



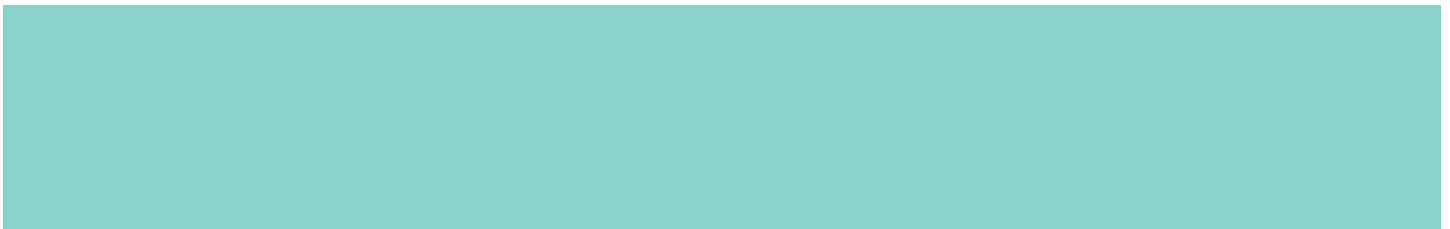
Professional Development

Train to teach

Mindfulness-Based Cognitive Therapy (MBCT)

Mindfulness-Based Stress Reduction (MBSR)

Mindful Self-Compassion (MSC)



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 depression, anxiety and stress.

This 8-week psycho-therapeutic skills group combines the practice of mindfulness meditation with techniques of cognitive therapy. 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 and 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 capacity for stress management. MBSR program participants report lasting decreases in psychological and physical symptoms worsened by chronic stress. Created by 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)

MSC

Mindful Self-Compassion combines the skills of mindfulness and self-compassion to enhance our emotional well-being. MSC is a research-supported skill-based program developed by Dr. Kristin Neff and Dr. Christopher Germer. It is offered as an 8-week or 5-day intensive program.

Research on self-compassion has shown that it boosts happiness and improves relationships while reducing anxiety, depression and shame. Increased levels of self-compassion can transform empathy fatigue into wholehearted engagement with others.



Certificate Programs

The MBCT and MBSR Facilitation Certificates at The Centre 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 MSC Certification is offered in collaboration with The Center for Mindful Self-Compassion.

Prerequisites

All participants pursuing the MBCT or MBSR Certificate must:

- Have a daily mindfulness practice (meditation and/or movement)
- Complete an MBCT / MBSR program in their stream as a participant
- Participate in (a) silent retreat/s totalling 5-7 days

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, we will accept the completion of a 3-day silent retreat as well as a 2-day silent retreat.

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



Who Should Apply:

MBCT Certificate

MBCT is best suited for clinicians, healthcare professionals, and social service workers (who may also pursue MBSR or MSC) including:

- Physicians
- Psychologists
- Occupational Therapists
- Nurse Practitioners
- Psychotherapists
- Nurses
- Social Workers

MBSR Certificate

MBSR is well-suited for healthcare providers (as listed under MBCT) and can include other professionals with an advanced degree such as:

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

MSC Certification

You do not need to be a clinician to pursue MSC Teacher Training. MSC qualifications are outlined here along with the application:

mbpti.org/programs/msc/msc-teacher-qualification-and-certification

Apply Now

Interested individuals must submit an [Application Form](#) and pay a \$50 Fee to apply for the MBCT or MBSR Certificate:

MindfulnessStudies.com/apply





MBCT Certificate

Prerequisite: MBCT Basics

Module 1: CBT Mindfulness Primer

Module 2: MBCT Teacher Training Intensive

Module 3: MBCT Practicum

Module 4: Facilitation Mentorship

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

MBSR Certificate

Prerequisite: Mindfulness Core Concepts
(or MBCT Basics or equivalent formal mindfulness training)

Module 1: MBSR Teacher Training Intensive

Module 2: Facilitation Mentorship

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

MBCT Facilitation Certificate Details

COSTS

As of 2018, 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 TTI is typically offered once in a calendar year. The 10-week MBCT Practicum is offered once a year with a 5-day intensive version offered alternate years.

MBSR Facilitation Certificate Details

COSTS

As of 2018, 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 TTI is typically offered once in a calendar year.



Advanced Certification

Advanced Certification is meant for Mindfulness-Based Program 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: Facilitation Mentorship

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

Module 2: Advanced Teacher Training Intensive

For more information, including prerequisites, please see [MindfulnessStudies.com/advanced](https://www.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, a prominent MBSR 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 a professional trainer in MBSR and MBCT. She developed the professional certification programs at UCSD, is Senior Faculty and a valued Mentor at the Centre for Mindfulness Studies where she was an advisor in building the Centre's MBSR professional training pathway. Susan is the author of chapters in edited books on the training of health professionals in mindfulness-based skills and is currently working on a book on MBSR scheduled to be published in 2021.

Accreditations

Most of our MBCT and MBSR Group Learning programs have been certified by the College of Family Physicians of Canada for Mainpro+ credits. See online for more details.



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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