



Mindfulness in Mind 2020/21

Practitioner Training Programme Prospectus

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Mindfulness in Mind Practitioner Training Programme (PTP)

Practitioner Training Programme: September 2020

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 the City, Hackney and Waltham Forest (Southern Hub) and Mind in Salford (Northern Hub) have delivered evidence-based 8 week mindfulness courses to their communities since 2010.

Mindfulness in Mind is an affiliated member of the UK Network for Mindfulness-based Teacher Training Organisations and is committed to upholding the UK Network's Good Practice Guidelines (GPGs).

The **Practitioner Training Programme (PTP)** Provides the foundations for participants to gain 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 while being 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

Miia Chambers - Southern Hub



Miia is a co-founder of this Mindfulness in Mind PTP practitioner training programme. She has also developed a mindfulness programme for people struggling with mental health issues in the City, Hackney and Waltham Forest.

She has also led the development of a new mindfulness and compassion-based model- Radical Self-Care which has been trialled with LGBTQ+ populations and with frontline health care practitioners. She is passionate about intersectional approaches in her work.

She is a trained and experienced practitioner of Mindfulness Based Stress Reduction, Mindfulness Based Cognitive Therapy, Mindful Self-Compassion and Mindfulness Based Addiction Recovery. She is also an Acceptance and Commitment Therapy and Compassion Focused Therapy practitioner, and a Bangor trained mindfulness Supervisor. Both Miia and Uz are supervised for the delivery of the PTP by a senior Bangor University supervisor.

Uz Afzal - Southern Hub



Uz works as a Mindfulness Based Stress Reduction practitioner at City, Hackney and Waltham Forest Mind supporting clients' wellbeing through mindfulness and self-caring approaches. She is a practitioner for mindfulness in schools, and a consultant for MindUP working with parents and educators in the UK and globally.

She is the author of Mindfulness for Children published in the UK, USA and France.

Uz is a Mindfulness Based Stress Reduction and Acceptance & Commitment Therapy trained practitioner. She has led drop-in mindfulness sessions at the Women of the World Festival and popular walking meditations at the V&A Museum. Uz has shared mindfulness in a range of contexts: galleries, companies, charities, festivals, conferences and government.

Celebrating diversity and bringing mindfulness into the lives of as wide a range of people as possible is a key motivator for Uz and she has appeared on national radio and television and in a range of newspapers and magazines and loves the opportunity to share about the practice and the benefits of mindfulness.

Structure of the programme

The **PTP** is a twelve month part-time supervised mindfulness practitioner training pathway. The core programme consists of nine contact training days, reflective diaries, a silent practice day, individual and group work, two essays and supervision to reflect on learning during periods mindfulness delivery. Supervision sessions can take place over a maximum of sixteen months. All the key components are outlined in more detail in this document.

Purpose

- To 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.
- To 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
- To build the local Mind resource so that mindfulness approaches become more widely available for a broad range of people with mental health conditions.
- To facilitate mindfulness being more accessible to a broader range of people from diverse socio-economic and cultural backgrounds

Core components

- Nine 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 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

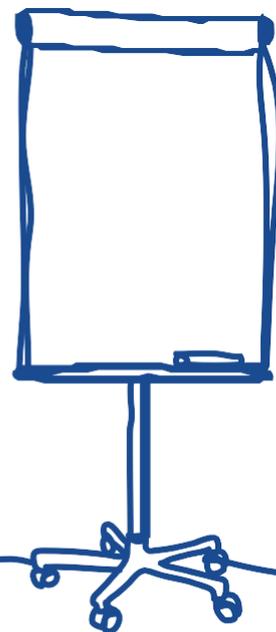
- Development of personal mindfulness practice
- Development of key skills and approaches required as a practitioner of mindfulness courses, such as guiding practices, using inquiry, managing individual and group factors and didactic exercises

- 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 from 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

The PTP is for anyone who wishes to deepen their mindfulness practice and knowledge for personal or professional reasons. 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 Days

The 9 contact training days at the Southern Hub are listed below:

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

These run between September 2020 and August 2021 on Saturdays, 10am-4pm:

1. 12 Sept 2020	4. 24 Oct 2020	7. 12 Dec 2020
2. 19 Sept 2020	5. 14 Nov 2020	8. 16 Jan 2021
3. 10 Oct 2020	6. 28 Nov 2020	9. 30 Jan 2021

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

Northern Hub (Mind in Salford) – contact MiS directly for dates

Optional Modules – at the Southern Hub

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

- Mindful Self-Compassion & Self-Care for Mental Health - 13 Feb 2021 10am – 4pm
- Mindfulness in Acceptance and Commitment Therapy - 20 March 2021 10am – 4pm
- Mental Health First Aid (MHFA) for Mindfulness Practitioners - 2 days TBC

Cost £85 for 1-day module or £170 for 2-day module - 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.

Costs

including core training days (x9), supervision sessions and resources to deliver 8-week mindfulness courses

Organisational type or Individual	Cost
Corporate/Commercial Sector	£2500 per person
Public Sector/Educational Organisations	10% discount - £2250 per person
Not-for-Profit/Third Sector	20% discount - £2000 per person
Individual Participants & Local Mind Associations	30% discount - £1750 per person
Optional modules	£85 for 1-day module or £170 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.

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

E [_psychologicaltherapies@mindchwf.org.uk](mailto:psychologicaltherapies@mindchwf.org.uk) – for application forms

T 07500 879 548 Programme Lead Miia Chambers – for further questions

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

www.mindchwf.org.uk

Northern Hub (Mind in Salford)

E mindfulness@mindinsalford.org.uk

T 0161 212 6441/4880

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

www.mindinsalford.org.uk

Early applications are encouraged to secure a place.



In the City, Hackney
and Waltham Forest

<https://www.mindchwf.org.uk/>