

The Centre
for Mindfulness
Studies



Professional Development

Facilitation Certificate Programs in
Mindfulness-Based Cognitive Therapy (MBCT)
& Mindfulness-Based Stress Reduction (MBSR)

Becoming a mindfulness facilitator



Mindfulness...

is a non-judgmental way of paying attention to the present moment.

MBCT

Mindfulness-Based Cognitive Therapy is an evidence-based group therapy for preventing depressive relapse, endorsed in the CANMAT Guidelines (2016) for the Treatment of Depression. It also reduces acute depression, anxiety and stress.

This 8-week psycho-therapeutic skills group combines techniques of cognitive therapy with the practice of mindfulness meditation. Cognitive Behaviour Therapy is designed to bring awareness to the negative thinking that leads to depressive and anxious spirals. MBCT interrupts how we habitually react to situations, so we can choose to respond in more skillful & healthful ways. Developed by Segal, Williams and Teasdale, this program teaches participants a simple yet radical shift in their relationship to the thoughts, feelings and bodily sensations that contribute to depression and anxiety.

Research has demonstrated MBCT is as effective as antidepressants in the prevention of depressive relapse or recurrence (Kuyken, 2016).



MBSR

Mindfulness-Based Stress Reduction is for individuals experiencing stress resulting from chronic physical, psychological, and environmental conditions.

This 8-week psycho-educational group teaches practical skills and enhances the capacity for stress management. The majority of MBSR program participants report lasting decreases in psychological and physical symptoms exacerbated by chronic stress. Created by Jon Kabat-Zinn in 1979, MBSR offers participants the possibility to develop a different relationship to stress.

Research has demonstrated improved behavioural outcomes including better sleep, lower blood pressure, and fewer worries.



Learn more...

For an overview of the similarities, differences, and themes of the MBCT and MBSR programs, please visit our website: [MindfulnessStudies.com](https://www.MindfulnessStudies.com)



Certificate Programs

The MBCT and MBSR Facilitation Certificate programs provide comprehensive training in learning how to facilitate the 8-week programs.

Rigorous and internationally recognized, these professional certificate programs were developed to train the teaching competencies set out in the Bangor, Exeter and Oxford Mindfulness-Based Interventions Teaching Assessment Criteria.

The certificate programs and applicable modules are recognized as equivalent to those offered by the University of California at San Diego's Mindfulness-Based Professional Training Institute, for the purposes of certification.

Prerequisites

All participants pursuing one of The Centre's certificate programs must:

- **Have a daily mindfulness practice (meditation and/or movement)**
- **Complete an 8-week MBCT / MBSR in their stream as a participant**
- **Participate in a total of 5-7 days silent retreat**

Please note this is required prior to taking the Intensive Training & Retreat. The duration of a 7-day silent retreat is preferable while a 5-day silent retreat is sufficient; If you are unable to participate in a 5-7 day silent retreat, The Centre will accept the completion of a 3-day silent retreat as well as a 2-day silent retreat; In exceptional circumstances, we may also accept a 3-day silent retreat combined with the completion of two 1-day silent retreats - please obtain explicit approval from The Centre before pursuing this last option.

- **Ideally, participants will have experience facilitating groups**
- **MBCT Certificate Program requires: clinical training and designation**



Who Should Apply:

MBCT Facilitation Certificate

MBCT is best suited for healthcare professionals and social service workers (who may also choose to take the MBSR certificate) including:

- Addictions Counsellors
- Mental Health Counsellors
- Naturopathic Doctors
- Nurse Practitioners
- Nurses
- Occupational Therapists
- Physicians
- Psychologists
- Registered Psychotherapists
- Registered Nurses
- Social Workers

MBSR Facilitation Certificate

MBSR is suited for healthcare providers (as listed in MBCT) and can include other professionals such as:

- Certified Fitness Trainers/Coaches
- Guidance Counsellors
- Human Resources Professionals
- Lawyers
- Life/Health Coaches
- Teachers
- Yoga Instructors

Apply Now

Interested parties must submit a completed **Professional Development Application Form** and a copy of their CV to be considered for either program.





MBCT Facilitation Certificate

Modules 1 & 2: MBCT Basics & CBT Primer
(these two courses can be completed in any order)

Modules 3 & 4: MBCT Intensive & MBCT Practicum
(these two courses can be completed in any order but trainees are encouraged to complete the MBCT Intensive before the MBCT Practicum)

Modules 5 & 6: MBCT Mentorship & Inquiry Essentials
(trainees should begin MBCT Mentorship and/or facilitate at least one MBCT group before enrolling in Inquiry Essentials)

MBSR Facilitation Certificate

Module 1: Mindfulness Core Concepts
(or equivalent formal mindfulness training)

Module 2: MBSR Intensive

Modules 3 & 4: MBSR Mentorship & Inquiry Essentials
(trainees should begin MBSR Mentorship and/or facilitate at least one MBSR group before enrolling in Inquiry Essentials)

NOTE: To apply for a course waiver for either certificate, please complete and submit our [Alternative Module Request Form](#)

MBCT Facilitation Certificate Details

COSTS

As of 2017, the tuition and administration fees to complete the six modules of the MBCT Facilitation Certificate are approximately \$5,500.

This does not include mentor fees which range from \$130 to \$180 per hour (minimum 12 hours of mentorship). It also does not include accommodation fees for intensives and retreats.

The estimated total cost would range \$7,500 - \$8,000.

TIMELINE

The six modules of the MBCT Facilitation Certificate can be completed within about a year (September – September) but it usually takes trainees at least a year and a half to complete all six modules.

The MBCT Intensive is offered only once in a calendar year (usually in the Fall). The 10-week MBCT Practicum is offered once a year (usually starts in January) with a 5-day intensive version offered alternate years (usually in the Fall).

MBSR Facilitation Certificate Details

COSTS

As of 2017, the tuition and administration fees to complete the four modules of the MBSR Facilitation Certificate are approximately \$3,000.

This does not include mentor fees, which range from \$130 to \$180 per hour (minimum 22 hours of mentorship). It also does not include accommodation fees for intensives and retreats.

The estimated total cost would range \$6,000 - \$7,000.

TIMELINE

The four modules of MBSR Facilitation Certificate can be completed within 6 months but it usually takes trainees at least a year to complete all four modules.

The MBSR Intensive is offered only once in a calendar year (usually in the Summer).



Advanced Certification

Advanced Certification is meant for MBI facilitators who wish to further develop their practice and training and who may eventually wish to train or mentor MBI facilitators. This is a competency-based training and is essential for honing inquiry skills, participants will have taught at least 3 groups prior to enrolling.

Module 1: Advanced MBCT/MBSR Mentorship

Assessment, using the Teaching Assessment Competencies, of 8-week program instruction

Module 2: Advanced Facilitation Training & Retreat

For more information, including prerequisites, please see MindfulnessStudies.com/advanced



Our Faculty

Our highly-trained faculty is led by Patricia Rockman. It includes Zindel Segal, one of the co-developers of MBCT, and Susan Woods, an MBSR/MBCT supervisor and mentor.



Patricia Rockman MD CCFP FCFP is an associate professor with the University of Toronto, department of family and community medicine; cross appointed to psychiatry. She is the past chair of the Ontario College of Family Physicians Collaborative Mental Health Network. Dr. Rockman is a founder and the Director of Education and Clinical Services at the Centre for Mindfulness Studies.

Zindel Segal PhD is a distinguished Professor of Psychology in Mood Disorders at the University of Toronto Scarborough and a senior scientist in the Campbell Family Research Institute at the Centre for Addiction and Mental Health. Dr. Segal pioneered the use of mindfulness meditation for promoting wellness in mood disorders and received the Douglas Utting Research Prize and the Mood Disorder Association of Ontario's Hope Award for this work.



Susan Woods MSW LICSW is the Senior Guiding Teacher with the Mindfulness-Based Professional Training Institute (MBPTI), Center for Mindfulness, University of California San Diego. She is a certified MBSR teacher through the Center of Mindfulness, UMass Medical Center where she was a teacher. Since 2005, Susan has been leading professional training programs in MBSR and MBCT and has taught at venues worldwide.

Accreditations

The following courses are accredited by the College of Family Physicians of Canada:

MBCT Basics (13 1/2 Mainpro-C credits)

CBT Primer (6 Mainpro-C credits)

MBCT Intensive Training & Retreat (18 Mainpro-C & 11 Mainpro-M1 credits)

MBCT Practicum* (25 Mainpro-C credits)

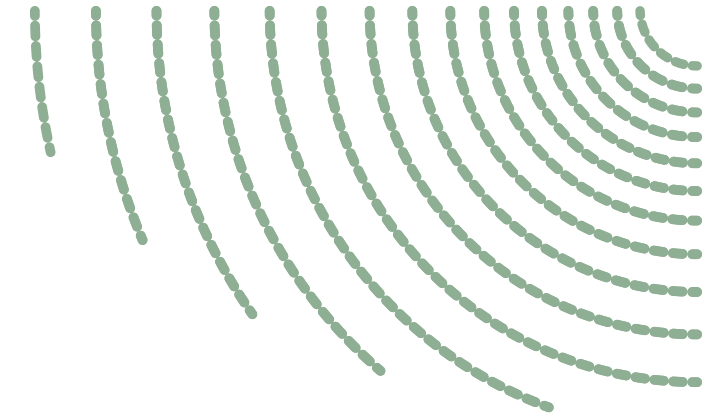
*This course has also been approved for 2 Lifestyle and 8 General Continuing Education credits by the College of Naturopaths of Ontario.



Bibliography

1. Parikh SV, Quilty LC, Ravitz PR, . Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 clinical guidelines for the management of adults with major depressive disorder: Section 2. Psychological treatments. Can J Psychiatry. 2016;61(9):524–539

2. Kuyken W., Warren, F.C., Taylor, R.S., et al. (2016). Efficacy of Mindfulness-Based Cognitive Therapy in Prevention of Depressive Relapse. JAMA Psychiatry 2016;73(6):565.



The Centre for Mindfulness Studies is the leading professional development and service delivery organization for mindfulness-based interventions in Canada.

We're also a mental health charity. As a social enterprise, our Community Program delivers mindfulness to marginalized groups and to the frontline workers who serve them. Through the support of our donors and funders, we work with more than 20 social service agencies and 7 healthcare partners to bring mindfulness-based interventions into underserved communities.

When you support us, you support our charitable initiatives. Donations are welcome. [MindfulnessStudies.com/donate](https://www.mindfulnessstudies.com/donate)

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