

Foundation Course for Teaching MBCT

The Oxford Mindfulness Centre and the Hong Kong Center for Mindfulness are now offering a new part-time course starting in the autumn of 2014 for those wishing to train to teach MBCT.

As mindfulness is becoming more popular and more widely used and researched, there is a greater need for competent teachers within clinical settings. Mindfulness-Based Cognitive Therapy (MBCT) is now recommended in the UK National Institute of Clinical Excellence (NICE) guidelines for the treatment of recurrent depression, and is becoming more widely applied to a range of other health conditions.

The course spans over an academic year and comprises 30 days of teaching:

| Module 1: The Practice of Mindfulness: the basis for learning to teach MBCT | | |
|---|---|-----------------|
| Workshops | 6 th , 7 th , 9 th September 2014 | 9:30am – 5:30pm |
| Practicum | 14 th , 21 st , 28 th September, 5 th , 12 th , 19 th , 26 th October, 2 nd , 9 th November, 2014. | 10am -5pm, |
| Module 2: Beginning to Teach MBCT in a dyad | | |
| Workshop | 10 th - 15 th February, 2015 | 9:30am – 5:30pm |
| Module 3: Residential Retreat and Master-Classes | | |
| Retreat | 14 th – 16 th April, 2015 | Residential |
| Master-Classes | 17 th – 19 th April, 2015 | 9:30am – 5:30pm |
| Module 4 : Beginning to Teach MBCT in a Group | | |
| Workshop | 24 th – 28 th , June & 1 st July, 2015 | 9:30am – 5:30pm |

At the end of the course, the participant will receive a Certificate of Completion of the Foundation Course for Teaching MBCT.

Module 1

The Practice of Mindfulness: the basis for learning to teach MBCT

Teacher: Dr Helen Ma

Dates (12 days):

Workshops: 9:30am – 5:30pm; 6th, 7th, 9th September, 2014.

Practicum: 10am -5pm;

14th, 21st, 28th September, 5th, 12th, 19th, 26th October, 2nd, 9th November, 2014.

The Practicum is designed to offer you the opportunity to deepen your personal experience of mindfulness and become more familiar with the format and essence of an eight-week MBCT. An experienced mindfulness teacher will guide you through the MBCT course where you will be able to explore your own experiences of mindfulness practice and to consider these in relation to the role of becoming a mindfulness teacher yourself. Time for reflection and discussion with your peers and teachers is an integral part of the course, as is reading and keeping a reflective journal.

As a participant in the Practicum you will be asked to:

- Participate in the eight-week MBCT course. This includes weekly classes of approximately 2.5 hours and one full-day class;
- Engage in weekly 3-hour Practicum seminar class focused on integrating the experience of the MBCT course through dialogue with the teacher and other Practicum participants. The Practicum seminar class meets on the same day as the MBCT class;
- Create brief presentations and reflect upon reading assignments;
- Keep a reflective journal of your experience and observations on the teaching.

The Practicum will be preceded by three one-day workshops:

- Introduction to MBCT and the Training Course
- Introduction to Buddhist Psychology
- Introduction to Mindful Movement & Yoga (Guest Teacher: Mr Ken Wong)

Learning Objectives

- To establish or deepen a *regular* personal mindfulness practice
- To familiarise yourself with the MBCT programme in terms of your own personal experience and also its structure
- To explore your own experiences and patterns of thought, feelings and behaviour through the lens of mindfulness practice and consider how these may relate to the role of mindfulness teacher
- To be able to reflect on your experience of practising mindfulness through keeping a reflective journal
- To have gained knowledge about the theoretical underpinnings of mindfulness-based interventions, including its Buddhist foundations, its relation to psychological models / therapies such as Cognitive Behaviour-Therapy (CBT)

Consolidating Personal Practice

Between Module 1 and Module 2, you are encouraged to deepen your own personal daily meditation practice. You may contact a teacher for a one-hour consultation during this period. It is suggested that you undertake a personal guided retreat of a minimum of 2 days of your choice. You will be required to continue keeping a reflective journal as above.

Module 2
Beginning to Teach MBCT in a dyad
Teachers: Dr Melanie Fennell, Dr Helen Ma

Dates (6 days):
9:30am – 5:30pm; 10th - 15th February, 2015

The intention of this module is to offer opportunities to practise teaching elements of MBCT in a dyad, with feedback from experienced teachers and peers. It includes a blend of didactic, experiential and small group work. You will have an opportunity to practice teaching both in Cantonese and in English.

Day 1: Beginning to teach – considerations e.g. good practice guidelines, ethics, stance of the teacher etc.

Day 2 -6: 5-day Dyad teach-back sessions including assessment and orientation, aims and intentions, core practices.

Learning objectives

- To cultivate mindfulness throughout the workshop, through formal and informal practices, both in silence and in conversation and dialogue.
- To learn how to bring mindfulness to the experience and expression of pain, depression, stress and anxiety within ourselves and those with whom we work.
- To experience mindfulness meditation practice and self-inquiry to understand the importance of being a practitioner before starting to work with mindfulness as a clinician.
- To have the opportunities to practice teaching key meditation practices, with feedback from fellow participants and from the instructors.

Module 3
Residential Retreat and Master-Classes
Teacher: Prof. Mark Williams

Dates (6 days)
Residential Retreat:
14th – 16th April, 2015
Master-Classes:
9:30am – 5:30pm; 17th – 19th April, 2015

The six-day module intends to offer training in specialist areas of applying mindfulness training and teaching MBCT, and to deepen the personal meditative practice.

The six days will start with a three-day residential retreat to extend and deepen personal experience of mindfulness meditation, in the company of peers and colleagues. Each day will offer a sustained schedule of formal meditation practice, talks and guidance, all within an environment of silence.

The cost for board and lodging in the retreat is *not* included in the course fee.

This will be followed by three taught days relevant to the teaching process :

- Cognitive & Clinical Underpinnings of MBCT
- Group Processes and Teacher Responses in MBCT
- Enquiry in MBCT

Learning Objectives:

- To extend and deepen the personal mindfulness meditative practice.
- To familiarise yourself with the underlying theory and practice of working with groups, the enquiry process, and with the cognitive and clinical underpinnings and current research of MBCT.

Module 4
Beginning to Teach MBCT in a Group
Teachers: Dr Antonia Sumbundu (Day 1 – 5), Dr Helen Ma

Dates (6 days):
9:30am – 5pm; 24th – 28th, June & 1st July, 2015

In this module you will build on what you have learned and experienced during the previous three modules in order to further your development as a teacher. Our main aim is to help you become familiar with teaching all the various components of MBCT. You will be able to practice teaching, including leading core mindfulness practices and the related enquiry in a group, and you will receive feedback from highly experienced mindfulness teachers and peers. You will have an opportunity to practice teaching both in Cantonese and in English.

Day 1–5: 5-day Group teach-back sessions including assessment and orientation, aims and intentions, core practices.

Day 6: Reflections and summing up.

Learning Objectives:

- To be in a position to continue your training after this point i.e. by teaching (with a more experienced teacher, if possible) whilst receiving regular supervision
- To have acquired enough teaching skills to practice teaching within your own peer group
- To have gained knowledge and understanding of the aims and intentions of the 8-week MBCT course and the rationale behind course components
- To have gained experience in the delivery of core practices and in the enquiry process
- To gain awareness of the limits and boundaries of your skills as teacher within your own professional context

Requirements: Throughout the above modules, we ask you to read key texts and keep a reflective journal of your experience and observations on the teaching.

Course Teachers

Mindfulness Teacher, Oxford Mindfulness Centre



Professor Mark Williams is a Wellcome Principal Research Fellow at the University of Oxford, and Professor of Clinical Psychology. He holds a joint appointment in the Department of Experimental Psychology and the Department of Psychiatry and is the Director of the Oxford Mindfulness Centre. He is a Fellow of the British Psychological Society, the Academy of Medical Sciences, the British Academy and the US Association for Psychological Science. Professor Williams, along with colleagues John

Teasdale (Cambridge) and Zindel Segal (Toronto), developed Mindfulness-based Cognitive Therapy for prevention of relapse and recurrence in major depression. His research is concerned with psychological models and treatment of depression and suicidal behaviour, particularly the application of experimental cognitive psychology to understanding the processes that increase risk of suicidal behaviour in depression

Associate Mindfulness Teachers, Oxford Mindfulness Centre



Dr Melanie Fennell is one of the pioneers of cognitive therapy for depression in the UK and developed the Oxford Diploma in Cognitive Therapy and Oxford/MSc in Advanced Cognitive Therapy. She is a research clinician in the Oxford Mindfulness Centre and teaches on the Masters Degree in MBCT in Oxford University. Dr Fennell has a particular interest in cognitive therapy for depression and low self-esteem. Her book “Overcoming Low Self-Esteem” has become a classic of self-help literature, recommended on the National Health Service’s self-help scheme known as “Books on Prescription”.



Dr Helen Ma is a clinical psychologist with experience working in Hong Kong and Australia. She began a regular mindfulness meditation practice in 1992 and started teaching MBSR in 1997. She first taught MBCT in 2001 under the supervision of Dr. John Teasdale, while conducting her doctoral research on MBCT at the University of Cambridge. Since then, she has been teaching MBSR and MBCT, leading meditation retreats, conducting training programs and supervising professionals in mindfulness-based approaches in Hong Kong, Singapore, Taiwan and China. She is the Founding Teacher of the Hong Kong Center for Mindfulness.



Dr Antonia Sumbundu is a clinical psychologist, who has specialised in CBT and supervision. In 2010, she was awarded a Master of Studies in MBCT by the University of Oxford. Antonia has been interested in the clinical applications of meditation for a long time, and has been teaching and lecturing on MBCT and MBSR both nationally and internationally for a number of years. She has extensive experience of leading meditation retreats and training programs, supervising professionals in mindfulness-based approaches, and leading MBCT classes. She has been involved in several research projects of the Oxford Mindfulness Centre.

Course Information

Who is the course for?

We ask that you have the following background in accordance with the [UK Good Practice Guidelines for Teaching Mindfulness-Based Courses](#)

- A professional qualification in mental or physical health care, education or social care or equivalent life experience, recognized by the organization or context within which the teaching will take place;
- Knowledge and experience of the populations that the mindfulness-based course will be delivered to;
- If delivering MBCT or other mindfulness-based courses with a clinical population, an appropriate professional clinical training;
- Previous knowledge or experience of mindfulness-based approaches, for example, **experience of an 8-week MBCT or MBSR course, is essential** and will help you to make the most of your experience.

This course is suitable for those with no teaching experience who would like to begin learning to teach MBCT as well as for those with some experience in teaching MBCT/MBSR who would like to deepen their practice and teaching.

Places are limited to 32

Will it qualify me to teach?

Depending on your previous experience, completing the course may not in itself qualify you to teach in the 'real world' but takes you to a point where you have gained confidence in teaching your peers. We can help you make the most of your time here by discussing future plans for continuing your training as we come to the end of the course.

The aim of the course is to provide *a solid platform for developing your teaching further* (e.g. by co-teaching with more experienced teachers in your locality and/or teaching under supervision).

For the steps of the Training Pathway, please see [Training Pathway Flowchart](#).

What is the medium of teaching?

To facilitate learning and exploration of the ways MBCT can be taught in Cantonese and in the local settings, Module 1 will be taught mainly in Cantonese.

Modules 2, 3 and 4 will be taught in both English and Cantonese.

All participants are expected to have a good command of both English and Cantonese.

How to apply?

Please send your application together with scanned copies of your qualifications and training to admin@hkcfm.hk on or before 31st January, 2014. (Please see the application form on the last page.) If you are successful in your application, you will be notified by e-mail on or before 15th March, 2014.

What is the course fee?

The course fee is HK\$49,900.

Payment for the course by successful applicant is required by 30th April, 2014 but no payment is required prior to acceptance.

If you withdraw before the course starts, we will refund your fee with a reduction of \$500 to cover our administration costs, if we can find a suitable applicant to take up your place.

We regret that there will be no refund if your place is not taken up by another suitable applicant.

Frequently Asked Questions

Can I teach MBCT if I don't have a background in a caring profession or clinical qualifications?

If you teach MBCT to people for whom you have clinical responsibility, you must be qualified to manage your clinical responsibility. This means that you will only be able to teach MBCT for recurrent depression if you have the clinical qualifications to manage clients who have been diagnosed with recurrent depression. If you don't have a clinical qualification or a background in a caring profession you may teach MBCT adapted to the specific field in which you work, when you (the mindfulness teacher) do not have clinical responsibility for the participants. See the [UK Good Practice Guidelines for Teaching Mindfulness-Based Courses](#).

Do I need to have a personal mindfulness practice to teach MBCT?

Teaching MBCT must be grounded in your own practice. This is essential and it cannot be called MBCT without this requirement. Many MBCT teachers are clinicians or members of caring professions, who have developed an interest in mindfulness as a result of finding out about Mindfulness Based Interventions through their work. Clinicians or members of a caring profession who become MBCT teachers normally develop their own mindfulness practice by first attending an 8-week course. They will continue to develop their personal mindfulness practice while training to teach MBCT.

Why is the course not taught entirely in English?

The entire Module 1 and parts of the other Modules are taught in Cantonese so as to facilitate learning and exploration of the ways MBCT can be taught in Cantonese in the local settings. It is important that in such a skills-based training, people learn to carry out the practices in the language that they will most commonly use to teach the approach

Can I take only some modules and not the whole course?

As the course is designed to deepen the practice and the understanding of teaching MBCT from one module to another, and to cultivate collegiality and support amongst the trainees, the course is to be taken as a whole.

I have attended the 7-day MBCT Training Retreat in the UK organized by the Oxford Mindfulness Centre. Do I still need to take the Foundation Course before I can teach MBCT under supervision?

According to the guidelines of the Oxford Mindfulness Centre, after finishing the 7-day MBCT Training Retreat organized by the Centre, you can start teaching MBCT under supervision depending on previous experience with mindfulness as a personal practice and as a therapeutic approach. Nonetheless, you are welcome to apply for the Foundation Course, as there will be many chances to further deepen your practice and understanding of teaching MBCT in a community of local professionals.

I have attended the Levels I and II of MBCT Teachers Training jointly organized by the Nanhua Mindfulness Center and the Oxford Mindfulness Centre. Do I still need to take the Foundation Course before I can teach MBCT under supervision?

According to the guidelines of the Oxford Mindfulness Centre, after finishing Levels I and II of MBCT Teachers Training jointly organized by the Nanhua Mindfulness Center and the Oxford Mindfulness Centre, you can start teaching MBCT under supervision depending on previous experience with mindfulness as a personal practice and as a therapeutic approach.

Nonetheless, you are welcome to apply for the Foundation Course, as there will be many chances to further deepen your practice and understanding of teaching MBCT in a community of local professionals

Are there any Continuing Professional Education points conferred for the course?

Applications for CPE points for some professional groups (psychologists, social workers, psychiatrists) are underway. Suggestions for applications to other professional bodies are welcome.

If you have any further questions about the Foundation Course, please write to admin@hkcfm.hk.

Foundation Course for Teaching MBCT Application

(To be sent to admin@hkcfm.hk on or before 31st January, 2014)

- ✧ Name
- ✧ Gender
- ✧ Date of Birth
- ✧ Correspondence Address
- ✧ E-mail Address
- ✧ Telephone Number
- ✧ Emergency Contact Person & Telephone Number
- ✧ Occupation & Place of Work
- ✧ Professional qualifications*
- ✧ Highest academic qualifications*
- ✧ Details of the 8-week MBSR/MBCT program you attended as a participant*:
 - Teacher's name, where, when
- ✧ Details of MBSR/MBCT professional training , if any*:
 - Title of the program, teacher's name, where, when
- ✧ Please write a brief description in English or Chinese (not more than 300 words for each item):
 - What has drawn you to apply for the course & what you hope to learn and develop through it?
 - Your experience of mindfulness practice, including regular practice and silent teacher-led 5 to 10-day mindfulness retreats you have taken, if any.
 - The professional context in which you plan to teach and years of experience in the field.
 - Anything else about you and your background, including pathways of inner development that you have intentionally explored in depth (e.g. awareness practices, psychological investigation), that would be helpful for us to know.

**Please attach a copy of the relevant certificates.*

Signature: _____

Date: _____