

Mindfulness-Based Cognitive Therapy (MBCT) Facilitation Certificate

MBCT is an evidence-based group modality that combines the practice of mindfulness with the tools of cognitive therapy. MBCT prevents depressive relapse and treats other mood disorders and anxiety. Our highly-trained faculty is led by Patricia Rockman MD CCFP FCFP, Zindel Segal PhD, and Evan Collins MD FRCPC.

Step 1: Do you have the prerequisites?

Mindfulness-Based Cognitive Therapy

Participate in an 8-week MBCT.

In-Person or Online: 22 hours over 8 weeks
Fee: \$550

MBCT Basics

Explore the therapeutic benefits of MBCT.

In-Person or Online: 12 hours over 2 days OR 6 sessions
Fee: \$560

You will also need:

Professional Clinical designation | Daily mindfulness practice | Silent retreat[s] totalling 5-7 days

Step 2: Attaining your MBCT Facilitation Certificate

Apply (\$50 Admin Fee) at [MindfulnessStudies.com/apply](https://www.mindfulnessstudies.com/apply) → Acceptance → Register for Modules:

Cognitive Behaviour Therapy (CBT) Primer

Learn the foundations of CBT

In-Person or Online: 6 hours over 1 day OR 3 sessions

Fee: \$350

MBCT Teacher Training Intensive

Train to facilitate MBCT with Zindel Segal.

Intensive: 45 hours over 5 days
Fee: \$2,400+

MBCT Practicum

Immerse in MBCT as a participant and facilitator

Intensive or weekly: 35 hours over 5 days or 10 weeks
Fee: \$2,400+

Inquiry Essentials

Examine the essentials of mindful inquiry

Intensive: 12 hours over 2 days
Fee: \$560

Facilitation Mentorship

Complete 12+ hours of mentorship.

Fee: \$200 administrative fee + mentors fee*
**Mentors charge between \$130 - \$180/hr*

Request your certificate online upon completion of modules.

Step 3: Pursuing your Advanced Certification

Facilitation Mentorship

Complete 12+ hours of mentorship.

Fee: \$200 administrative fee + mentors fee

Advanced Teacher Training

Deepen your skills & enhance your facilitation of inquiry.

Intensive: 40 hours over 5 days **Fee:** \$2,400+



We are a charitable organization and the leading professional development and service delivery organization for mindfulness programs in Canada. We create communities of well-being.

[MindfulnessStudies.com/pro-dev](https://www.mindfulnessstudies.com/pro-dev)