

Oxford Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training Pathway

Further Development of Teaching Skills (1) and Becoming a Trainer (2)

1. CPD, Master classes
2. Supervision workshop, MBI-TAC training, Apprenticeship to

Attain certification by the Oxford Mindfulness Centre as a Competent MBCT Teacher (MBI-TAC Assessment)

Apprenticeship: Becoming a Competent Teacher

Supervised practice/local apprenticeship
Complete summative MBI-TAC assessment

Masters Year 2

Developing competency to teach MBCT safely and ethically
Enhancing Scientific /Buddhist understanding and adaptations of MBCT; Dissertation Project

Exit

Foundational Training: From Novice to Advanced Beginner

Consolidating and deepening personal practice – embodied understanding of MBCT and the process of change

Understanding the theory and background of MBCT

Developing Teaching MBCT to peers with attention to sequence and structure of the curriculum, safety and ethics

Masters year 1

Consolidating and deepening personal practice – embodied understanding of MBCT and the process of change

Developing an understanding of the MBCT research base & its roots in Buddhist psychology and Cognitive & Clinical Science

Developing Teaching MBCT to peers with attention to sequence and structure of the curriculum

Foundational Training

Masters in MBCT

**Apply to join the Foundational Training in MBCT at the OMC
OR
Master of Studies in MBCT (University of Oxford)**

Starting Out

- Pre-requisites: Daily personal practice and completion of 8 week face to face MBCT course (or 5-day experiential)
- Who do you want to teach? Knowledge and experience of that population. If you wish to use mindfulness for clinical practice participants must hold a core professional qualification
- For further knowledge and understanding of CBT the Oxford Cognitive Therapy Centre (OCTC) provides 'introduction to CBT' courses