



UK Listing of Mindfulness teachers – Frequently Asked Questions

Do I need to be on the listing to teach Mindfulness-Based Courses in the UK?

No. The listing is not compulsory.

It is an optional listing created to provide the general public and policy makers with clear information to identify those teachers who have received adequate training and whose current teaching and professional practice meet the UK Good Practice Guidelines (GPGs) for teaching Mindfulness-Based courses ([GPGs](#)). The GPGs are minimum standards for the delivery of 8 week mindfulness-based courses.

Is the listing a register of people who are accredited to teach Mindfulness-Based Courses?

No. It is a listing of Mindfulness-based course teachers who are able to demonstrate that they meet the requirements of the GPGs. They do this by filling in an application form about their personal practice, teacher training and ongoing teaching and professional practice, which is then verified by an independent referee from one of the teacher training organisations in the UK Network.

Do I have to have a competency assessment of my Mindfulness-based course teaching before being able to join the listing?

No. You simply need to demonstrate that you meet the requirements of the GPGs.

Where can I find the GPGs?

You can find the GPGs for Mindfulness teachers on the website of the UK Network of Mindfulness-Based Teacher Training Organisations:

<http://mindfulnessteachersuk.org.uk>

The GPGs should be read in conjunction with the GPG Frequently Asked Questions ([FAQs](#)), which is also available on this website.

Is the UK Listing for Mindfulness teachers who teach any Mindfulness-Based course?

No. Currently, it is only for those teachers who are trained to teach one or more of

the following courses listed below:

- *Mindfulness Based Stress Reduction (MBSR)* (www.umassmed.edu/cfm)
- *Mindfulness Based Cognitive Therapy (MBCT)* (<http://mbct.co.uk/>)
- *Breathworks* (www.breathworks-mindfulness.org.uk)
- *Mindfulness Based Living Course (MBLC)* (www.mindfulnessassociation.net)
- *Mindfulness Based Childbirth and Parenting (MBCP)* (www.mindfulbirth-ing.org)
- *Mindfulness Based Relapse Prevention (MBRP)* (<http://www.mindfulrp.com>)

How does this new UK Listing affect my listing on the BeMindful website of the Mental Health Foundation?

For the foreseeable future, the new UK Listing and the BeMindful listing will co-exist and you will not need to do anything about your BeMindful listing.

If you are listed on the BeMindful website, your acceptance onto the new UK Listing will be shown on the BeMindful website.

There are separate application processes for joining the new UK Listing and the Be Mindful listing.

Inclusion on the BeMindful listing requires you to confirm that you meet the GPGs. Acceptance onto the new UK Listing includes independent verification, for example by your training organisation and/or supervisor, that you meet the requirements of the GPGs.

Who will run the listing?

The listing will be run by the UK Network for Mindfulness Based Teacher Training Organisations. For more information about this network and its members, please see <http://mindfulnesssteachersuk.org.uk>.

How much will it cost?

There will be an initial fee of £90 for joining the Listing for one year and after this there will be an annual renewal fee of £37.50.

What is the process to join the listing?

1. Read the whole application form together with this document, the GPGs and the FAQs.

2. Gather your information, noting any gaps.
3. Take action on the gaps (eg. further training, retreats).
4. Check your application with your supervisor.
5. Apply online.

How do I apply online?

There is an online application form available on the UK Network website <http://mindfulnessteachersuk.org.uk>

On the application form you will need to provide the details of your training organisation and your supervisor. You also need to provide evidence that you are insured to teach mindfulness courses.

We are strongly suggesting that each applicant consults their supervisor as fully as possible before submitting the application.

Do I need to have trained with a UK Network organisation?

No, but you will need to demonstrate that your training meets the requirements of the GPGs.

What if my application to join the UK Listing is rejected?

Your application fee will not be refunded if your application is unsuccessful. It is your responsibility, working in collaboration with your supervisor to ensure that your application demonstrates fully how your teacher training and ongoing teaching practice meets the GPGs (and the GPG FAQs).

Any complaints by an applicant refused entry to the UK Listing will be referred to the executive committee of the UK Network for Mindfulness-Based Teacher Training Organisations.

Who will be my referee?

If you have completed your teacher training or supervised pathway with a trainer from an organisation of the UK Network, then you will choose that person as your referee from the drop down list on the application form. If you do not have a personal connection with any of the referees listed then you will request your application to be reviewed by a Designated Person (DP) from the UK Network. The referee / DP will verify your application to join the listing, and they may contact your supervisor to do this. It is possible for your supervisor to be your referee if listed. And to support quality assurance, a percentage of applications where the supervisor and referee are the same will be moderated by an independent referee.

Our members are listed on our website - <http://mindfulnessteachersuk.org.uk>.

If you have completed your teacher training or supervised pathway with another organization, then your application will be verified by a UK Network DP. The DP may contact your training organisation and/or your supervisor in order to verify your

application to join the listing.

Do I have to do a 12 month training course like a masters degree?

No you have to show that you have covered the elements laid out in the FAQs for the GPGs about a training pathway over at least 12 months. This could take the form of a portfolio of trainings, CPD, and supervised teaching all with dates.