



# The Oxford Mindfulness App

A New App Supporting  
Positive Mental Health with  
Research-Based Mindfulness

Individuals | Organisations |  
Collaborations

**Trained Teacher Pack**

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# Our Mission & Our Vision

The Oxford Mindfulness Foundation is a charitable organisation globally recognised for mindfulness teaching and training, collaborating with a number of international organisations including the **University of Oxford, UK** since 2007.

Our mission today has expanded to **helping people across society to achieve greater wellbeing by offering research-based mindfulness.**

The vision is to help shape **a world in which there is universal access to mindfulness and a greater understanding and acceptability of the impact of mindful behaviours.**

Our hope is for mindful behaviours and practice to be integrated into everyday life, with teachers and champions in all areas of society, using mindfulness and mindful approaches to support positive mental health both explicitly (via courses and training) and implicitly (in their everyday work and way of living).

*Thank you for being part of this important work.*

**We're excited to share with you more details about the Oxford Mindfulness App and how you can be part of this global community.**







# The Oxford Mindfulness App

## Making Research-Based Mindfulness Accessible

The new Oxford Mindfulness App is a response to the recognition that in order to achieve our mission and vision, we need to continually develop ways to make **research-based mindfulness** as accessible as possible.

Due to their convenience and portability, apps continue to be a popular way to learn and practice mindfulness, with growth in the global mindfulness app market expected to continue\*

## About the App

The Oxford Mindfulness App is designed for adults who wish to develop and maintain a mindfulness practice for their personal wellbeing or development. It will provide:

1. Access to mindfulness via a **library of practices and live sessions**, offered by teachers who are trained to teach research-based programmes
2. **Self-paced introductory courses**
3. **Resources** including up-to-date information and research from the field
4. **Latest materials** for those who have trained with Oxford Mindfulness

\*<https://www.statista.com/outlook/hmo/digital-health/digital-fitness-well-being/health-wellness-coaching/meditation-apps/worldwide>



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# Join Our App Teaching Community

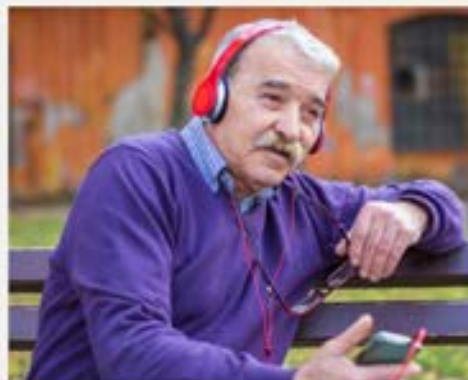
**Would you like recordings of your mindfulness practices to be available on our app?**

Whilst we are one of the global field leaders, we are still a small to medium size charity. We are independent of the universities and larger institutions we work with. As a charity, we rely on the support of the communities we engage with to achieve our mission. One way you could support our work would be to engage with the Oxford Mindfulness App.

And as a valued member of a global community of trained teachers, we would like to offer you the opportunity to join our app and share your practices with our global audience, broadening the reach and impact of our work and showcasing your mindfulness teaching.

If your practice(s) is accepted and made available in our app, you will:

- Receive **full access to the paid features in the app**
- **Have your teaching profile included on the app** alongside your practice(s)
- Receive **membership to the new Oxford Mindfulness Continuing Development Community** which includes:
  - A member logo for use on your materials
  - Annual attendance at online events:
    - Two practice days
    - Two workshops
    - Two field update meetings
- **Latest materials and discounts on Annual Gatherings** (for OMF Trained Teachers)





# Submitting Your Practice

## Practice Types

As part of our commitment to offer **research-based mindfulness**, we are inviting you to submit practices which are included in, or linked to, the below **Mindfulness-Based Programmes (MBP)**

- Mindfulness-Based Cognitive Therapy (MBCT)
- Mindfulness for Life (MBCT-L)
- Finding Peace in a Frantic World
- Taking it Further (OMF Programme)
- Introducing Mindfulness (OMF Programme)
- Deeper Mindfulness
- Mindful Self-Compassion (MSC)
- Mindfulness-Based Compassionate Living (MBCL)
- Breathworks
- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness-Based Addiction Recovery (MBAR)
- Mindfulness-Based Childbirth and Parenting (MBCP)
- Mindfulness-Based Living Course (MBLC)
- Mindfulness-Based Organisational Education (MBOE)
- Mindfulness-Based Relapse Prevention (MBRP)

Practice inclusion criteria will be reviewed as the app develops



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## How to Submit Your Practice(s)

Practices can be submitted in the following way:

- Using our online portal for submission (audio mp3 files only)
- The following details will be required:
  - Which MBP the practice links to (e.g. MBCT or MBSR)
  - Title of the practice
  - Type of practice i.e walking, bodyscan etc
  - Short practice description
  - Level of experience required for the practiceThese will be categorised as:
  - **Beginner** (i.e. no previous practice)
  - **Intermediate** (i.e. is participating in or has completed a teacher-led 8-week course)
  - **Advanced** (i.e. is participating in or has completed a teacher-led 8-week course and has an established mindfulness practice)
- You will also need to provide:
  - Your name
  - A photo to accompany the practice
  - A personal headshot photo
  - A short bio

## Where to submit your practice

Once you have your practice ready with the above information, you can submit your practice via our online portal [here](#)

## When to submit your practice

Ideally we would like you to submit your practice by **19th July 2024** so it's available for the launch of the app (September 2024), however we will be accepting practices all year round.





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# What Happens Next?

## After you submit your practice

Once you have submitted your practice, it will be reviewed by our dedicated **Quality Assessment Team**.

If your practice is accepted, you will receive a notification with further details about your membership to the app and to the Oxford Mindfulness Continuing Development Community.

**Please note:** Practices available on the app will be reviewed on an annual basis to ensure there is a broad range of recent and relevant practices for our members. We may remove practices to make space for others, if necessary.

Practices will be available on the app once they are quality assessed and approved.

## Would you like to join our Quality Assessment Team?

If you would like to join our App Quality Assessment Team, we are currently recruiting teachers and trainers who have achieved a level of 'proficient' on the MBI:TAC competency assessment. If you have not been competency assessed, we will seek two references to provide further information on your teaching level and experience.

To join our Quality Assessment Team, apply [here](#).



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# Our Sponsor

## Visual Snow Initiative (VSI)

The creation of the Oxford Mindfulness App has been made possible through sponsorship from the **Visual Snow Initiative (VSI)**, a non-profit organisation dedicated to raising awareness, fostering research, and providing support for individuals affected by Visual Snow Syndrome or VSS.

VSS is a neurological condition that affects 2-3% of the world's population. The hallmark symptom of VSS is characterised by a continuous visual disturbance that resembles static or snow, flickering dots in one's field of vision 24/7 with their eyes opened or closed. VSS also entails a constellation of other potentially debilitating visual and nonvisual symptoms including but not limited to seeing after images, flashes of light, starbursts and or halos around brightly lit objects. Nonvisual symptoms include tinnitus, depersonalisation, anxiety, depression and brain fog just to name a few.

VSI works to increase public and medical community awareness about Visual Snow Syndrome. They strive to educate people about the condition, its symptoms, and its impact on the lives of those affected.

The organisation supports and funds research aimed at understanding the underlying mechanisms of Visual Snow Syndrome, developing effective treatments, and finding a potential cure.

A recent study showed MBCT adapted for VSS resulted in changes to the visual and its associated default mode networks, resulting in improved symptoms of Visual Snow. The OMF is working with the VSI to deliver mindfulness courses which help people find ways to live with the condition and manage their symptoms.

Find out more about the Visual Snow Initiative [here](#).

