



Teacher Training Centre



Integrating Mindfulness and Compassion in Professional Practice (IMCPP) Course Information

Course Structure

This is a part time 200 hour course accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB) at level 4. This practical course teaches learners the considerations and applications to work with mindfulness in a compassionate way with clients, either one to one or in groups.

There are 36 hours of face to face teaching and a further 164 hours of directed learning hours, making a total of 200 hours. Learners will be given some specific articles, books and internet resources to study and there will also be assessments and assignments. Each of the teaching days are to be completed one after the other sequentially, incorporating a total of 8 Learning Outcomes over the 6 days. Learners have a maximum of one year to complete the course.

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

Who is this qualification for?

This qualification is for anyone has experienced the benefits of Mindfulness and Compassion themselves and now wishes to teach others.

Karen Atkinson, Director of MindfulnessUK, wrote this course and says;

"Teaching Mindfulness and Compassion comes from a place of knowing, from the heart. Our students are from all walks of life and with us they learn how to teach the activities, techniques and practices that they themselves have experienced and benefitted from. The course is designed to enable students to utilise all their previous knowledge, attainment and experience to develop and deliver bespoke programmes for clients."

MindfulnessUK graduates are now using this qualification one to one with clients, setting up their own businesses, developing and teaching their own bespoke programmes for individuals and groups, either in their employment context, as a consultant to organisations or in their own private practice.

"It is extremely well-structured and provides a thorough underpinning for acquiring the skills and knowledge to teach practices of mindfulness and compassion in a range of contexts. The tutors present in a warm, very knowledgeable and very organised way. I loved the course and can't recommend it highly enough". Ann Bond, Graduate

Mindfulness and Compassion Teacher Training: celebrating crystal clear awareness

To be eligible for this course, you need to have completed the MBSR 8 week program or similar, and a minimum of 6 months established mindfulness meditation daily practise.

Integrating Mindfulness and Compassion embraces 200 hours of teacher training, taking awareness to a deeper level.

It provides professionals with immersive training in mindfulness and an accredited qualification, enhancing graduates opportunities to teach in their private practice or commercial context.

- Small training groups - accredited by the CPCAB
- Marketing advice for graduates
- Development of bespoke courses
- Member of the UK Network of Mindfulness Teacher Training Organisations



"I found the course empowering, confidence building, brilliantly and sensitively taught. Wonderful for deepening one's mindfulness practice."

Vicki Thomas - Course graduate

mindfulnessuk.com

 mindfulnessUK Teacher Training Centre

What are the pre-requisites?

1. Applicants must have experienced Mindfulness either through their own learning and experience and/or have completed the 8 week Mindfulness-Based Stress Reduction Course or similar either in a group or online.
Email info@mindfulnessuk.com or phone 01823 323206 if you are unsure whether you have the necessary pre-requisites.
2. Applicants must be practicing Mindfulness meditation practice regularly themselves.

Course Costs:

This course costs from £1515 and £1550 (dependant on venue chosen) Costs includes all teaching, assessing, verification and certificates, course notes and student handbook. There is an additional one off CPCAB Learner registration fee of £134 and we ask that learners purchase 3 well known Mindfulness and Compassion books to support their studies.

Paying in Instalments: The course can be paid for in full or in three instalments. There are individual payments plans available on request.

How to apply:

It is easy to apply on line via our website <https://mindfulnessuk.com/teach-mindfulness/integrating-mindfulness-and-compassion-in-professional-practice> or you can phone 01823 323206 or email info@mindfulnessuk.com and request an application form to be sent to you.

Cancellation and Refunds

Once applicants are accepted as learners, they will receive an acceptance letter with joining instructions. Please be aware that any payments that we request to secure your place are non-refundable.

MindfulnessUK Courses are very popular and there are a limited number of spaces. It is therefore important that cancellations and/or booking changes are well in advance of the event. ie; No less than 4 weeks before the course start date.

We require full payment for any of our events before the start date to confirm your place on teaching days. Payment timescales will be clearly set put in our correspondence with you. Please be aware that your place will be lost if you fail to make this payment in the timescale given.

If you pay in full and then cancel your place, a refund will only be possible if we are able to fill your place.

If we are able to fill your place, a cancellation fee is payable to cover the cost of administration, the cost being 10% of the full price of the course booked

To request a refund

Email info@mindfulnessuk.com or write to MindfulnessUK , 27 Canon Street, Taunton, TA1 1SW. All requests for the attention of the Admin Team – Refund Requests and must include the Learners name, title of the course and start date.

Any questions?

Please contact Angie Ward via email angie@mindfulnessuk.com or 01823 32306 if you have any questions about this course.