

Professional Qualification in Integrating Mindfulness and Compassion in Professional Practice

Accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB)

Detailed Course Information

There is a total of 6 teaching days, each of which are to be completed one after the other sequentially, incorporating a total of 8 Learning Outcomes:

1. Use mindfulness and compassion skills for personal development
2. Understand how mindfulness practice affects health and wellbeing
3. Teach mindfulness skills and practices
4. Understand the key therapeutic elements of mindfulness and suffering
5. Understand the therapeutic qualities of self-compassion and compassion to others' practices
6. Explain to clients how mindfulness and compassion can enhance their relationship with others
7. Understand the application of relevant neuroscience to teaching mindfulness practices
8. Continue to develop professionally

All 8 Learning Outcomes must be completed within a 3 to 24 month timescale.

The qualification consists of pre-reading prior to a teaching day and then time is allocated to complete assignments before the next teaching day. Some of the assessments will take place over the teaching days in addition to home study assignments.

There are 37 hours of face to face teaching, this includes one private tutorial via Skype or telephone, and a further 163 hours of directed learning hours, making a total of 200 hours. The student will be given some specific articles, books and internet resources to study and there will also be the opportunity to explore areas of individual specific interest.

Students must attend all 6 teaching days to complete the course.

Following the teacher training programme the remainder of the year's training pathway comprises of supervised teaching and peer group supervision by a Bangor-trained supervisor.

Eligibility

Prospective students will need to complete the application form below to be accepted onto the course. They need to show that they have already reached qualifications to at least Level 3 (for example A Level, Foundation Diploma).

Students must also fulfil the requirements of either Group A or Group B below:

Group A:

A professional practice based on a qualification in healthcare, social care or a related field, with evidence of current membership of the appropriate professional regulatory body.

e.g. medicine, nursing, occupational therapy, physiotherapy, osteopathy, chiropractic, acupuncture, psychotherapy, counselling, art therapy, social work, support work.

Group B:

A professional practice based on a certificated training in a complementary healthcare field, with evidence of current membership of an appropriate professional body, for at least one year. For example: hypnotherapy, dance therapy, music therapy, complementary medicine, coaching, yoga teaching, yoga therapy, bodywork e.g. massage therapy, Alexander technique.

The discretion of Certificate course teachers regarding professional background can be applied in special circumstances e.g. people with an appropriate background not currently employed planning a return to work after a career break or a change of career, students.

2. Applicants must also send a copy of a certificate of completion of a substantial introductory mindfulness-based programme, such as the eight-week Mindfulness-based Stress Reduction (MBSR) Programme or Mindfulness-based Cognitive Therapy (MBCT). To be acceptable other introductory courses must fulfil the following criteria:

(i) deliver at least 12 teaching hours.

(ii) require home practice of mindfulness and mindfulness meditations.

(iii) have an interactive component such that the learner's developing practice is discussed with the tutor, whether in class, online, via SKYPE or telephone.

If you fulfil these criteria and wish to apply for the course, please complete the application form and return as directed on the form.

Student Handbook

Each student will receive a Student Handbook, giving details about the Centre's policies and course information to support their learning.

Supervision

MindfulnessUK offers a range of supervision for any mindfulness teachers, including course graduates, one to one either in person or via Skype or phone and a group supervision per term for 4 hours (ie x3 per annum). Supervision gives the teacher time to explore issues arising through teaching, personal and professional development, alongside the opportunity to network and develop a mindfulness teacher community with like-minded peers.