

Course Details

Level 1: Introduction to Mindfulness Based Cognitive Therapy (MBCT) Professional Training

Four eight-week courses will be offered in 2016.

Participants are able to attend the eight-week course in one of two delivery formats:

- one session (2hrs) per week over eight weeks on a weekday evening
- one day (5hrs) per fortnight over eight weeks on a Saturday.

The fortnightly group can be attended by anyone but is particularly designed to cater for trainees from interstate, regional or rural areas, who will be given priority for places.

Evaluation

To receive the Certificate of Completion for Level 1 training will require satisfactory attendance and participation including completion of weekly homework tasks. Trainees need to attend at a minimum of 6 of the 8 MBCT group sessions and the Trainee Day of Mindful Practice. Once they have completed the eight-week Level 1 course, trainees who are unable to attend the Trainee Day of Mindful Practice scheduled for Saturday 25 February 2017 can make this up by attending one of our Regular Days of Mindful Practice. In 2016, these will be held on 24 September and 3 December at the Abbotsford Convent (10am - 3pm).

Attendance at the one of these Days of Mindfulness (either Trainee or Regular) is included in the cost of your Level 1 training. Trainees are very welcome to attend either or both of our Regular Days of Mindful Practice in addition to attending the February Day of Mindful Practice at a cost of \$25 (\$10 for health care card holders).

Duration

22.5 contact hours

Course fees 2016

Standard fees

Early Bird:	\$1,106
Full Fee	\$1,230

Discounted fees (subject to quotas) for self-funded trainees

Monash University staff:	\$615 (50% off the full fee)
Monash University full-time student:	\$308 (75% off the full fee)
Other full-time students:	\$923 (25% off the full fee)
Monash Health staff:	\$308 (75% off the full fee)
Victorian public mental health staff	\$615 (50% off the full fee)

Details for the four MBCT 8-week groups

Group 1

Dates Monday 11 July – Monday 29 August, 2016
Frequency Weekly
Time: 6:30pm - 8:30pm
Facilitator: Bill Spawton
Venue: MC2 (Manningham City Square)
687 Doncaster Rd, Doncaster

Group 2

Dates Monday 26 September – Monday 14 November, 2016
Frequency Weekly
Time: 6:30pm - 8:30pm
Facilitator: Bill Spawton
Venue: MC2 (Manningham City Square)
687 Doncaster Rd, Doncaster

Group 3

Dates: Tuesday 27 September – Tuesday 22 November, 2016 (no session on Cup Day 1 November)
Frequency: Weekly
Time: 6:00pm - 8:00pm (7.00pm – 9.00pm for final session only on 22 November)
Facilitator: Lana Sciberras
Venue: Dandenong ART (Administration, Research & Training) Building
Adult Mental Health
Dandenong Hospital, 126 - 128 Cleeland St, Dandenong

Group 4

Dates: Saturday 8 October – Saturday 19 November, 2016
Frequency: Fortnightly
Time: 10.00am – 3.00pm
Facilitators: Bill Spawton and Lana Sciberras
Venue: Dandenong ART (Administration, Research & Training) Building
Adult Mental Health
Dandenong Hospital, 126 - 128 Cleeland St, Dandenong

Details for the Trainee Day of Mindfulness Practice

Date: Saturday 25 February, 2017

Time: 10.00am - 4.00pm

Venue: Abbotsford Convent. 1 St Helliers St, Abbotsford. Community room, Convent Building.

This Day of Mindfulness Practice does not include lunch. Please bring your own lunch or buy locally at the many venues available.

How to apply for Level 1 training

To apply, please send us:

- a brief letter of application addressing:
 - your reason(s) for undertaking the training;
 - the selection criteria for Level 1 training;
 - whether you intend to continue onto Level 2 or 3 training and, if so, please also address selection criteria (c) and (d) for Level 2 and 3 training;
 - your first and second preference for Level 1 training groups 1-4;
 - any Level 1 groups that you would definitely be unable to attend.
 - a 1-2 page professional CV which includes your experience, if any, with mindfulness/meditation or yoga practices;

Email your application to: frances.shawyer@monash.edu (subject heading: "MBCT Level 1 Training application").

In the event that Level 1 places are oversubscribed, preference will be given to applicants expressing interest in Level 2 training.

Key dates

Processing applications

Closing date for applications: Sunday 1 May, 2016

Applicants notified of outcome by: Friday 6 May, 2016

Payment closing dates

Group 1

Early bird and discounted fees: Friday 27 May, 2016

Full fee: Friday 24 June, 2016

Groups 2 - 4

Early bird and discounted fees: Friday 12 August, 2016

Full fee: Friday 9 September, 2016

Only Full-fee payments will be accepted after the Early bird / discounted fee closing dates.

Enquiries

Dr Fran Shawyer, 61 3 9902 9461