



**Oxford
Mindfulness
Centre**

OXFORD MINDFULNESS CENTRE



**Who we are,
what we do**

ABOUT OXFORD MINDFULNESS CENTRE

The Oxford Mindfulness Centre, within the Department of Psychiatry, University of Oxford, has been at the forefront of mindfulness research, training and advocacy since 2008.

● OUR VISION

A world where mindfulness enables greater awareness, understanding, compassion, wisdom and responsiveness.

● OUR MISSION STATEMENT

Our broad mission is to reduce suffering, promote resilience and realise human potential across the lifespan, through combining the ancient wisdom of mindfulness with rigorous contemporary science.

We work actively to make the benefits of mindfulness attainable for all who might benefit. Science and research expand knowledge by innovating, testing and investigating new ideas.

Our research is focused on preventing depression and realising human potential across the lifespan.

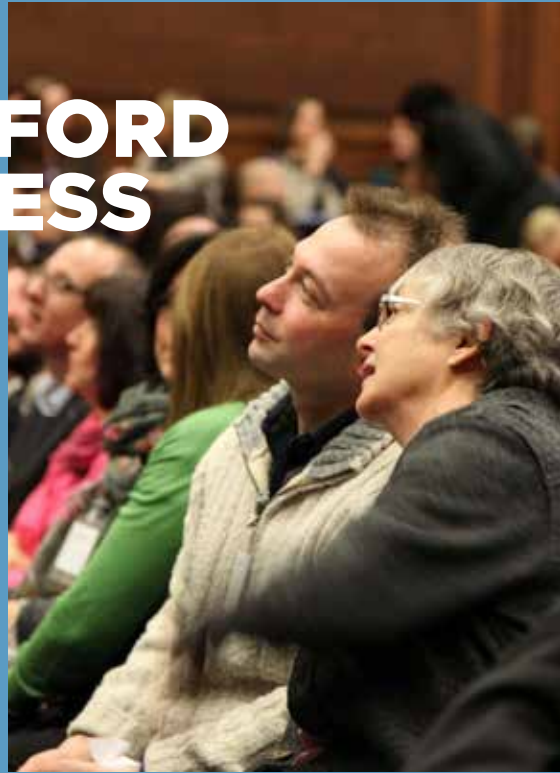
● OUR VALUES AND ETHOS

To embody mindfulness and compassion in all that we do, internally and externally; practising the change we would like to see.

Committed to making mindfulness and mindfulness-based cognitive therapy inclusive and accessible to all (with consideration for ethnicity, culture, sexual orientation, gender, socio-economic status, religion, age and ability).

We contribute more by building collaborations, partnerships and networks.

Our mission is achieved through research, innovation, training and education. Unique strengths are our world-leading scientific research and innovation, the quality of our research and training teams and our partnerships / collaborations.



CHARITABLE ACTIVITIES & FUNDRAISING

The OMC's charitable activities are funded by donations and our not for profit activities. In line with our charitable status, all our revenue goes into furthering our mission and meeting our charitable objectives.

We have specifically funded a number of charitable initiatives to improve the accessibility of Mindfulness Based Cognitive Therapy (MBCT).

ACCESSIBILITY FUNDS

We have made available small grants to support training, activities or initiatives which widen access to, and participation in, mindfulness-based cognitive therapy and practices. Our grants are given on the expectation of clear impact, & evaluation of key learning outcomes.

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In the last 12 months...

...we provided
grants totalling
£25,000 to
8 community based
projects.

Examples have been; working with prison workers and inmates, parents in disadvantaged communities, young people in care, dementia carers and patients, people with Parkinson's, expectant teenagers, and refugees.

See our website for more details.

MBCT TRAINING IN LOW INCOME AREAS & COUNTRIES

Some of our MBCT Trainers have offered MBCT training *pro bono* or at greatly reduced rates in countries and in not for profit / third sector settings.

SUMMER SCHOOL BURSARY SCHEME

Each year we make available a number of places at the OMC Summer School for people who demonstrate they would use the Summer School experience to widen access and participation in MBCT.

FUNDRAISING

If you wish to support us with a donation to help our charitable work please visit our website and click on the DONATE button.

RESEARCH

Through our unique collaboration with Oxford University we undertake world leading academic research and initiatives to promote mindfulness in the wider community.

The University of Oxford Mindfulness Centre, which is part of the Department of Psychiatry, runs a research programme primarily focused on preventing depression and enhancing human potential across the lifespan. It is supported by research grants awarded to the University by the Wellcome Trust, National Institute for Health Research (NIHR), Mind and Life plus other small grant providers.

THROUGHOUT ALL OUR WORK WE ARE INTERESTED IN:

THEORY: How does mindfulness alleviate distress, build resilience and enable flourishing?

EFFICACY, EFFECTIVENESS AND COST-EFFECTIVENESS: Is MBCT effective and cost-effective both in controlled trial and real-world conditions?

Professor Willem Kuyken (Sir John Ritblat Family Foundation Professor of Mindfulness and Psychological Science) leads a dedicated staff team whose primary research focus has recently moved to the primary prevention of depression. Can we work with young people at a key stage of life to learn skills that develop their resilience, and reduce the chance of depression developing in the first place? For more on the MYRIAD project please see our website.

myriadproject.org

We have also developed MBCT for a range of other clinical groups; people who are suicidal, who experience health anxiety and who have cardiovascular disease. We have also contributed to the development of mindfulness-based programmes across the lifespan, for adults, for children and adolescents, and at different stages of life, such as the transition to becoming parents. We have also started to explore MBCT's acceptability and effectiveness in different settings, such as teachers working in schools and prisoners in the criminal justice system.

IMPLEMENTATION: How can it best be implemented more widely?

LIFESPAN: Can we consider how MBCT can play a role in primary prevention, inter-generational transmission, secondary prevention and long-term recovery?

For more information please visit: psych.ox.ac.uk/research/mindfulness



TRAINING

To develop competency as an MBCT teacher we offer two training routes to choose from:

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In the last 12 months...

...we have
trained over
**215 MBCT
teachers**

ACADEMIC ROUTE

The academic route is the Master of Studies (MSt) programme in Mindfulness-Based Cognitive Therapy. This part-time two-year programme is for those who wish to experience the academic rigour of a University of Oxford Master of Studies degree. The MSt is designed to offer a deep understanding of the structure, curriculum and intentions of MBCT, together with a critical appreciation of cognitive and clinical theory, empirical research, and Buddhist psychology relating to MBCT. The course provides you with the opportunity to develop the practical skills you will need to translate knowledge and understanding into delivering high quality MBCT, and contributing to the development and dissemination of this approach.

NON-ACADEMIC ROUTE

The non-academic route is a largely practical course enabling the development of teaching skills, along with an understanding of the theoretical underpinnings and evidence base for MBCT. Foundational Training within the non-academic route can be completed in approximately one year. It will enable you to deepen your personal mindfulness practice and to understand the background, relevant scientific theory and ethical framework of MBCT. You will have the opportunity to develop teaching skills through practicing teaching the curriculum with peers, providing you with a solid platform for developing further teaching skills through an apprenticeship.

For more information please visit: oxfordmindfulness.org/about-us/courses/

In the last 12 months...

...our masterclasses
attracted over

890
participants

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MASTERCLASSES

We also provide a variety of masterclasses run by leading mindfulness trainers, teachers and researchers in specialist areas of applying mindfulness training.

SUMMER SCHOOL

The annual Summer School averages approx. 150 delegates and continues to provide a space for people from all over the world to practice together, learn together and discuss key field issues.

TEACHING

We offer three evidence-based MBCT Courses:

1. Our introductory course, open to all is **Finding Peace in a Frantic World.**
2. We have a more in-depth course, for those wishing to learn mindfulness as a way of life - **MBCT for Life.**
3. For people with a history of depression, who wish to learn skills to stay well, we have **MBCT – D.**
This is available both in the UK NHS and at the OMC.

For people who have been through an MBCT Course and who want to deepen their learning and practice, we have the **Beyond the 8 Week** Course.

UK PARLIAMENT

We continue to offer a programme of mindfulness classes in the UK Parliament.

For more information please visit:

oxfordmindfulness.org/about-us/courses/mbct-courses/

In the last 12 months...

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320
people

benefited from
introductory courses.
120 students from the
University of Oxford
benefited from a
Mindfulness
course



PARTNERSHIPS

Our mission to reduce suffering, promote resilience and realise human potential across the lifespan through mindfulness is ambitious and we recognise that partnerships are essential. We are proud of our partnership culture and the enhancement of services this brings.

As well as international training and research partnerships we also partner with organisations for key mindfulness services such as

SUPERVISION

**EVENTS
LISTINGS**

**TEACHER
LISTINGS**

**PEER
SUPPORT**

In the last 12 months...

...we have worked with international partners in China, Germany, Hong Kong, Hungary, Ireland, Norway

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SUPPORT THE OMC:

We require on-going charitable donations to enable our work to continue. Both one-off and regular donations are easy to administer and all are most welcomed. Please visit the website or contact the office for further information on how to donate and support the OMC.

PARTNER WITH THE OMC:

We carefully select our partners based on aligned values and a shared mission. We invite established international organisations who wish to partner with the OMC to get in touch for further information.

KEEP IN TOUCH:

We have a newsletter to share all our developments on a regular basis, please visit the website to sign up and keep in touch.

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VISIT THE OMC WEBSITE

oxfordmindfulness.org

Annual Report Snapshot figures from Annual Report and
Financial Statements March 2018
charitycommission.gov.uk
The Oxford Mindfulness Foundation 1122517
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