UK Mindfulness Centres Collaboration

Mindfulness-Based Cognitive Therapy (MBCT) Teacher Training for Improving Access to Psychological Therapies (IAPT) Services

2021-22



**SERVICE APPLICATION FORM**

Please refer to the accompanying documentation: the training information and the training curriculum.

IAPT services wishing to submit staff members for this training course should complete this service application form.

Staff members that are being proposed for the training course should each complete a trainee application form.

The service application form and the trainee application form(s) should be submitted together.

Trainee application form(s) should be submitted together with the completed service application form to the training lead to which your service geographically pertains. (See the training information document for a more detailed geographical breakdown). Each IAPT service should apply to only one training lead.

Application forms should be completed electronically and submitted by **5pm on Friday 20th November 2020**. Shortlisted applicants will be interviewed (by zoom, Teams or skype) in December 2020.

This form should be signed off by the Head of Service and discussed with the Line Manager and Clinical Lead of the nominated applicant(s).

We may contact members of your service to discuss the application.

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| *Please complete this form electronically* |
| *Admin use only:* |
| Name and address of IAPT service: |
| Please provide name, email and phone number(s) of following:   1. Head of Service |
| 1. Clinical Lead(s) for the applicants you are proposing |
| 1. Manager(s) for the applicants you are proposing |
| Geographical area covered by the service: |
| Approximate size of general population covered by the service: |
| Approximate WTE number of High Intensity Therapists in your service: |
| Name of organisation of which the IAPT service is a part: |
| Type of organisation (eg NHS Trust / third sector / private sector): |
| Which Health Education England Local Education and Training Board area does your service relate to (please tick):   * North (North East and North West, including Cheshire, Yorkshire and Humberside and further north). * Central England (Midlands and East of England, including Stafford, Derby, Notts and Lincolnshire and as far south as, and including, Worcestershire, Warwickshire, Northants and Hertfordshire). * London and South East (Greater London, Kent, Surrey, Sussex and Isle of Wight) * South and South-West (including Bucks, Berks, Oxfordshire, Hampshire and further south-west) |
| Approximately how many 8-week programmes of MBCT have been run within your IAPT service over the last year?  *Please add any comments:* |
| How many members of your IAPT service have undergone formal training to teach MBCT over a period of at least a year, and have run 8-week MBCT programmes within the service in the last 3 years ?  Number of trained MBCT teachers …..  Total WTE of trained MBCT teachers…. |
| How many currently trained MBCT teachers in your service would be in a position to co-facilitate 8-week programmes of MBCT in the autumn of 2021 and the spring of 2022 with any MBCT teachers-in-training that we accept on the training programme ?  Number ….. |
| In what format could these groups (usually of 10-15 patients) be delivered:    Online by zoom…..yes/no  Online by another virtual platform…..yes/no  If yes, which platform ? ……..  Face to face with sufficient social distancing to meet current government requirements….yes/no  Please note our strong preference is to use zoom with its safety features enabled. We have found in our NHS Trusts that this facilitates the most effective group experience. |
| How many members of your IAPT service are currently undergoing formal training to teach MBCT with a plan to run 8-week programmes of MBCT within the service?  Number of MBCT teachers in training…..  *Please add any comments.* |
| How many members of your IAPT service have received specialist mindfulness supervision training and have experience in providing mindfulness supervision?  Number of MBCT supervisors…..  *Please add any comments.* | |
| Would you be willing to allow a trainee from your service to attend 11 training days between March and July 2021 :  Face to face at their nearest geographical site: yes/no  Online via zoom: yes/no  Online via another online platform ? yes/no (Please state which)……  Please note our strong preference is to use zoom with its safety features enabled. We have found in our NHS Trusts that this facilitates the most effective training experience. | |
| Why do you want to submit applicants from your service to be trained to teach MBCT?  *Please explain* | |
| Do you have plans for the building MBCT capacity and for the implementation of MBCT within the service?  *Please describe plans and the level of commitment to their implementation.* | |
| If your staff members complete training with us, to which patient group(s) do you envisage them delivering courses of MBCT? | |
| How many of your High Intensity Therapists do you wish to nominate for this training?  *We suggest that services with a total of 0 – 2 MBCT teachers should nominate 2 applicants and services with 3 MBCT teachers should nominate 1 applicant. Services with 4 or more MBCT teachers may nominate one applicant along with justification for the need for more teachers; however please note that services with fewer MBCT teachers will be prioritised. All applicants should be trained in CBT and should have been practising for at least one year OR be fully BABCP accredited CBT therapists.*  Number of applicants that you wish to nominate….  If you have 4 or more MBCT teachers already, please give your justification for nominating an applicant here: | |
| Name of 1st applicant for training: | |
| Reasons for nominating 1st applicant: | |
| Name of 2nd applicant for training: | |
| Reasons for nominating 2nd applicant: | |
| Is there anything else you would like us to know? | |
| I confirm that the information provided in this form is true and accurate.  I support the nomination of the applicant(s) for the training.  I confirm that the nominated applicant(s) would be released to attend the 11 training days (detailed in the accompanying documentation) and would be supported to co-facilitate two supervised MBCT 8-week programmes between July 2021 and the end of March 2022.  I support the NHS England requirement that all MBCT teachers in IAPT register with the British Association for Mindfulness-Based Approaches.  I confirm that successful graduates of the training would be supported to deliver MBCT 8-week programmes in accordance with NICE guidelines and suitable arrangements would be made for MBCT supervision by appropriately qualified supervisors, in accordance with national good practice guidelines.  Name of Head of service: | |
| Signature of Head of Service: | |
| Date: | |
| *Admin use only:* | |

Please complete this form electronically and email it to training lead for the relevant geographical area together with the application forms of all applicants to this training from your IAPT service to the training lead covering your geographical area **by 5pm on 20th Nov 2020:**

* Paul Bernard ([tewv.mindfulness@nhs.net](mailto:tewv.mindfulness@nhs.net)) for the North (North East and North West, including Cheshire, Yorkshire and Humberside and further north).
* Tim Sweeney ([tim.sweeney@nottshc.nhs.uk](mailto:tim.sweeney@nottshc.nhs.uk)) for Central England (Midlands and East of England, including Stafford, Derby, Notts and Lincolnshire and as far south as, and including, Worcestershire, Warwickshire, Northants and Hertfordshire).
* Nicole Jamani ([mindfulness@exeter.ac.uk](mailto:mindfulness@exeter.ac.uk)) for the South and South-West (including Bucks, Berks, Oxfordshire, Hampshire and further south-west).
* Robert Marx ([smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk)) for the South East (covering Greater London, Kent, Surrey, Sussex and Isle of Wight).

If you have any queries, please contact the training lead by email.