

Mindfulness in Mind 2019/2020

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
Practitioner Training Programme
starts in September 2019

Mindfulness is recommended by the National Institute for Clinical Excellence (NICE) as an effective treatment for depression and has been evidenced to significantly reduce symptoms of anxiety and stress.

Mindfulness in Mind, supported by **Mind** the national mental health charity, is the banner under which Mind in Salford (Northern Hub) and Mind in the City, Hackney and Waltham Forest (Southern Hub) have delivered evidence-based 8 week mindfulness courses (including MBSR, MBCT & Mindful Self Compassion) to their communities since 2010.

Mindfulness in Mind is an affiliated member of the UK Network for Mindfulness-based Teacher Training Organisations: <https://www.ukmindfulnessnetwork.co.uk/> and committed to upholding the UK Network's Good Practice Guidelines (GPGs).

The **Practitioner Training Programme (PTP)** 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 Good Practice Guidelines.

This document will provide key information and an outline of the requirements for applicants for the **PTP**.

Our Lead Trainers

Markus Greenwood - Northern Hub



Markus is CEO 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.

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

Miia Chambers - Southern Hub



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 Stress Reduction (MBSR), MB Cognitive Therapy (MBCT), 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.

Structure of the programme

The **PTP** is a 12 month part-time fully supervised mindfulness practitioner training pathway. The core programme consists of 9 contact training days, seminars, reflective diaries, a silent practice day, two essays and supervision to reflect on learning and to support participants in delivering mindfulness courses to groups. 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 people with mental health conditions.
- 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
- A silent practice day to prepare for retreats
- 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 night silent retreat run by a suitable provider as advised by PTP Supervisor

Learning objectives

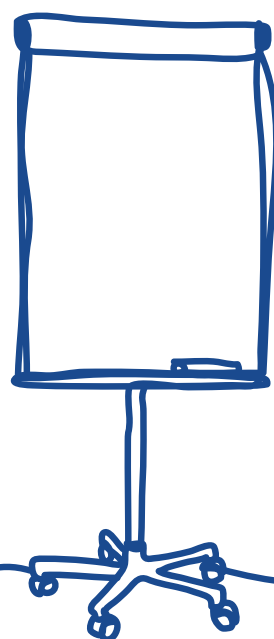
- Development and depth of personal mindfulness practice
- Development of key skills and approaches required as a practitioner of mindfulness courses, such as guiding practices, using inquiry, managing individual and group factors, didactic exercises

- 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 Network 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 comprehensive and fully supervised 12 month programme (supervision costs are included) covering similar elements to those on levels one and two of intensive residential teacher training 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.

The PTP covers relevant topics such as the origins of mindfulness, the neuroscience of mindfulness, delivering mindful movement and mindful self-compassion.

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, MBCT or Breathworks) delivered by a trained mindfulness practitioner
- 2 A well-established personal daily mindfulness practice of at least 6-12 months
- 3 An understanding of and commitment to the attitudinal underpinnings of mindfulness and relevant qualifications and/or experience working in the context in which they plan to deliver mindfulness

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 Contact Training Days

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

Northern Hub (Mind in Salford)

These run between September 2019 and January 2020 on Tuesdays, 10am - 4pm*

- | | | |
|------------------------|-----------------------|-----------------------|
| 1. 3rd September 2019 | 4. 22nd October 2019 | 7. 3rd December 2019 |
| 2. 17th September 2019 | 5. 5th November 2019 | 8. 17th December 2019 |
| 3. 8th October 2019 | 6. 19th November 2019 | 9. 14th January 2020 |

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

These predominantly run between January and May 2020 on Saturdays, 10am – 4pm.
However please note: *Friday 20th March.

- | | | |
|------------------|-------------------|--------------------|
| 1. 18th Jan 2020 | 4. 20th Mar 2020* | 7. 25th April 2020 |
| 2. 15th Feb 2020 | 5. 21st Mar 2020 | 8. 9th May 2020 |
| 3. 29th Feb 2020 | 6. 4th April 2020 | 9. 30th May 2020 |

Optional Modules

Optional modules in addition to the core contact days are available (dependent on demand) for PTP trainees/graduates and experienced mindfulness practitioners who want to further their understanding of the applications of mindfulness in the mental health sector including:

- Mindful Self-Compassion & Metta for Mental Health - 1 day
- Mental Health First Aid (MHFA) for Mindfulness Practitioners - 2 days
- Mindfulness for Psychosis, Distressing Voices and Paranoia - 1 day

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 programme that you attend these workshops.

** Contact training dates may be subject to change and will be confirmed once you have been accepted on the PTP.*

Costs

including supervision sessions and resources to deliver 8 week mindfulness courses

Organisational type or Individual	Cost
Corporate/Commercial Sector	£2000 per person
Public Sector/Educational Organisations	10% discount - £1800 per person
Not-for-Profit/Third Sector	15% discount - £1700 per person
Self-Funded & Local Mind Associations	20% discount - £1600 per person
Optional modules	£125 for 1 day module or £250 for 2 day module

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

☎ 0161 212 6461/4880

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

www.mindinsalford.org.uk

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

✉ psychologicaltherapies@cityandhackneymind.org.uk

☎ 020 8525 2337


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www.cityandhackneymind.org.uk

Early applications are encouraged to secure a place.

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