‘Promoting and Maintaining Standards in Mindfulness-based Teaching and Training: The British Association’

As the availability of mindfulness-based interventions (MBIs) continues to expand, it becomes increasingly important to ensure that the training and delivery of these approaches adhere to recognised standards supporting safe and ethical practice. The Briitish Association of Mindfulness-Based Approaches (BAMBA) is the lead organisation overseeing the quality of mindfulness-based training in the UK. Its vision, mission and objectives are listed below:

* **VISION**: The Network represents the leading teacher training organisations in the UK.
* **MISSION**: We are committed to supporting and developing good practice and integrity in the delivery of Mindfulness-based approaches.
* **OBJECTIVES**: We do this by: Having strong collaborative relationships between member organisations. Defining, upholding and disseminating standards.

They have developed Good Practice Guidelines (GPGs) to provide clarity about acknowledged standards in the field of MBIs. These are intended to support the safe, effective and ethical provision of mindfulness approaches in the UK. It has additionally developed GPGs for those training people to teach MBIs. As a member organisation of BAMBA, MindfulnesUK strongly encourages all those teaching and training in MBIs to become familiar with these guidelines and to practice in accordance with these.

[Teaching Mindfulness-Based Courses](http://mindfulnessteachersuk.org.uk/pdf/teacher-guidelines.pdf)

[Trainers of Mindfulness-Based Teachers](http://mindfulnessteachersuk.org.uk/pdf/GPG4-TrainersfinalOct2013.pdf)

**BAMBA Listing**

Mindfulness-based teachers who have undergone sufficient training and are able to demonstrate adherence to the Good Practice Guidelines are eligible to be listed on the BAMBA Listing of mindfulness-based teachers.

The BAMBA Listing provides clarity for those wishing to attend a mindfulness-based course that teachers identified on this have been through a process of assessment to ensure they adhere to minimum standards. This process recognises the importance of developing and maintaining standards in teaching MBIs, and provides assurance that practitioners who are ‘Listed’ adhere to these standards in their teaching.