

Outline of Mindfulness Teacher Development Foundations Course, 2020 - 2021

MENTOR MEETING February-April 2020	One mentor meeting via telephone, Zoom, Skype or Facetime (30 minutes)
	TOPIC: Preparation, reading, planning to begin to teach?
MODULE 1 Friday 24 th April 2020 9:30 - 16:30	What is Mindfulness? Metaphors of Mindfulness
	Workshop: The theory underpinning MBCT (including the cognitive science formulation), research, evidence-base and ethical framework Your reflective training journal, Questions, Reflections & Feedback Breathing Space Teach back
MODULE 2 Week 1 Friday 15 th May 9:30 - 16:30	Reflections from Module 1 Workshop: The “worst ever” meditation – advice on how to prepare
	Working through Session 1: Beyond Automatic Pilot Small group teaching practice: beginning to teach and learn from each other The Raisin Exercise
MODULE 2 Week 2 Friday 22 nd May 9:30 - 16:30	Reflections from Week 1, Module 2 Workshop: The enquiry process – how not to enquire
	Working through session 2: Living in Our Heads Small group teaching practice: beginning to teach and learn from each other Body Scan Questions, Reflections & Feedback
MODULE 2 Week 3 Friday 29 th May 9:30 - 16:30	Reflections from Week 2, Module 2 Workshop: Teaching Mindful Movement
	Working through session 3: Gathering the Scattered Mind Small group teaching practice: Mindful Movement Questions, Reflections & Feedback
MODULE 2 Week 4 Friday 5 th June 9:30 - 16:30	Reflections from Week 3, Module 2 Workshop: The Enquiry Process Three Circles
	Working through session 4: Recognising Aversion Small group teaching practice: Sitting Meditation Questions, Reflections & Feedback
MODULE 2 Week 5 Friday 12 th June 9:30 - 16:30	Reflections at the half way point Workshop: Working with Physical or Emotional Pain & Long Term Conditions
	Working through session 5: Allowing/Letting Be Small group teaching practice: Sitting with Difficulty Questions, Reflections & Feedback

MODULE 2 Week 6 Friday 19 th June 9:30 - 16:30	Reflections on session 5, Module 2 Workshop: The “C” in MBCT and Sitting with Thoughts
	Working through Session 6: Thoughts Are Not Facts Small group teaching practice: Sitting with Thoughts Questions, Reflections & Feedback
MODULE 2 Week 7 Friday 26 th June 9:30 - 16:30	Reflections on session 6, Module 2 Workshop: Working with groups
	Working through Session 7: How can I best take care of myself Small group teaching practice: Three Step Breathing Space Questions, Reflections & Feedback
MODULE 2 Week 8 Friday 3 rd July 9:30 - 16:30	Reflections: What do I still NOT know Workshop: Is mindfulness safe?
	Working through session 8: Maintaining & Extending New Learning Small group teaching: Practice you’re least confident teaching Questions, Reflections & Feedback
MODULE 3 Friday 17 th July 9:30 - 16:30	Reflections on module 2 Risk assessment and outcome monitoring in MBCT
	Full group teaching practice: Choose your favourite practice Questions, Reflections & Feedback
MENTOR MEETING July - August 2020	One mentor meeting via telephone, Zoom, Skype or Facetime (30 minutes)
	TOPIC: My next steps... teaching, supervision, retreats and planned reading.
Day of Mindfulness SUNDAY 12 th July 10:00 – 16:00	MODULE 3: One day of led practice with silence. This day will also be open to other mindfulness practitioners.
	Offering a broader range of meditation and mindful movement practices (e.g. Tai-Chi/Chi-Kung, yoga, 10 mindful movements) and the Mountain and Lake Meditations from the old MBSR curriculum
Saturday September 10:45 – 13:30	MODULE 3: Taster session: An introductory taster/introductory session. Here trainees observe the taster session with opportunities to see facilitators set up and opportunities to ask questions.
MENTOR MEETING February - March 2019	One mentor meeting via telephone, Zoom, Skype or Facetime
	TOPIC: Reflections on “ <i>Delights, Difficulties & Discoveries</i> ” during the Foundations Pathway so far.
MODULE 4 Fridays 19 th & 26 th March 2021 9:30 - 16:30	Workshop: Intention Trainee teach-back sessions 1, 3, 6, 7.
	A chance for trainees to work together in leading sessions as MBCT course facilitators with feedback from fellow trainees and course tutor at the end of the day. Certificates awarded to those trainees who hand in completed Portfolios on 19 th March 2021.