



# Certificate Programs

## **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 (CBT) 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). The Centre's MBCT certificate training program was developed by Zindel Segal and Patricia Rockman in 2012.



## 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, particularly Gotnick et al. (2015), has demonstrated improved behavioural outcomes including better sleep (Chen et al, 2020), lower blood pressure (Hughes et al, 2013), and fewer worries (Gotink et al, 2015). The Centre's MBSR certificate training program was developed by Susan Woods and Patricia Rockman in 2016.



## Apply Now

Interested individuals must submit an application and pay a \$50 assessment fee to apply for the MBCT or MBSR Certificate:

[MindfulnessStudies.com/apply](https://MindfulnessStudies.com/apply)

# 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 Germer and Neff. It is offered as an 8-week or 5-day intensive program.

Self-compassion has been shown to boost happiness (Hollis-Walker & Colosimo, 2011) and improve relationships (Neff & Beretvas, 2012) while reducing anxiety, depression and shame (Zessin et al, 2015). Increased levels of self-compassion have been shown to alleviate emotional, cognitive, and physical exhaustion (Babenko et al, 2019) and to support confidence in providing compassionate care to others (Kemper et al, 2020).

## MSC Training

The Centre is pleased to be the Canadian partner of the Center for Mindful Self-Compassion. As such, we host regular MSC Teacher Training Intensives and support the Center for MSC in other delivery and training initiatives. To learn more about the prerequisites and requirements for MSC teacher training, please visit:

[mbpti.org/programs/msc/msc-teacher-qualification-and-certification](https://mbpti.org/programs/msc/msc-teacher-qualification-and-certification)



## Learn more...

For an overview of the similarities, differences, and themes of the MBCT, MBSR, and MSC programs, please visit our website: [MindfulnessStudies.com](https://MindfulnessStudies.com)

# Certificate Programs

The MBCT and MBSR Certificate Training Programs at the Centre provide experiential learning and comprehensive training to facilitate these 8-Week Mindfulness-Based Programs (MBPs). 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 (MBI-TAC).

The Centre's certificate training pathways are firmly grounded in the evidence-base for these modalities and offer numerous practice teaching opportunities from very early on in the training. Our focus on experiential learning is paired with extensive feedback and coaching to enhance embodied presence, guidance, and inquiry skills.

Our training puts a strong emphasis on inquiry - the post-practice and exercise dialogue of investigating experience that is intended to inspire curiosity and to develop equanimity. Inquiry is at the heart of mindfulness-based programs and our Director of Education & Clinical Services, Dr. Patricia Rockman MD CCFP, has co-authored multiple books on the subject. The Centre's well-established training on conceptual and experiential inquiry supports trainees in developing a clear understanding and practiced ability of this impactful skillset.



# 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 including:

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

# Prerequisites

To be accepted into the Centre's MBCT or MBSR certificate training program, applicants must:

- Have a daily mindfulness practice (meditation and/or movement)
- Complete the 8-week personal program as a participant (MBCT/MBSR)
- Participate in (a) silent retreat/s totalling 5-7 days\*
- Ideally, applicants will have experience facilitating groups
- Acceptance into the MBCT certificate program requires a clinical designation

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





## MBCT Certification

Module 1: MBCT Basics  
Module 2: CBT Meets Mindfulness  
Module 3: MBCT Teacher Training Intensive  
Module 4: MBCT Practicum  
Module 5: MBCT Mentorship  
Module 6: Inquiry Essentials  
Module 7: Advanced Teacher Training Intensive  
Module 8: Advanced MBCT Mentorship

## MBSR Certification

Module 1: Mindfulness Core Concepts  
Module 2: MBSR Teacher Training Intensive  
Module 3: MBSR Practicum  
Module 4: MBSR Mentorship  
Module 5: Inquiry Essentials  
Module 6: Advanced Teacher Training Intensive  
Module 7: Advanced MBSR Mentorship

## MBCT Facilitation Certificate Details

### **COSTS**

As of 2021, to complete the attendance-based portion of the MBCT certificate training program and become a Trained MBCT Facilitator, the cost is approximately \$7,900\*. To become a Certified MBCT Facilitator the total cost is approximately \$11,750\*.

\* Mentor fees range from \$130 to \$180 per hour; these calculations include mentor fees at \$150 per hour for the minimum required hours. The estimates do not take into account the increased registration cost of in-person intensives compared to those delivered online.

### **TIMELINE**

It is possible to complete the six training modules required to become a Trained MBCT Facilitator in about one year. Trainees will want to plan around the MBCT TTI and the MBCT Practicum which are typically offered only once per year as well as Inquiry Essentials which is typically offered twice a year.

The Centre recommends that trainees facilitate at least two additional MBCT programs before pursuing the final training modules. In becoming a Certified MBCT Facilitator, try to plan around the Advanced TTI which is typically offered once every 1.5-2 years.

## MBSR Facilitation Certificate Details

### **COSTS**

As of 2021, to complete the attendance-based portion of the MBSR certificate training program and become a Trained MBSR Facilitator, the cost is approximately \$7,500\*. To become a Certified MBSR Facilitator the total cost is approximately \$11,350\*.

\* Mentor fees range from \$130 to \$180 per hour; these calculations include mentor fees at \$150 per hour for the minimum required hours. The estimates do not take into account the increased registration cost of in-person intensives compared to those delivered online.

### **TIMELINE**

It is possible to complete the five training modules required to become a Trained MBSR Facilitator in about one year. Trainees will want to plan around the MBSR TTI and the MBSR Practicum which are typically offered only once per year as well as Inquiry Essentials which is typically offered twice a year..

The Centre recommends that trainees facilitate at at least two additional MBSR programs before pursuing the final training modules. In becoming a Certified MBSR Facilitator, try to plan around the Advanced TTI which is typically offered once every 1.5-2 years.



# Accreditation

All of the Centre's certificate training courses are certified as Group Learning programs by the College of Family Physicians of Canada for Mainpro+ credits.



Our MBCT TTI, MBCT Practicum, and MBSR TTI trainings are recognized as Graduate Transfer Credits at the University of Fraser Valley as part of the Mindfulness-Based Teaching and Learning (MBTL) graduate certificate.



All of the Centre's certificate training courses are also approved for Continuing Education Credits (CECs) from the following professional organizations.

- Canadian Psychological Association (CPA)
- Canadian Counselling & Psychotherapy Association (CCPA)
- Ontario Association of Mental Health Professionals (OAMHP)



See online for more details: [MindfulnessStudies.com/accreditation](https://MindfulnessStudies.com/accreditation)

# Our Faculty

Our highly-trained faculty is led by Dr. 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 and has been educating healthcare providers for over 20 years. Dr. Rockman is the co-founder and Director of Education and Clinical Services at the Centre for Mindfulness Studies as well as the developer of the MBCT Facilitation Certificate Program.

**Zindel Segal PhD C.Psych** 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 leading consultant and professional trainer in MBSR and MBCT and teaches at venues worldwide. She developed the MBSR and MBCT professional certification programs at UCSD, is Senior Faculty and a valued Mentor at the Centre for Mindfulness Studies where she was a key advisor in building the Centre for Mindfulness Studies' MBSR professional training pathway. Susan is the author of chapters in edited books on the training of health professionals in mindfulness-based skills, a co-author of *Mindfulness-Based Cognitive Therapy – Embodied Presence and Inquiry in Practice* (2019) and is currently working on a book on MBSR scheduled to be published in 2021.



The Centre for Mindfulness Studies is the leading professional development and service delivery organization for mindfulness-based interventions in Canada.

As a charitable social enterprise, we aim to decrease structural, economic, and social barriers to mental health by providing innovative, accessible, and evidence-based mindfulness programs.

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 programs into communities that are underserved.

When you support our charitable initiatives, you are contributing to the greater mental health capacity, enhanced resilience, and empowerment of our diverse, global communities.

Donations are welcome. [MindfulnessStudies.com/donate](https://www.mindfulnessstudies.com/donate)

Major supporters include:



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