, energy and resources. Are you in a position to give the required commitment?  *Please explain your answer.* | |
| After completing the training, NHS England require all those teaching MBCT in NHS Talking Therapies to continue to be registered with BAMBA and to meet the Good Practice Guidelines (<https://bamba.org.uk/good-practice-guidelines/>). Are you aware of what this entails and do you intend to do this ? *yes/no* | |
| Do you have any special needs that we should know about?  *Please briefly describe any disability, stress factors, vulnerabilities, mental or physical health issues, or circumstances that it would be helpful for us to know about that may impact on your completion of the training or for which it might be helpful to have additional support? The information will not prejudice your application but may be used to make appropriate arrangements to support you.* | |
| Are you able to join via a zoom link for some training events ?  Yes/no. If no, please explain. | |
| Is there anything else you would like us to know? | |
| Signature: | |
| Date: | |
| *Admin use only:* | |

Please complete this form and the Equality monitoring form electronically, and email them together with the service application form completed by your Head of Service to the relevant training lead covering your geographical 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.net](mailto:spft.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)  or 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](mailto:jo.cromarty@nhs.net) |