

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

The University of Exeter in collaboration with Gaia House teachers is pleased to announce a new postgraduate training 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 2008)**

- 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 2009)**

- 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:**  
**Marie Land, Centre Administrator, Mood Disorders Centre, School of Psychology,**  
**University of Exeter**  
**Email: [m.s.land@exeter.ac.uk](mailto:m.s.land@exeter.ac.uk); Phone 01392 264645**