



**Oxford  
Mindfulness  
Centre**



**Oxford  
Mindfulness  
Foundation**

# **Teacher Training Programmes**

[www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)

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Kind regards  
Teaching and Administrative Team

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*The Oxford Mindfulness Centre is a collaboration between the University of Oxford and the Oxford Mindfulness Foundation. The Oxford Mindfulness Foundation is a registered charity which delivers mindfulness teaching and training in collaboration with a range of international organisations including the University of Oxford*

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# Introduction

Mindfulness involves paying attention to our experience in the present moment, with curiosity, compassion and acceptance. It is a blend of modern psychology and the ancient wisdom of meditation, which helps us to live life more fully and with a greater sense of perspective.

Our vision at the Oxford Mindfulness Foundation is a world where mindfulness is integrated into everyday life, where there are mindfulness teachers and champions in all areas of society using mindfulness explicitly (via courses and training) and implicitly (in their everyday work and way of living) to support wellbeing, and where mindfulness is within easy reach of anyone wanting to experience its benefits.

Our work toward this vision is centred around Mindfulness-Based Cognitive Therapy (MBCT), a set of structured, evidence-based curricula. The original curriculum, MBCT for Depression, has been shown in rigorous research to help people at risk of depressive relapse to stay well. Adaptations of this curriculum are beneficial for people with a wide range of other conditions, including anxiety, stress, illness and pain.

Mindfulness for Life (sometimes known as MBCT-L) and Mindfulness: Finding Peace in a Frantic World (M-FP), are based on theory and research on the whole range of human functioning, from deep distress to wellbeing and flourishing. They are designed for diverse groups of people in a wide range of settings, such as workplaces, education, and the general population. Research shows that they are effective and accessible ways of reducing stress and unhappiness and enhancing mental health and wellbeing.

An important part of our work is to extend the global reach of mindfulness by training MBCT teachers to integrate mindfulness into different countries and contexts, and to help people make it part of their lives. Our part-time, flexible teacher training programmes have been developed within the Oxford Mindfulness Centre (OMC) collaboration, with both online and face-to-face formats, increase accessibility and allow us to work internationally. We provide options for mindfulness teachers to work with the general population or to specialise in a particular area, such as depression or other health conditions, and in a variety of contexts such as workplaces, the arts, education, and criminal justice.

These training programmes use OMC content and are based on the MBCT 'family' of curricula. They include theoretical, empirical, and ethical foundations; personal mindfulness practice; and teaching skills and professional competencies. We use a variety of teaching methods, including experiential practice, didactic teaching, skills training, supervision and mentoring.

## Our Training Programmes

Our **12-month Teacher Training Programme** is a complete programme for those with no previous training in teaching mindfulness, and follows the international guidelines developed by Segal and colleagues ([here](#)). Please see the section below for details of what this training includes and what you will be able to do at the end of it.

We also provide programmes for those who are already trained to teach a different Mindfulness Based Programme (e.g. MBSR, Breathworks) and who wish to train the teach MBCT for Life or Finding Peace. Details of these are in the section called **Branch Training**.

We hope that this information will help you decide which of our teacher training programmes is the best fit for you and your teaching goals.

# Training Programmes

## 12-month Teacher Training Programme

### Our staged pathway to certification

Stage	Curriculum	Number of days
Stage 1	Learning to teach MBCT-L practices and exercises <ul style="list-style-type: none"> <li>• MBCT-L practice and exercises</li> <li>• Inquiry</li> </ul>	8-days 1-day
Stage 2	Personal practice intensive and related workshops <ul style="list-style-type: none"> <li>• Ethics, Orientation &amp; Assessment</li> <li>• Origins of Mindfulness</li> <li>• Personal practice intensive</li> </ul>	1-day 1-day 5-days
Stage 3	Teaching MBCT-L curriculum in groups and other curricula <ul style="list-style-type: none"> <li>• Group skills</li> <li>• Teaching MBCT-L 8-week course in groups</li> <li>• MBCT for Depression OR Finding Peace Curriculum</li> <li>• Introducing Mindfulness curriculum</li> </ul>	1-day 5-days 1-day 1-day
Stage 4	Workshops – Applying your teaching <ul style="list-style-type: none"> <li>• Inclusion and Communication</li> <li>• Implementation</li> <li>• Theoretical Foundations of MBCT</li> <li>• Safeguarding</li> <li>• Research and evaluation</li> <li>• Closing day and next steps</li> </ul>	Half-day Half-day Half-day Half-day 1-day 1-day
After completion of 12-month training, teachers in training can independently progress to:		
Stage 5	Teaching at least two 8-week courses under supervision	
After teaching at least two 8-week courses under supervision, teachers in training can apply for:		
Stage 6	Trained Teacher Status <ul style="list-style-type: none"> <li>• Trained Teacher Certificate</li> </ul>	Competency Assessment <ul style="list-style-type: none"> <li>• Certificate of Competency</li> </ul>

The table above shows our staged pathway to certification. Our 12-month teacher training programme covers **Stages 1-4** of this pathway. In line with the International Segal MBCT training pathway, after completing this training you will be required to teach at least two 8-week MBCT courses under supervision (**Stage 5**) before you can apply for an OMC Trained Teacher Certificate or Assessment of Competency (**Stage 6**). Information on these stages is given below.

## Stages 1-4: Completion of the OMC 12-month teacher training programme.

### What it includes:

- 28 training days throughout the year (see table above)
- Support from a personal mentor throughout the training
- Reflective writing

### What will you be trained to do by the end of the 12-month programme:

- Embody mindfulness
- Offer sessions introducing mindfulness
- Guide mindfulness practices and exercises
- Understand the theoretical foundations of MBCT
- Ensure that your work is informed by current research
- Know how to evaluate your mindfulness teaching
- Teach the OMC's Introducing Mindfulness curriculum
- Teach Mindfulness for Life courses to a range of populations
- Teach MBCT in a clinical context, if you are a clinician and opted to complete the training day on MBCT for depression
- Teach Finding Peace in a Frantic World, if you opted to complete this training day
- Enrol on specialist teacher training for specific populations / contexts, such as workplace training (further entry criteria may apply)

**The entry criteria for the 12-month teacher training programme:**

- Participation in an 8-week Mindfulness for Life course (MBCT-L) – in person or online (not self taught)
- Regular personal mindfulness practice of at least 12-months (this does not need to be the Mindfulness for Life practices but can be another mindfulness practice)
- Knowledge, competencies, and experience of the population and setting where you plan to teach. For clinical populations, a professional qualification in a relevant healthcare or mental health field is required. For non-clinical settings, a background that provides knowledge and competencies necessary to work in the intended setting is required
- Experience working with individuals and groups using skills such as empathic listening, teaching, therapy, counselling, coaching, or facilitating other group activities

**Stage 5: Teaching under supervision**

It will be your responsibility to organise your two full-length 8-week courses – perhaps teaching friends and family or within your chosen context – and teach, or co-teach, under supervision from a trained mindfulness supervisor who is familiar with your context and the curriculum you are teaching. We recommend co-teaching with an experienced teacher. If this is not possible for you, then co-teaching with another teacher in training, or on your own. We partner with the [Mindfulness Network](#) to support you in finding a suitable supervisor.

As you continue your teaching, working with a supervisor is essential to meet our ethical standards.

## Stage 6: Teacher Certification

The OMC offers two types of certification for those who have completed our 12-month Teacher Training Programme and who have taught at least two 8-week courses under supervision: Trained Teacher Certificate and Certificate of Competence.

### 6.1. Trained Teacher Certificate

This certificate confirms that you have completed the OMF's 12-month training pathway and that you have taught at least two courses using a full-length MBCT curriculum (MBCT in a clinical context, Mindfulness for Life, or Finding Peace in a Frantic World) under supervision. This certificate does not involve submission of teaching videos or an MBI:TAC assessment and does not certify your level of competence. Your supervisor/mentor will have seen samples of your teaching and will be asked whether they support your application.

This certificate is available only to those who have completed the full OMF teacher training programme.

### 6.2. Certificate of Competence

This certificate requires a full competency assessment using the MBI:TAC. It involves submitting recordings of you teaching a complete MBCT course. The Certificate of Competence is awarded if your teaching is assessed as competent, or above, using the domains of the MBI:TAC. This assessment is an internationally recognised process, and assessments are made by highly experienced assessors who have undergone lengthy and rigorous training in how to assess reliably.

This certificate is available only to those who have completed the full OMF teacher training programme.

Click [here](#) for further information on Teacher Certification.

Click [here](#) for further information on the MBI:TAC

# Branch Training

Our Branch training uses curricula developed within the OMC collaboration.

Mindfulness for Life is a development of MBCT for the general population. It includes 8 weekly sessions, home practice, and an all-day session and teaches skills both for working with painful and difficult experience and for increasing wellbeing and flourishing.

## MBCT to Mindfulness for Life: 2-day training

The OMF offers a 2-day teacher training for trained teachers of MBCT who would like to learn to teach the Mindfulness for Life (MBCT-L) curriculum. Participants will be provided full curriculum materials and handouts for teaching Mindfulness for Life.

### Learning outcomes

Our MBCT to Mindfulness for Life training provides MBCT teachers the opportunity to:

- Learn about the background and rationale for the Mindfulness for Life curriculum
- Understand the structure and sequence of this curriculum
- Practice teaching key practices and exercises that are part of this curriculum

### Entry Criteria

You are eligible to attend this training if you have:

- Completed an 8-week Mindfulness for Life course as a participant
- Completed a teacher training pathway in MBCT of at least 12 months

## MBSR to Mindfulness for Life: 5-day training

This teacher training supports MBSR teachers to better understand the theoretical and empirical foundations for Mindfulness for Life, the structure and sequence of the curriculum, and learning to teach key practices and exercises. This includes cognitive- behavioural exercises, appreciation and befriending practices, and a working with difficulty practice. It also includes discussion of how breathing spaces are used and how inquiry is conducted in Mindfulness for Life.

It is assumed that all participants are experienced teachers of the practices that are part of both Mindfulness for Life and MBSR (raisin practice, body scan, sitting practices, mindful movement) as there is no additional training provided in these practices. Training in the basic 3-step breathing space is included for those without previous training in this practice and is optional for those who already include breathing spaces in their teaching.

## Learning outcomes

Our MBSR to Mindfulness for Life training provides MBSR teachers the opportunity to:

- Learn about the background and rationale for the Mindfulness for Life curriculum
- Understand the structure and sequence of this curriculum
- Practice teaching key practices and exercises that are part of this curriculum

You will be provided with full curriculum materials and handouts for teaching Mindfulness for Life.

## Entry Criteria

You are eligible to attend this training if you have:

- Completed an 8-week Mindfulness for Life course as a participant
- Completed a teacher training pathway in Mindfulness-Based Stress Reduction of at least 12-months

## Mindfulness for Life to Finding Peace in a Frantic World: 1-day training

This training supports mindfulness teachers to teach Mindfulness: Finding Peace in a Frantic World (M-FP).

This curriculum is a development of MBCT based on the best-selling book by Mark Williams and Danny Penman. M-FP provides a practical and accessible introduction to mindfulness, with 6 or 8 weekly sessions of 60-90 minutes and home practices of 10-20 minutes. It includes practices and exercises for working with stress and for increasing wellbeing and resilience and is suitable for delivering to adults in workplaces, universities and schools, and to the general public.

## Learning Outcomes

Our Mindfulness for Life to Finding Peace training provides MBCT-L teachers the opportunity to:

- Learn about the background and rationale for the M-FP curriculum
- Understand the structure and sequence of this curriculum
- Practice teaching the key practices and exercises that are part of this curriculum
- Explore considerations for delivering this curriculum in a variety of settings
- Reflect on similarities and differences between this curriculum and other MBCT courses

## Entry Criteria

You are eligible to attend this training if you have trained to teach Mindfulness for Life by one of the following routes:

- Completed an MBCT teacher training pathway of at least 12 months and have completed the MBCT to Mindfulness for Life 2-day branch training
- Completed the MBSR to Mindfulness for Life 5-day branch training

# Continuing Professional Development

Trained teachers are expected to keep their knowledge up to date and may wish to broaden their skills and competencies to include additional curricula or working in new contexts. The OMF offers a range of CPD workshops and trainings that may be of interest. These are listed on the OMF website. Additional entry criteria may be required and will be described on the individual descriptors/application forms.





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