

## Postgraduate training in **Mindfulness-based Cognitive Therapies**

The University of Exeter in collaboration with Gaia House teachers is pleased to announce its postgraduate training programme in Mindfulness-based Cognitive Therapies (MBCT). Our aim is to provide students with the opportunities to develop a grounded understanding of MBCT and the competencies required to instruct MBCT classes.

The training is offered at two levels.

### **Year 1, Certificate in Mindfulness-based Cognitive Therapies (starting in 2010)**

Provides students with an understanding of MBCT based on both personal practice and knowledge of theory and research

Involves being a participant in an MBCT group; participation in a 4-day retreat; teaching about the theory and research underpinning MBCT and exploration of the lineage of mindfulness in Buddhist Psychology

The Certificate itself does not enable students to teach MBCT to clients in health care settings, but provides the necessary foundation to progress to this

Suitable for students with a first degree in psychology or other health-related discipline\*

### **Year 2, Diploma in Mindfulness-based Cognitive Therapies (starting in 2011)**

Lays the groundwork for students' readiness to teach MBCT classes for clients in healthcare settings

Involves participating in a 7-day retreat; observing and reflecting on a range of established mindfulness practitioners (live and on video tape); rehearsing new skills on peers and (co-) instructing MBCT groups under supervision

Suitable for students who have passed the Certificate (or equivalent), have an appropriate professional qualification, have a personal mindfulness practice and some relevant professional experience\*

**Prospectus and Application Form at**  
**<http://www.centres.ex.ac.uk/mood/training.php>**

\* Eligibility and full programme details are set out in the Prospectus

**For a copy of the Prospectus and Application Form contact:**  
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