

# Mindfulness in Mind

## Practitioner Training Programme Prospectus



# Contents

Mindfulness in Mind - Practitioner Training Programme (PTP) .....	2
Structure of the programme .....	3
Purpose .....	3
Core components .....	4
Learning objectives .....	4
Readiness as a practitioner .....	4
Comparison to other mindfulness training .....	5
UK Mindfulness Teacher Listing .....	5
Who is PTP for .....	5
Commitment .....	5
Contact Dates .....	6
Costs .....	7
Application Process .....	7

## Mindfulness in Mind Practitioner Training Programme (PTP)

**Our next training programme starts in September 2017.**

The programme is delivered through a partnership between Mind in Salford (Northern Hub) and Mind in the City, Hackney and Waltham Forest (Southern Hub). We are also supported by national Mind.

Our exciting new training programmes start in September 2017. This document will provide key information and an outline of the requirements for applicants.

The Practitioner Training Programme provides the foundations for seeking registration with the UK Network for Mindfulness Teachers. During the programme participants will be given guidance on submitting their application for registration with the UK Network and supported to attain the levels of competency outlined in the best practice guidelines.

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# Our Core Trainers

## Markus Greenwood



Markus is Chief Executive at Mind in Salford. He is a qualified psychotherapist and counsellor. He has trained to teach Mindfulness Based Interventions with Oxford Mindfulness Centre and Mindflow. He has

also trained as a Mindfulness Supervisor with the Centre for Mindfulness Research and Practice – Bangor University.

He is the Mindfulness lead at Mind in Salford, managing a team of 6 Mindfulness practitioners and pioneering the setup of a national mindfulness teacher training programme across Minds. He has delivered over 30 Mindfulness based courses to people with mental health issues, in the workplace and in educational settings.

## Miia Chambers



Miia is one of the pioneers setting up a national mindfulness teacher training programme across Minds. She has also developed a mindfulness programme for mental health populations at City, Hackney and Waltham

Forest Mind where she leads the team.

She is a trained teacher of Mindfulness Based (MB) Stress Reduction, MB Cognitive Therapy, Mindful Self-Compassion and MB Addiction Recovery. Miia has trained with University of Bangor Centre for Mindfulness Research and Practice (CMRP), and Oxford Mindfulness Centre. She is a Bangor trained mindfulness Supervisor and is herself supervised by one of their senior trainers.

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# Structure of the programme

The PTP is a 12 month supervised mindfulness training pathway. The core programme consists of 9 contact training days, seminars, reflective diaries, two essays and supervision to guide and reflect on learning. There are additional optional modules for enhanced understanding and ability to provide adapted formats in mental health settings. All the key components are outlined in more detail in this document.

## Purpose

- Train more people able to bring mindfulness approaches into mental health, stress management, social care, the workplace, education, public sector, criminal justice system and other settings.
- Provide an accessible training route for those with personal mindfulness practice and experience working in local Minds or other relevant settings who wish to become mindfulness practitioners
- Build the local Mind resource so that mindfulness approaches become more widely available for a broad range of mental health populations and carers
- Facilitate mindfulness being more accessible to a broader range of people from diverse socio-economic and cultural backgrounds

## Core components

- 9 core contact days in a group context covering key experiential practices, attitudinal foundations of mindfulness and didactic components from the evidence-based mindfulness course formats. During these days the trainees gain an understanding of the rationale of the key content and approach and begin to learn to guide the practices and run the exercises
- One of the nine contact days will be a workshop on the Inquiry process in mindfulness
- Biweekly reflective diaries on own practice and development as a practitioner
- Supervised mindfulness practice: trainee practitioners will lead or co-facilitate a mindfulness course – the flexibility to progress at an appropriate pace is a key feature of this training, providing access to mindfulness to a wider range of people, including peers from within service settings
- Provision of courses by trainees will take place at an agreed setting either at Mind, or the trainees own organisation or another appropriate setting
- Co-facilitation will take place with experienced mindfulness practitioners. Whether trainees lead their own course or co-facilitate with an experienced mindfulness practitioner, in both instances they will be supported through supervision using this apprenticeship model.

NB. Those wishing to submit for the UK Listing for Mindfulness Teachers will be required to attend a 5 day silent retreat run either by the Mind PTP or another suitable provider.

## Learning objectives

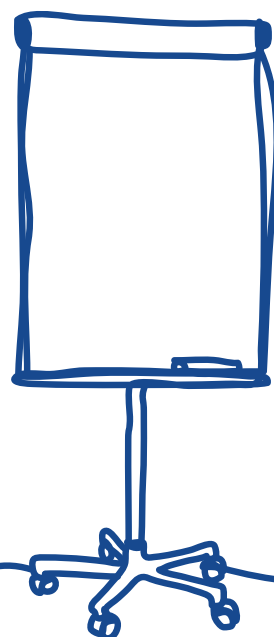
- Development and depth of personal mindfulness practice
- Development of key skills and approaches required as a practitioner of mindfulness courses, such as guiding practices, using inquiry, managing individual and group factors, didactic exercises

- Understanding of the evidence based mindfulness formats (MBCT/MBSR) and their key theoretical underpinnings
- Understanding of issues in the suitability of mindfulness approaches to different mental health populations, and issues around recruitment, screening and assessing risk
- Understanding of mindfulness based approaches in mental health, social care and community settings and awareness of considerations when adapting mindfulness for mental health or other new populations
- Understanding of mindfulness practitioner UK Good Practice Guidelines and the competence assessment and readiness criteria

## Readiness as a practitioner

Readiness of trainee practitioners will be based on their guiding of practices, reflections and reports from supervisors, founded on the Mindfulness Based Interventions - Teacher Assessment Criteria (MBI-TAC).

Readiness will vary from trainee to trainee, depending on prior experience and progress on the course. If a trainee is not considered ready to work independently as a mindfulness practitioner by the end of the programme, clear guidance will be provided on how to work towards this, such as further development of personal practice, co-facilitation experience, and any other relevant additional training.



## Comparison to other mindfulness training

The Mindfulness in Mind PTP is a supervised 12 month programme covering similar elements to those on levels one and two of teacher training intensive retreats (usually one week each in duration). Participants learn to understand the rationale and delivery of the evidence based eight week mindfulness course formats.

The PTP programme is an ongoing, structured and supportive learning format. It includes additional elements such as continuity of the group learning environment, strong peer learning structure of the programme, support of the trainers over the whole year, and supervision of the participant's delivery of a mindfulness course. There are seminars on relevant topics such as the neuroscience of mindfulness within the overall cost. The PTP programme is priced very competitively.

## UK Mindfulness Teacher Listing

The programme provides the foundations for seeking UK Mindfulness Teacher Listing. The programme provides participating mindfulness practitioners guidance on submitting for the UK Mindfulness Teacher Listing. Achieving the UK Listing will depend on the practitioner meeting the expected criteria set out by UK Network for Mindfulness Based Teachers.

## Who is PTP for

Applicants need to have:

- 1 Personal experience of the core practices of the mindfulness programme and have participated in and completed a structured 8 week mindfulness course (MBSR or MBCT) delivered by a trained mindfulness practitioner
- 2 A well-established personal daily mindfulness practice of at least 12 months
- 3 An understanding of and commitment to the attitudinal underpinnings of mindfulness and relevant qualifications and/or experience working in a context in which they plan to work

N.B. The training can be intensive with mindfulness practice and exercises that involve exploring personal tendencies and vulnerabilities. Applicants need to consider carefully their mental, physical and practical (life circumstances) readiness to engage in the training and to ensure adequate personal support is in place if required.

## Commitment

Time is required for a range of the activities involved in the programme such as daily personal practice, contact days, workshops, seminars, co-facilitation, preparation, reflection, supervision, retreat, and reading. Trainees will need to be able to give an average of one day per week to the training, although this will vary and may be less in periods when there are no contact days or course delivery.

# Core Training Contact Days

The 9 contact days for each training Hub are listed below:

## Northern Hub (Mind in Salford)

These run between September and December on Tuesdays, 10am - 4pm

- |                        |                      |                       |
|------------------------|----------------------|-----------------------|
| 1. 5th September 2017  | 4. 10th October 2017 | 7. 21st November 2017 |
| 2. 12th September 2017 | 5. 31st October 2017 | 8. 28th November 2017 |
| 3. 3rd October 2017    | 6. 7th November 2017 | 9. 12th December 2017 |

## Southern Hub (Mind in the City, Hackney and Waltham Forest)

These run between September and December on Mondays. 10am - 4pm

- |                        |                      |                       |
|------------------------|----------------------|-----------------------|
| 1. 4th September 2017  | 4. 9th October 2017  | 7. 20th November 2017 |
| 2. 11th September 2017 | 5. 30th October 2017 | 8. 27th November 2017 |
| 3. 2nd October 2017    | 6. 6th November 2017 | 9. 11th December 2017 |

## Optional Modules

Optional two day modules in addition to the core contact days will be available for those who want to further their understanding of mindfulness in the mental health sector.

They will cover mental health specific course formats such as:

- Mindfulness in Psychosis
- Mindfulness for Distressing Voices and Paranoia
- Mindful Movement, Mindfulness for Recovery and
- Mindful Self-Compassion in Mental Health.

Trainees will need to identify funding for these modules in addition to the core PTP cost if they wish to attend these supplemental workshops.

NB. It is not a requirement of the one year training pathway that you attend these workshops.

# Costs

Organisational type	Cost
Public and Commercial sector	£2500 per person
Local Mind Associations	25% discount
Individuals	25% discount (dependant on circumstances)
Optional modules	£250 per module

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## Application Process

If you are interested in this programme and wish to apply, please email for an application pack to the training Hub nearest to you. If you have further questions please contact the relevant office.

### Northern Hub (Mind in Salford)

✉ [mindfulness@mindinsalford.org.uk](mailto:mindfulness@mindinsalford.org.uk)

☎ 0161 212 4880

Mind in Salford, The Angel Centre, 1 St Philips Place, Salford M3 6FA

[www.mindinsalford.org.uk](http://www.mindinsalford.org.uk)

### Southern Hub (Mind in the City, Hackney & Waltham Forest)

✉ [psychologicaltherapies@cityandhackneymind.org.uk](mailto:psychologicaltherapies@cityandhackneymind.org.uk)

☎ 020 8525 2337


Mind in the City, Hackney and Waltham Forest, 8-10 Tudor Rd, London E9 7SN

[www.cityandhackneymind.org.uk](http://www.cityandhackneymind.org.uk)

Early applications are encouraged to help secure a place.

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Stratford  
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