Advanced MBCT and Contemplative Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced MBCT and Contemplative Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Advanced MBCT and Contemplative 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 9 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.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Advanced MBCT and Contemplative Practice” to a group: a session for each of its 4 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 4 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 Advanced MBCT and Contemplative Practice

Teaching an eight-week mindfulness curriculum is one of the most scrutinised roles in psychological practice, and rightly: the evidence says the teacher variable matters more than the manual. This course prepares experienced practitioners for that scrutiny, and for the far edges of contemplative work where the hazards live alongside the depth.

The first module teaches the MBCT curriculum as an arc rather than eight separate sessions: the logic that moves participants from automatic pilot to relating differently to experience, and the relapse-prevention core that earned the approach its NICE standing. It then examines embodiment, the quality the good-practice guidelines and the MBI:TAC assess, and why a teacher can only take participants where their own practice has been. The second module faces depth honestly: the adverse-effects literature, screening and safeguarding for intensive practice, compassion-based extensions, and mature integration of contemplative work into a clinical identity, including the judgement to distinguish a documented contemplative passage from an emerging clinical picture, and to act well on the difference.

Extended written lessons with key points and teaching-level practice tasks, with a study tutor available throughout. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing.

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

- Teach full MBCT with fidelity, including the relapse-prevention arc across the eight weeks
- Work with intense experience arising in practice, including trauma surfacing, safely and skilfully
- Deepen inquiry to the level of pattern and view, beyond technique
- Integrate mindfulness coherently with CBT and compassion-based work
- Sustain and mature your own practice, including retreat practice, as professional discipline
- Engage critically with the research literature, including effects, mechanisms and adverse events

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	Part 1: The MBCT arc and its logic	5	210 minutes
2	Part 2: Bridging Formal and Informal Practice: Embedding M	5	210 minutes
3	Part 3: Compassion extensions and mature integration	5	210 minutes
4	Part 4: Sustaining Personal Practice and Self-Care for Adv	4	210 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.