

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

Step 3 – Teaching

Further Development of Teaching Skills - Proficiency and Specialist Training

To ensure the long term sustainability of MBCT, it is important for competent MBCT teachers to continue to develop in the following ways:

- Deepening experiential understanding of mindfulness – Attending regular teacher led residential retreats can be very helpful in this process and the OMC offers a bi-annual seven day intensive practice residential.
- Creating opportunities to share experiences and learn collaboratively
This can be achieved informally with colleagues, alumni networks and through ongoing supervision. The Mindfulness network CIC offers MBCT supervision (see above) and some OMC associates and trainers offer supervision on a private basis. Peer supervision is also an important part of this process of development
- Developing skills and understanding of MBCT and other mindfulness based approaches, including keeping up to date with the evidence base – attending Master Classes, Workshops and conferences to facilitate further learning. Our annual summer school thoroughly explores a key theme related to MBCT
- The Foundational Training and the Masters programme provide solid platforms for developing *specialist skills* for application in a range of settings. For example, the OMC offers a series of Master Classes which are specifically directed to applying mindfulness in the workplace and non-clinical settings each year. This programme is in development and we aim to expand the range of contexts for specialist training.