

Governance arrangements for teaching Mindfulness Based Cognitive Therapy (MBCT) in Sussex Partnership NHS Foundation Trust

In order to offer MBCT of an appropriate standard within the Trust, it is expected that, unless working as a trainee mindfulness teacher under appropriate supervision, clinicians facilitating MBCT groups should meet the national good practice guidelines for teaching mindfulness-based courses produced by the UK Network of Mindfulness-based Teacher Training Organisations (available at <http://mindfulnessteachersuk.org.uk/pdf/teacher-guidelines.pdf>).

In addition to meeting those guidelines, MBCT teachers should:

- 1) Have a professional mental health training that includes the use of evidenced based therapeutic approaches¹.
- 2) Have an established, regular personal Mindfulness practice (usually interpreted as two years or more).
- 3) Have attended at least one 8 week MBCT course as a participant.
- 4) Co run at least two MBCT groups with a more experienced teacher before running MBCT groups with a peer of similar experience. A further two groups need to be co-run with either a more experienced teacher or a peer of similar experience (i.e. four groups in total) before solo or lead running MBCT groups.
- 5) Have a named mindfulness supervisor who agrees that the clinician is ready to run their own MBCT groups. If the supervisor does not think the clinician is ready, clear indications must be given by the supervisor regarding what experience and training are needed.

Please note that these criteria are a minimum standard only and greater experience and training in mindfulness than that listed above may be necessary for people to lead MBCT groups confidently.

An audit will be conducted every two years amongst SPFT MBCT teachers. Information will be requested 3 times and if there is no response and it is not possible to draw up a plan with teacher concerned about how the criteria will be met over a specific timescale, then Trust approved MBCT teaching status will be removed until such a plan is drawn up and met. Teachers wishing to teach after an absence from

¹ This point applies to running MBCT groups. Other qualifications (e.g. teaching qualifications) or equivalent life experience (e.g. regular personal mindfulness practice and extensive retreat experience in mindfulness over considerably more than two years) may substitute for mental health training if using other (non MBCT) mindfulness-derived approaches with certain populations.

teaching should have maintained the mindfulness CPD and personal practice and retreat requirements set out in the national good practice guidelines, and if they have not taught for 3 years or more, should start by co-teaching with another teacher and access additional supervision.

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Mindfulness-based Interventions Practice Network