Mindfulness-Based Interventions in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Mindfulness-Based Interventions in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Mindfulness-Based Interventions in Practice” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

Revision 2. This printing was set on 10 November 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Mindfulness-Based Interventions in Practice 4
2. Planning the sessions 5

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Mindfulness-Based Interventions in Practice” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Mindfulness-Based Interventions in Practice

A practice that helps one client can destabilise another, and the difference is rarely in the practice itself: it is in the match between practice and formulation. This course teaches mindfulness-based work at that clinical standard, for practitioners integrating it into individual therapy rather than delivering a fixed programme.

You will learn to select and adapt practices by formulation: which practices suit which presentations, where breath-focus misleads, when body-based work needs titration, and how to adapt length, posture and anchor for real clients including those with trauma histories. You will study inquiry, the teaching conversation that follows practice, as the place where the learning actually happens. The second module works with difficulty: sleepiness, restlessness, distressing experience and doubt treated as the curriculum itself rather than obstacles to it, and the boundaries question answered honestly, including what depth of practice a therapist can responsibly lead without further training.

Substantial written lessons with key points and applied practice tasks, supported by a study tutor. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing. For clinicians who want their mindfulness work to be as formulated as the rest of their practice.

By the end of the course, participants will be able to

- Deliver the core practices of MBSR and MBCT with skilled guidance and inquiry
- Conduct inquiry after practice: opening experience, normalising, and drawing the learning
- Teach the cognitive component of MBCT, including the relationship between mood and thought
- Adapt practices for anxiety, rumination and low mood in individual therapy
- Work with common obstacles: sleepiness, restlessness, doubt and striving
- Hold group process in mindfulness-based courses without losing the practice thread

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Foundations of Mindfulness Practice	5	195 minutes
2	Mindfulness in Diverse Settings	5	195 minutes
3	Advanced Mindfulness Interventions	3	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.