

# Mindfulness-based Cognitive Therapy (MBCT) Foundations Teacher Development Pathway, 2018

## Lancashire Mindfulness

**Times and venue:** The course will plan to run from January on Friday's **09:30 to 4:30** the venue is The Mandala Yoga & Complementary Therapy Centre, Preston.

Friday 19<sup>th</sup>, 26<sup>th</sup>, January, 2<sup>nd</sup>, 9<sup>th</sup>, February, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> March, 2018. (dates maybe subject to change as our ski break is not yet booked for 2018)

7th September 2018 - workshop and portfolio review

7th December 2018 - final class assessment and portfolio review

**Your Training Team Leads are** Lisa Graham & Peter Morgan

**The cost** is £900 for 11 training days. Course hand-outs, facilitator notes and audio practice recordings will be provided as downloads on USB sticks.

**Places:** There will be 12 training places available on our 2017 Mindfulness Teacher Development Course. Places will be allocated on a first come basis to those trainees fulfilling training requirements and completing payment.

**This programme** is part of a supervised pathway of mindfulness teacher development. It gives participants experience & reflection on mindfulness practices; clinical and academic information; plus insight into teaching aims, methods and MBCT competencies, in preparation to provide Mindfulness-based Cognitive Therapy to groups.

### **Essential Preparation and Enrolment Requirements:**

Participants should have an established daily mindfulness meditation practice for a minimum of six months prior to submitting their Expression of Interest form. All participants will have completed an 8-week Mindfulness-based course (MBCT or MBSR) as a participant. A professional qualification and training in evidence-based therapeutic approaches for depression is also required.

If you are missing any of these requirements please contact us so that we can offer advice to address this.

**On-going support:** Following the course, most participants will be expected to co-teach with a more experienced teacher for at least two or three MBCT courses before teaching alone or being a lead teacher. Access to training placements with more experienced MBCT teachers can be provided if none are available to you locally, in line with MBCT Training Guidelines (MBCT 2.0, 2013).

**Please complete a** [REGISTRATION OF EXPRESSION OF INTEREST IN TEACHER TRAINING FORM](#) **email to Lisa Graham** [lisa.graham@lancashiremindfulness.co.uk](mailto:lisa.graham@lancashiremindfulness.co.uk).

Each interest in training application will be considered by the training team and if fulfilling minimum training criteria for the teacher development course for MBCT, the applicant will then be sent a full application form. Lancashire Mindfulness CIC is a participating member of the UK Network of Mindfulness-based Teacher Training Organizations. Our trainers adhere to the [Good Practice Guidelines for Trainers](#) and we encourage the teachers we train to adhere to the [Good Practice Guidelines for Teachers](#).

