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 is designed to prevent depressive relapse and treat mood disorders. Our highly-trained faculty is led by Patricia Rockman MD CCFP FCFP, Zindel Segal PhD, Susan Woods MSW LICSW, 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 weeks |
| Fee: | $560 |

You will also need:
Professional Clinical designation | Daily mindfulness practice | 5 to 7 day silent retreat[s]

Step 2: Getting your MBCT Facilitation Certificate

Apply ($50 Admin Fee) at MindfulnessStudies.com/apply → **Acceptance** → **Register for Modules:**

CBT Primer
Learn the foundations of Cognitive Behaviour Therapy (CBT).

| In-Person or Online: | 6 hours over 1 day OR 3 weeks | Fee: | $350 |

MBCT Intensive Training & Retreat
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* |

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+ |

Please note fees are subject to change | March 2018