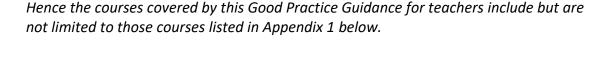
UK Network for Mindfulness-based Teachers Good practice guidelines for teaching mindfulness-based courses

These guiding principles have been developed to promote good practice in teaching mindfulness-based courses. Mindfulness courses are intended to teach people mindfulness in ways that can help with physical and psychological health problems and ongoing life challenges. These guidelines cover secular mindfulness-based programs taught in mainstream settings, normally over eight weeks.

These programmes are:

Informed by a clear rationale; Teacher-led; Have been developed to be scaleable; Have a set curriculum, typically at least eight sessions with 30 - 45 mins daily home practice, incremental development and experiential learning; and have a clear commitment to be evidence-based.



A teacher of mindfulness-based approaches should have the following:

A. Mindfulness Based Teacher Training

- 1. Familiarity through personal participation with the mindfulness-based course curriculum that they will be learning to teach, with particular in-depth personal experience of all the core meditation practices of this mindfulness-based programme.
- 2. Completion of an in-depth, rigorous mindfulness-based teacher training programme or supervised pathway over a minimum duration of 12 months.

B. Training or background required in addition to mindfulness-based teacher training

- 1. 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.
- 2. Knowledge and experience of the populations that the mindfulness-based course will be delivered to, including experience of teaching, therapeutic or other care provision with groups and/or individuals, unless such knowledge and experience is provided to an adequate level by the mindfulness-based teacher training itself. An exception to this can be when teaching with the help of a colleague who knows well the population to whom the

course will be delivered and has a relevant qualification. They would also need to have an understanding of mindfulness-based approaches.

- 3. If delivering MBCT, knowledge of relevant underlying psychological processes, associated research and evidence-based practice, unless these are provided to an adequate level by the mindfulness teacher training programme.
- 4. If delivering MBCT or other mindfulness-based course with a clinical population, an appropriate professional clinical training.

C. Ongoing Good Practice Requirements

- 1. Commitment to a personal mindfulness practice through:
- daily formal and informal practice
- participation in annual residential teacher-led mindfulness meditation retreats with significant periods of silence
- 2. Engagement in processes which continue to develop mindfulness-based teaching practice:
- ongoing contacts with other mindfulness practitioners and teachers, built and maintained as a means to share experiences and learn collaboratively and
- regular supervision with an experienced mindfulness-based teacher including:
- i. opportunity to reflect on/inquire into personal process in relation to personal mindfulness practice and mindfulness-based teaching practice
- ii. receiving periodic feedback on teaching through video recordings, supervisor sitting in on teaching sessions or co-teaching with reciprocal feedback.
- 3. A commitment to ongoing development as a teacher through further training, keeping up to date with the evidence base, recording and reflecting on teaching sessions, participation in webs forums etc.
- 4. Adherence to the ethical framework appropriate to the teacher's professional background and working context.

Appendix 1: List of Courses

- Mindfulness Based Stress Reduction (MBSR) (www.umassmed.edu/cfm)
- Mindfulness Based Cognitive Therapy (MBCT) (http://mbct.co.uk/)
- Breathworks (www.breathworks-mindfulness.org.uk)
- Mindfulness Based Living Course (MBLC) (www.mindfulnessassociation.net)
- Mindfulness Based Childbirth and Parenting (MBCP) (www.mindfulbirthing.org)

- Mindfulness Based Relapse Prevention (MBRP) (www.mindfulrp.com)
- Mindfulness Based Addiction Recovery (MBAR) (www.valeriemason-john.com/mindfulness-based-addiction-recovery)
- Mindfulness for Life (www.youthmindfulness.org/)

It is also hoped that teachers of lower intensity mindfulness-based courses such as the Finding Peace in a Frantic World course will work towards these guidelines.

UK Network of Mindfulness Teacher Training Organisations https://app.ukmindfulnessnetwork.co.uk/ Good Practice Guidance for Teachers (October 2019)