

MBCT to MBCT-L Teacher Training

**4th February - 12th
February 2023**
2-day workshop over 4 half days

9:00 - 13:00 UK Time

Online



Course Details

This programme assumes you are already trained to teach MBCT through a recognised, trainer-led, 12-month teacher training programme. Mindfulness for Life (MBCT-L) is a development of MBCT for the general population. Its structure is similar to the original MBCT for depression, with eight weekly sessions, home practice, and an all-day session. Alongside many of the practices and exercises from the original MBCT, it provides new practices and exercises to teach skills both for managing what is painful and difficult and for increasing wellbeing and flourishing. This workshop introduces the theoretical background and rationale for Mindfulness for Life, the structure and sequence of the curriculum, and the new practices and exercises.

Course Requirements

- You are eligible to attend this training if you have:
- Completed an 8-week Mindfulness for Life course as a participant, led by a teacher in-person or live online, and not self-guided (NOTE: this is different from an 8-week MBCT course)
- An established and regular personal mindfulness practice, ideally for at least a year. Please see the Good Practice Guidelines for Teaching Mindfulness-Based Courses (Section C) for a description of what this involves.
- Completed a MBSR teacher training pathway of at least 12 months, which meets the Good Practice Guidance for training pathways, and was led by a trainer in-person or live online, and not self-guided.
- Knowledge and experience of the population and context where you would like to teach. This might include workplace, education, criminal justice, physical or mental healthcare, or general population settings.
- Access, if this training is online, to suitable technology, internet capacity, space, privacy and the technical ability to join an online training programme via Zoom with video on



Learning Outcomes

- By the end of the 2 days, trainees are expected to be able to:
- Understand the MBCT-L curriculum, including its intentions and the rationales for its content and structure
- Introduce elements of the curriculum in an embodied way
- Conduct inquiry and understand group processes within the context of Mindfulness for Life
- Understand theoretical, empirical, and ethical foundations of Mindfulness for Life

About the Teacher

Alison Yiangou

I am the Development Director – Training and Curricula for the Oxford Mindfulness Foundation (OMF). I am also a member of the University of Oxford Mindfulness Centre (OMC) Curriculum Development Group.

